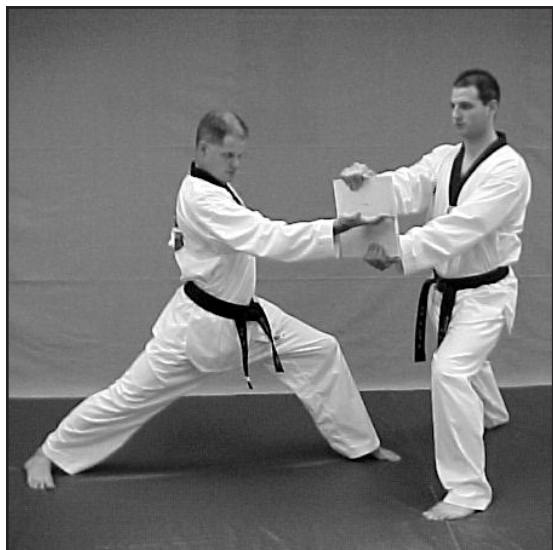


The Complete Art of Tae Kwon Do

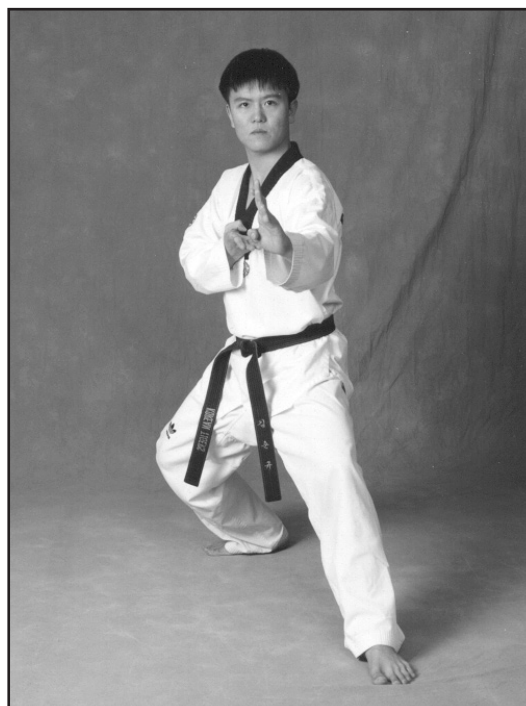
Tae Kwon Do is comprised of the following major areas of practice:



KYUKPA (breaking)

Kyukpa (breaking) is done to practice and illustrate the formidable power, precision and great mental concentration developed through Tae Kwon Do training. Different materials, but most commonly pine boards, are broken. This area of practice develops internal and external strength, derived from a confidence in one's ability to overcome normal limitations.

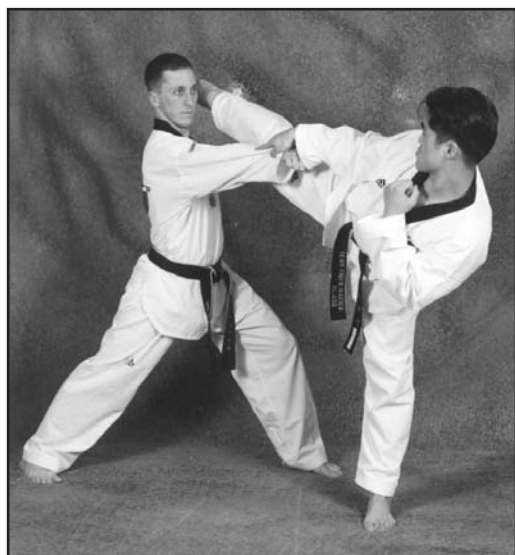
POOMSE (pattern or form)



Poomse (pattern or form) is a collection of Tae Kwon Do techniques arranged in a pattern. The combination of movements represents a defensive response to an imaginary opponent. As students progress in belt rank, the *poomse* they learn become increasingly more complex and challenging. The performance of *poomse* develops concentration, balance, coordination, and flexibility. A well executed *poomse* is beautiful to watch, demonstrating both grace and power.

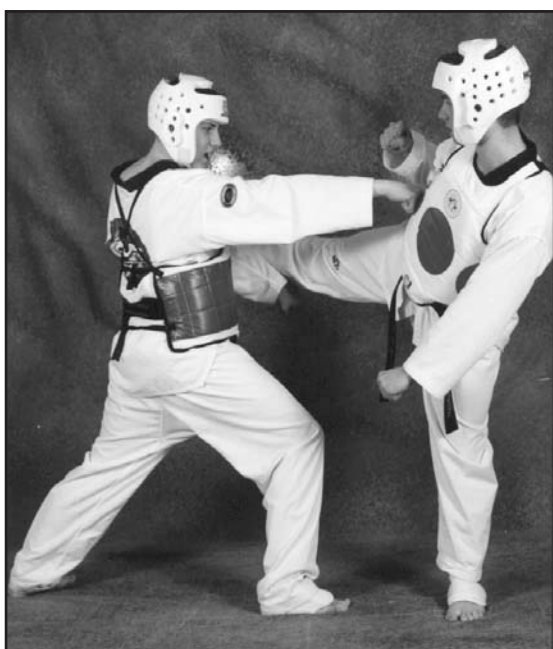
ILSUSHIK (one step sparring)

Ilsushik (one step sparring) is a formal way of practicing self defense against a punch, using a pre-arranged set of defensive skills. Because *ilsushik* is choreographed, techniques that are not permitted in competition, can be practiced safely. *Ilsushik* also develops cooperation and teamwork as both partners must help one another to practice effectively.



GYOROOGI (sparring)

Gyoroogi (sparring) is live action spontaneous practice, with a partner. Protective gear is worn, and a strict set of rules and guidelines define acceptable methods of attack and defense. Through sparring, students improve their reflexes, speed, and understanding of how to apply each technique. As a form of sport, Tae Kwon Do sparring is part of athletic competitions around the world, including the Olympics.



MOOK SAHANG (meditation)

Mook Sahang (meditation) is performed at the beginning of each session to allow students time to focus on their training and their personal goals for the class. Meditation also improves students' ability to visualize, and to conduct mental practice. Through visualization, Tae Kwon Doists can practice techniques that they are still learning or refining. The ability to stay focused also helps to relieve stress and to reduce some of life's daily pressures.

HO SHIN SOOL (self defense)



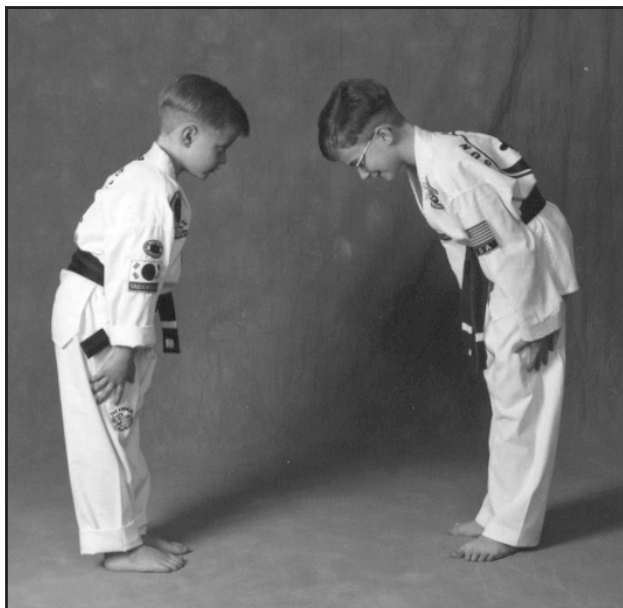
Ho Shin Sool (self defense) is the practice of escapes and counter moves against an attacker's grab or holds. Self defense incorporates not only Tae Kwon Do kicks and strikes but pressure points (areas of the body that when pressed will cause pain), joint locks and throws. As with one step sparring, self defense drills require cooperation and communication between training partners to allow safe, beneficial practice.



Bowing and Its Purpose

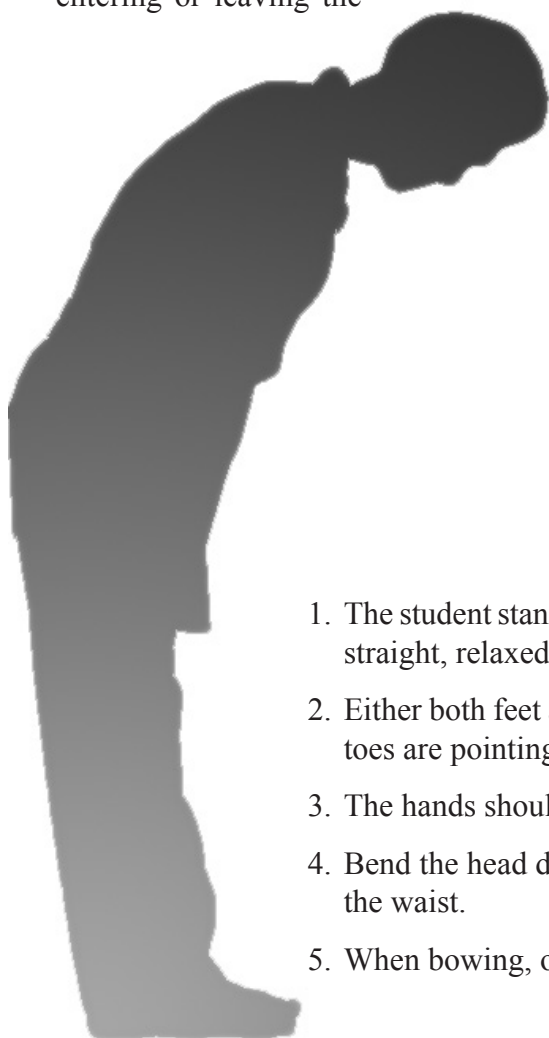
Bowing is a form of body language in Asian countries. A bow can be used to say “hello”, “good-bye”, “thank you”, and “you’re welcome”. Bowing is also a way of showing courtesy and acceptance. When two people bow to each other they are showing mutual respect.

Traditionally, Tae Kwon Do students demonstrate respect by bowing to the flags before entering or leaving the



training floor, to the instructor, to senior belts at the beginning and the end of class, and to a partner before and after each interaction. It is a part of Tae Kwon Do to bow whenever and wherever you see each other.

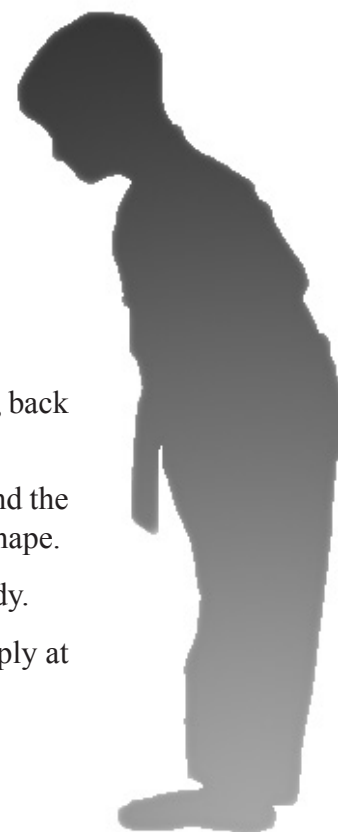
Over time, you will find that bowing has become a natural form of expressing the special relationship you have with your fellow Tae Kwon Doists.



Bowing is a two-way street,
a shared expression.

Students learn that
to earn respect
and to give respect
are very much the same thing.

An Old Saying:
“When in doubt, bow!”



HOW TO BOW

1. The student stands at attention, head up, shoulders down, back straight, relaxed.
2. Either both feet are together, or the heels are touching and the toes are pointing outward at a 45 degree angle, in a V-shape.
3. The hands should be held straight at the sides of the body.
4. Bend the head down to a 45 degree angle and bend deeply at the waist.
5. When bowing, one’s eyes look downward.

Kihap: The Energy Yell

The *kihap* (pronounced "key hap") is a very important part of Tae Kwon Do training. When properly practiced, this special kind of yell combines sound with breathing in one explosive burst. The *kihap* should not come from the throat, but from deep down in the stomach, using the diaphragm to forcefully push air up and out through the mouth. The *kihap* is one of the most distinctive elements of Tae Kwon Do practice; no two students' *kihaps* are identical. You will find that as your Tae Kwon Do skills change and grow, so will your *kihap*.



The Kihap Serves Several Purposes:

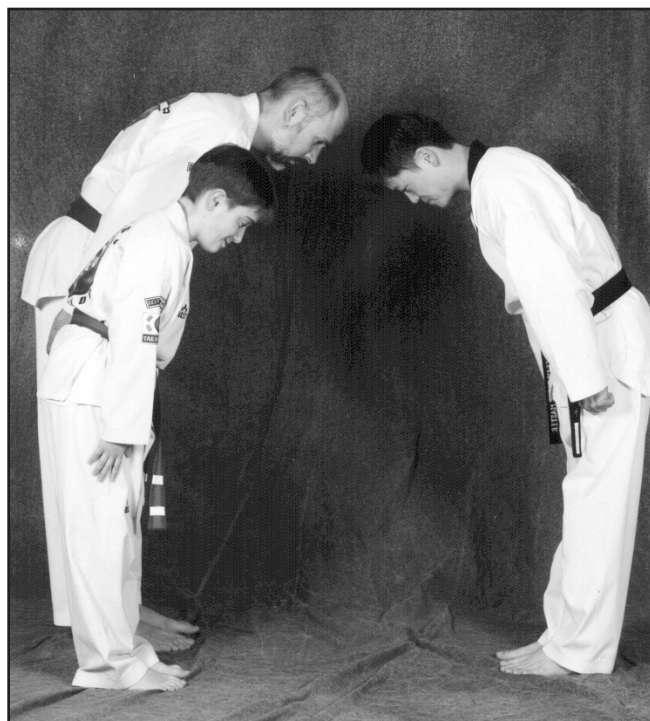
- It ensures that students breathe while exerting themselves, for greater endurance and energy.
- It heightens mental focus and concentration by making students more aware of each technique.
- It helps to reduce tension.
- During drills with a partner, the kihap is often used to communicate that you are ready.
- It is an expression of confidence.
- It is a way to motivate yourself and others by sharing your intensity and spirit.
- In self defense, a loud and powerful kihap can startle an attacker giving you additional time to react or get away.



Adult Student Responsibility Code

At Master Chong's World Class Tae Kwon Do, we are proud of our family-oriented atmosphere, and our commitment to excellence. With your help, we can ensure that all students are able to train in an environment that is safe, beneficial and fun.

The following guidelines teach the traditions and etiquette followed in Tae Kwon Do training:



Respect for Safety

Tae Kwon Do techniques are taught as an art form, self defense, and method of self development. They are not to be treated lightly. All sparring requires safety gear at all times, as well as the permission of the instructors. Finger and toe nails should be trimmed short, and jewelry should not be worn. Attending classes under the influence of drugs or alcohol is strictly prohibited. Following these guidelines helps to keep you and your training partners safe.

You should always notify the instructors of any injury or condition that may impede your ability to train safely.

Instructors' Professional Role

The instructors select the material they teach in classes, and make recommendations about tips and belt testing, in accordance with the students' best interest. As a result, students should accept their instructors' decisions and guidance in these areas. In addition, students must have the permission of the instructors before competing, demonstrating or teaching others.

Bowing

Bowing is the primary way to show respect between martial artists and to one's Tae Kwon Do school. Bowing should be done consistently, to greet and say farewell to instructors, and before beginning a conversation or asking a question. It is also done when entering and leaving the training floor. A sincere bow is performed from a standing position in the attention stance.

Proper Use of Titles

Out of respect for their experience and rank, all instructors and assistant instructors are referred to as Mr., Mrs., and Miss. Master level instructors are called Master. When speaking with an instructor, it is also proper to use the responses of *sir* and *ma'am*.

Respect for Uniform and Belt

The Tae Kwon Do uniform is to be worn with pride. Students should make a great effort to wear their *dobok* only for classes and demonstrations. Uniforms should always be clean and wrinkle free for each class. Belts are not to be washed. The only patches that should be worn on your uniform are those available at the school. The proper placement for these patches is covered in this manual.

Respect for Ongoing Classes

Master Chong's Tae Kwon Do welcomes your younger family members and guests. However, because it is our goal to provide the absolute best student service on the training floor, we ask for "library-like" conditions in the front lobby, and lowered voices when you are waiting for your class to begin. We appreciate your cooperation in helping us maintain a better learning atmosphere for students.

Respect for School Property

A Tae Kwon Do school belongs to its members. The condition of the classrooms, locker room, training equipment and rest rooms is a representation of the pride we take in our art and our school. While our school is professionally cleaned regularly, all members are asked to avoid any unnecessary messes or damage.

Belt Colors

The Meaning Behind the Color of Each Belt Rank in Tae Kwon Do

The belt that a Tae Kwon Do student wears carries a lot of meaning. It indicates their length of training and level of knowledge. Each color is also symbolic of a stage of growth and development as a martial artist. The meaning of each belt color is as follows:



White Belt

Representative of purity, a new beginning and no prior knowledge of Tae Kwon Do.

Yellow Belt

Signifies the Earth from which plants grow. Similarly this stage is the foundation and beginning growth stage of the Tae Kwon Do student.

Green Belt

A green plant is one that is already reaching up and out, growing in strength and maturity. The green belt level symbolizes a more solid level of skill and ability.

Blue Belt

Represents the sky and new heights. The blue belt student continues to progress in skills both physical, mental and emotional.

Red Belt

Represents the sun, a source of tremendous power and energy. The color red is also universally symbolic of danger and caution. At this level a Tae Kwon Do student should have great strength and confidence. This must be balanced with self control and humility.

Black Belt

The opposite of white, it represents proficiency and maturity. It also marks the end of one path (the color belt ranks) and the beginning of a whole new level of training (the pursuit of advanced Black Belt ranks).

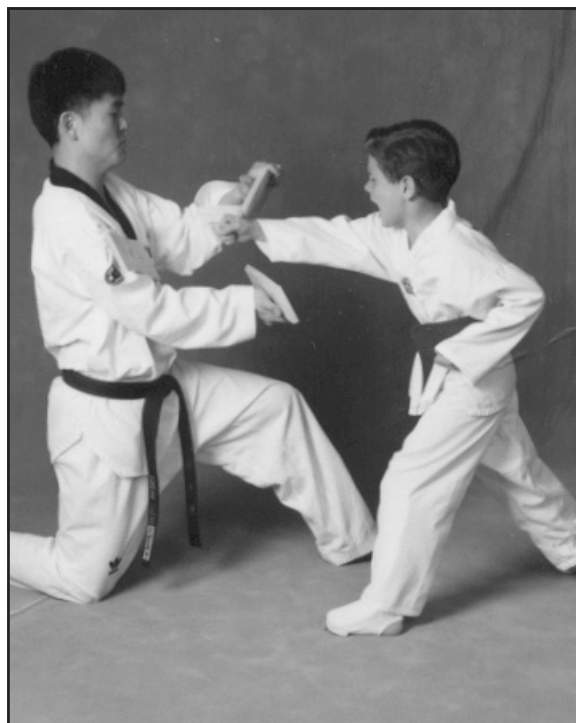
Guidelines

for Being a “Tae Kwon Do Kid”

Parents are encouraged to review these guidelines with their children. They have been designed to help make your child's experience with our school as safe, fun, and beneficial as possible.

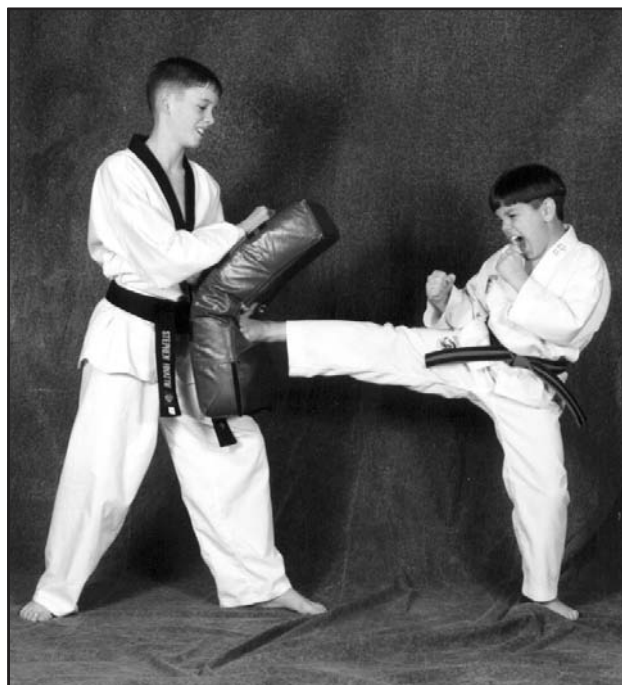
Tae Kwon Do Kids are Responsible:

- They know they should attend classes at least two times per week, and they try to do that as often as possible. They also remind mom and dad to call the Tae Kwon Do school if they will be missing classes for a week or more.
- They know it is important to be on time and to get ready quickly at home if they are running late.
- They take good care of their Tae Kwon Do uniforms, belts, and safety gear, making sure that they are clean and labeled with their names. They only wear patches on their uniform that their instructors have approved. They always remember to bring their uniforms, belts and all of their safety gear to every class.



Tae Kwon Do Kids Act Special When They Come to the School:

- They bow and greet their instructors with a cheerful “hello sir” or “hello ma’am”.
- They remember to get their attendance cards and take care of them.
- They place their shoes in the bins and coats on the hooks in the changing rooms, so that they can be proud of the way their Tae Kwon Do school looks.
- They change into their uniforms quickly and quietly.
- They ask their friends or family to whisper, and their younger brothers and sisters to behave in the lobby. This helps Tae Kwon Do kids concentrate better when they are in class.





Tae Kwon Do Kids Follow The Rules of Proper Practice:

- They avoid silly or dangerous playing around, especially in the changing rooms.
- They look, listen and think about what their teacher is saying.
- They always do their best.
- They trust their instructor's decisions regarding which techniques they should practice and when they should take their next tip or belt test.
- They remember that they must have their instructor's permission before competing, demonstrating, or teaching someone else.

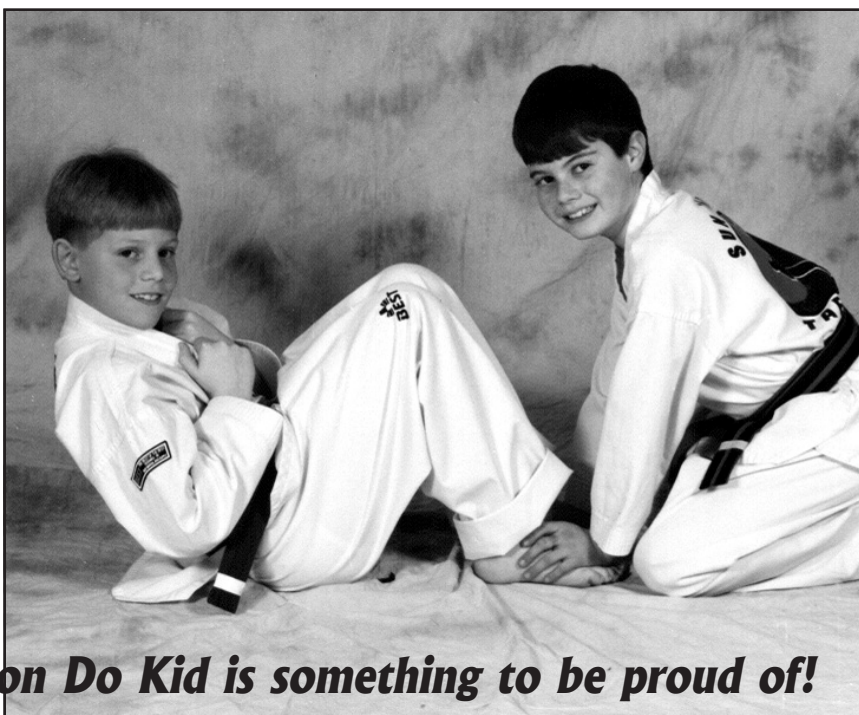


Tae Kwon Do Kids Act Like Tae Kwon Do Kids All the Time:

- They walk away from trouble and dangerous situations.
- They never use their Tae Kwon Do skills to show off or to bully someone else.
- They use focus and concentration when studying.
- They are respectful to the people they meet.
- They make choices that will keep them healthy.
- They believe that with hard work they can learn to do anything!

Tae Kwon Do Kids Cooperate:

- They are quiet when other classes are going on.
- They are courteous and careful with their training partners.
- They follow the instructor's directions.



Being a Tae Kwon Do Kid is something to be proud of!

Instruction on Tying the Belt “Dee”

Your “dee”, or belt, is a symbol of your learned knowledge of Tae Kwon Do. Always keep your belt tied properly, never draped around your neck. Never let your belt touch the ground, and do not wash it.

1. Locate the center of the belt and place it on the middle of your stomach.



2. Wrap the belt around your waist, bringing both ends to the front.



3. Make sure the ends are even. Put the right end over the left end.



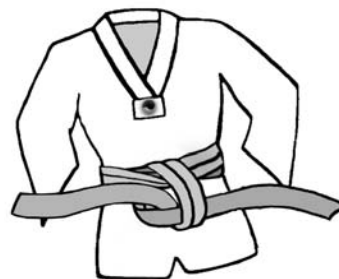
4. Now take that end and pull it up under both of the other layers.



5. Make sure it is neat and snug, and then lay the top end down.



6. Curve the bottom end to make a loop.



7. Now pull the top end back up through the loop.



8. Pull both ends horizontally, tightening your knot.



STUDENT CODE OF CONDUCT

- 🕒 Always show Black Belts respect
- 🕒 Treat your training partner with respect
- 🕒 Always answer questions “Yes Sir/Ma’am” or “No Sir/Ma’am”
- 🕒 Please ensure that your uniform is kept clean & tidy
- 🕒 When bowing bend at the waist and look down
- 🕒 Remove all jewelry before class
- 🕒 Know & follow all the Dojang rules
- 🕒 Focus on your training from when you bow into the Dojang
- 🕒 When you are in uniform, train do not socialize
- 🕒 Never use profanity in the Dojang.
- 🕒 Never assume, always ask
- 🕒 Focus on developing a Black Belt attitude
- 🕒 When free-sparring, spar to learn, not to win
- 🕒 Thank your opponent after sparring
- 🕒 Grading is a time to show your focus & spirit
- 🕒 Meditation is always a quiet time, use it to focus
- 🕒 Be humble & respectful
- 🕒 Be focused & committed
- 🕒 Be understanding & willing to learn

RULES OF THE DOJANG

- 🕒 When entering or leaving the Dojang you must bow
- 🕒 When entering or leaving the main training area you must bow
- 🕒 Show respect to a Black Belt in uniform on the training floor before class by bowing to them
- 🕒 If you arrive late change into your Dobok, bow onto the training area, bow to the flags & wait until the Instructor bows you in
- 🕒 When the class bows to the flags all students must stand up
- 🕒 No drinking (except water) in the Dojang
- 🕒 No eating in the Dojang
- 🕒 No smoking in the Dojang
- 🕒 No profanity in the Dojang
- 🕒 Please treat the Dojang with respect as it is your training area
- 🕒 Treat all Dojang training equipment respectfully
- 🕒 No shoes on the training floor of the Dojang
- 🕒 Students should always change in the change rooms
- 🕒 Leave all personal belongings in the change rooms or in your bag
- 🕒 Please refer to all instructors as “Sir/Ma’am” or their Korean title
- 🕒 Speak to an Instructor before leaving the training area during class
- 🕒 Maintain respect for all Instructors
- 🕒 Ensure the Dojang is kept clean & tidy
- 🕒 Weaponry is not to be practiced without supervision
- 🕒 Follow the Student Code of Conduct

Frequently Asked Questions

Q. What martial arts style do you teach in your Children's Classes at the Clemmons Family Martial Arts?

Our children are taught both Traditional Taekwondo, a martial art, and Olympic style Taekwondo, a martial sport. We balance the martial art and martial sport concepts of Taekwondo to give the student a well-rounded experience with Taekwondo. At advance belt ranks we teach traditional martial arts weapons as well as modern self-defense training.

Q. What martial arts styles do you teach in your Adult Classes at the Clemmons Family Martial Arts?

Our adults learn **Kwon Nyom Hapkido** which is a Korean Self-Defense Martial Art. We are affiliated with 2 Hapkido organizations: the International Hapkido Alliance and the World Hapkido Association. We meet or exceed the required standards of each organization.

The curriculum is designed to develop a person fully helping them get into great physical shape while also helping them to develop mentally with an emphasis on focus, mindfulness and the ability to stay calm even when faced with adversity.

Q. What benefits can I expect to get from taking martial arts classes?

While the majority of people begin taking martial arts to either get into shape and/or to learn self-defense there are actually many other benefits that bring great value to the practice such as:

- | | |
|------------------|---------------------|
| ☑ Confidence | ☑ Respect |
| ☑ Discipline | ☑ Self Control |
| ☑ Fitness | ☑ Concentration |
| ☑ Integrity | ☑ Positive Attitude |
| ☑ Responsibility | ☑ Self Defense |
| ☑ Patience | ☑ Cooperation |

Do I have to sign a payment contract?

No. Some martial arts schools require payment contracts, but CFMA doesn't believe in them. We understand that life happens, and sometimes you need a month off. We lock in your present tuition as long as you continuously train. If you need more than one month off then the tuition when you return will be charged our current tuition rate. Like any other sports program, we do require all students or their guardians to sign a waiver.

Will martial arts training take away from my child's focus on schoolwork?

Definitely not. We like CFMA students to make a long-term commitment to martial arts, but we also teach that schoolwork and family obligations are a first priority. In fact, we see many students improve their grades after starting a martial arts program. Martial arts helps students improve their focus, motivation, sense of responsibility, and self-discipline.

Q: "Will taekwondo teach my child to be hostile and aggressive?"

Absolutely not. Children learn a lot about what it means to be respectful and polite here. As a result, kids who weren't violent in the first place become even more respectful and kind. Kids with behavior problems often become very respectful and calm.

Q: "Does my child face a risk of injury with Taekwondo or Hapkido?"

Our first priority is safety. Our program is extremely safe. However, Taekwondo and Hapkido are martial arts and there is always the risk of injury when training in martial arts.

Q: I'm out of shape, will this affect my ability to train?

A: No. In fact, it's our job to help you get in shape. Often, someone will say they need to lift weights or run before they can begin training. This is ridiculous! The best way to get in shape and optimize your martial arts performance is to come in and JUST DO IT! The martial arts is an athletic activity that improves by doing more of that activity.

Q: What should I wear to my first class?

A: For your first class you should wear comfortable clothing, such as sweat pants and a t-shirt. If you already own a uniform from another martial art, you are welcome to wear that with a white belt

Frequently Asked Questions

Q. How often should I or my child come to classes?

A. Both not training frequently enough and training too often can lead to problems for a student.

We offer the flexibility of 5 Taekwondo Beginner Classes per week and 5 Taekwondo Advanced Classes per week to make it easy for students to attend at least 2 classes per week. Most students need at least 2 classes per week to advance to their next belt. When attending less than 2 classes per week the student tends to lose interest and falls behind other students of his belt rank since training is not a high priority and there is no regularity in their training schedule.

We offer the flexibility of 5 Beginner and 5 Advanced classes per week so a student can attend classes that are most convenient for him. Most students **SHOULD NOT** attend more than 3 classes per week to keep from getting burned out from too much training in a short period of time.

Q: How long will it take me to earn a black belt?

A: The time varies according to each individual's physical and mental abilities. The most important quality necessary for attaining a black belt is consistency. If a member consistently comes to class twice weekly, for three to five years, he or she can reasonably expect to earn a Black Belt.

We have a goal based system for belt promotions. We have broken down the path to Black Belt into easily achievable goals. For promotion to the next color belt level, students have several curriculum requirements they have to meet. When a student achieves one of the requirements they receive a stripe on their belt. Each stripe represents achieving a goal leading to the major goal of promotion to the next belt level. Each belt promotion bring the student one belt closed to Black Belt.