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Wilde Lake Karate & Taekwondo School

Home of the Traditional Martial Arts

STUDENT HANDBOOK

Wilde Lake Karate, Taekwondo, Hapkido and Jujitsu
School

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INTRODUCTION

Introduction to Taekwondo

Welcome to the Wilde Lake Taekwondo School. The following literature will give you a brief introduction to the formalities, rituals, rules and regulations with which you are to comply. As an official student of Wilde Lake Taekwondo School, it is important that you maintain high ethical standards and inspire others by your actions. The road to mastery of the art requires the practitioner to balance the physical lessons with the equally important mental characteristics of patience, humility, self-control, perseverance, concentration, and respect. Gradually, the lessons of the Do Jang begin to color other aspects of your life. The Taekwondo student learns to seek more from himself/herself in a broader arena. One becomes better able to meet and surpass the challenges of one's profession.

In a one-hour Taekwondo class you will get the equivalent of 30 minutes of aerobics, 30 minutes of calisthenics, and 30 minutes of yoga stretching. Moreover, learning the most effective means of self-defense. As more people discover the truth in this, Tae- candy could well become "the sport of the 90's!" It is the "fastest growing martial art in the world today" (USA Today, July 29, 1985) with over 20 million practitioners in more than 110 countries. Taekwondo is a practical means of self-defense, a satisfying and complete regimen of physical conditioning, and an aid to improving concentration and mental performance; the art of Taekwondo offers a total fitness program integrating mind, body and spirit.

We urge that MODERATE exercise be initiated immediately, including brisk walks or jogging, stretching exercises, and review of basic punches, kicks and self-defense techniques. Part of the development of mental and physical self-discipline comes from putting yourself on a positive and constructive schedule, including watching your diet. Improved muscle tone and a considerable increase in stamina will be noticeable immediately.

While at the Do Jang, you have to obey and act promptly when you receive instructions from the instructor or other black belts. Also, you must always answer respectfully and humbly. (ex. Sir).

What is Taekwondo

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, which teaches more than mere physical fighting skills.



The Korean National Flag

The Korean flag symbolizes much of the thought, philosophy and the mysticism of the Orient. The symbol, and sometimes the flag itself, is called Tae Geuk. (T'aeGuk-Ki)



Depicted on the flag is a circle divided equally and in perfect balance¹. The upper (red) section represents the Yang and the lower (blue) section the Um, an ancient symbol of the universe. These two opposites express the dualism of the cosmos: Fire and Water, Day and Night, Dark and Light, Construction and Destruction, Masculine and Feminine, Active and Passive, Heat and Cold, Plus and Minus, and so on.



The central thought in the Tae Geuk suggests that while there is a constant movement within the sphere of infinity, there is also balance and harmony. As a simple example, consider kindness and cruelty. If parents are kind to a child, it is good, but they may spoil and weaken him and thus lead him to become a vicious man and a source of disgrace to his ancestors.

The *trigrams*, the three bars on each corner, also carry the ideas of opposition and balance. The three unbroken lines represent heaven; the opposite three broken lines stand for earth. At the lower left-hand corner of the flag are two lines with a broken line between them which symbolize fire. The opposite is the symbol of water.



Kun Heaven

Yi Fire

Kam Water

Kon Earth

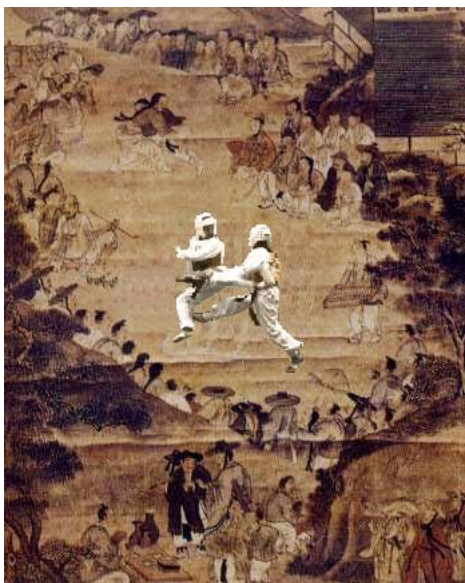
¹The mind of a perfect man is like a mirror. It grasps nothing. It expects nothing. It reflects but does not hold. Therefore, the perfect man can act without effort.

- Chuang-Tsu -

The History of Taekwondo

Taekwondo is an eastern philosophy of action. One of the most respected martial arts of the Orient; it is the practice and training of making the human body (feet and hands in particular) into weapons for self-defense. Emphasis is also placed upon self-improvement. As a sport, Taekwondo gives the practitioner better manner, morality, discipline, tolerance, and a sense of honor. In practicing Taekwondo, character is built in that it provides training for the mind, heart, and the body. Taekwondo has a history almost as long as mankind itself and has been practiced under many different names. It has developed into a philosophical ideal representing service done for the sake of truth, peace and social harmony.

Taekwondo has also developed into an exact science, applying the human body's most basic movements to provide one with the maximum in power and speed for the purpose of defending oneself and others. In the human body there are 64 vital spots toward which attack can be directed at one's opponent. There are superior and effective methods of defense and attack in an emergency situation. Because it directs all movements to these vital areas, the meaning of Taekwondo is: "Tae" means to smash or destroy using the foot or knee; "Kwon" means fist, hand or elbow; and "Do" means way or method. This last word has the deepest meaning. It can mean in a sense a method of moving one's body i.e. jumping, kicking, punching, etc. or in a deeper sense, a way of living. Thus you see that Taekwondo is not merely transmitted and learned through actions (physical training and instruction), but it is also a philosophy of morality and a code of chivalrous conduct, which is too difficult to be explained fully in this short space.



The only truly adequate introduction is to experience it firsthand. Through this experience, one can get a better idea of the power of Taekwondo to build up the mind, the heart and the body.

The Philosophy of Taekwondo

The basic belief behind Tae Kwon Do is called **Um-Yang** (In Oriental philosophy, **Yin Yang**). The symbol for this is the same as that on the Korean National Flag, (red and blue circle in the center). The equal portions of red and blue represent balance. In Taekwondo this is the balance between mind and body, or physical and mental self. These work together, united, in building the person through the techniques of our martial arts. **Um-Yang** also represents opposing forces. In the physical moves of Taekwondo, this is seen in the push-pull movements and techniques giving a feeling of power and balance. The symbol can also stand for the balance of the relationships between you, the students, and us, the instructors. Each of us have mutual responsibilities. Yours is to be a good and loyal student; ours, to be a good instructor. Our door is always open to you whenever you have a question.

To become a black belt, you must practice, be patient, and be determined. If you follow these guidelines, you will be successful. When you are successful in Taekwondo, that success will transfer to other aspects of your life. You can have the confidence and the character that you never thought possible.

With Taekwondo, not only can you protect your life, but you can also enjoy it more. There is an oriental saying, "If you have a good ready starting position, you are halfway to the finish line".

"For the uncontrolled there is no wisdom, nor for the uncontrolled is there the power of concentration; and for him without concentration there is no peace. And for the unpeaceful, how can there be happiness."



CREED, COMMANDMENTS & TENETS

Membership Oath

1. We, as members, train our spirits and bodies according to the strict code.
2. We, as members, are united in mutual friendship.
3. We, as members, will comply with regulations and obey instructors.
4. We, as members, will mediate and do our best to become patient and strong.

Student Creed

1. We, the students of this school, abide within the absolute spirit of the martial arts through stringent training of the mind and body.
2. We, the students of this school, stand solidly united in a common bond of disciplined fellowship.
3. We the students of this school, highly respect the rules of this school and obey the instructors commands, that we may bring only honor upon our school and no dishonor upon ourselves.

Ten Commandments of Taekwondo

1. Be loyal to your country.
2. Be a good son or daughter to your parents.
3. Be faithful to your spouse.
4. Be on good terms with your brothers and sisters.
5. Be loyal to your friends.
6. Be respectful of the elders.
7. Respect and trust your teachers.
8. Use good judgment before killing any living thing.
9. Never retreat in battle.
10. Always finish what you start

Advanced Students Code of Honor

1. Respect each other
2. Be honest
3. Be patient with others
4. Help each other
5. Always stand by the weak
6. Be loyal to yourself and your family
7. Obey and be loyal to your instructor
8. Be loyal to your Do Jang
9. Never retreat in battle.
10. Always finish what you start.

The Golden Rule

Help others and you will reward yourself. You can become a success by helping others to achieve success. One of the greatest things at WILDE LAKE TAEKWONDO SCHOOL is the friends you find. We teach because we love it!

The Tenets of Taekwondo (Taekwondo Jung Shin)

The tenets of Tae Kwon Do should serve as a guide for all serious students.

1. **여의** Courtesy (Ye Ui) - Taekwondo students should attempt to practice the following elements:
 - a. to promote the spirit of mutual concessions.
 - b. to be ashamed of one's vice contemplating that of others.
 - c. to be polite to others.
 - d. to encourage the sense of justice.
 - e. to distinguish the instructor from student, senior from junior.
2. **염치** Integrity (Yom Chi) - In Taekwondo, one must be able to define right and wrong, and have the conscience, of wrong, to feel guilty.
3. **인내** Perseverance (In Nae) - There is an old Oriental saying, "Patience leads to virtue or merit". "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, one must set goals, then constantly persevere. One of the most important secrets in becoming a leader of Tae Kwon Do is to overcome difficulty by perseverance.
4. **극기** Self-Control (Guk Gi) - This tenet is extremely important inside and outside the Do Jang whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

- 5 . **백절불굴 Indomitable Spirit (Baekjul Boolgool)** - "Here lies 300 who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior force of Xerxes, Leonidas and his 300 Spartans of Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and their principles are pitted against overwhelming odds. A serious student of Tae Kwon Do will at all times be modest and honest. If confronted with injustice, one will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.
- 6 . **Victory** - Victory means to win, but not necessarily over another person. One can also achieve victory by conquering one's own inabilities. If you practice the previously names tenets, your victory over yourself is assured.
- 7 . **Loyalty** - Remain faithful to your family, your school, your master; your country, yourself.

RULES, GUIDELINES REQUIREMENTS

Required Conduct In & Out of the Do Jang

1. Whenever entering or leaving the Do Jang, execute a bow of respect to the displayed national flags.
2. Execute a bow of courtesy upon meeting an instructor or higher belt.
3. Remove shoes upon entering the Do Jang- Shoes are not to be worn on the training floor.
4. Avoid bringing valuables to class.
5. The Do Bok must be clean, ironed, and complete at all times.
6. Remove all jewelry prior to engaging in training.
7. Each class will have a formal opening and closing ceremony consisting of a bow to the national flags and the instructor.
8. Strict attention is to be given to the instructor at all times. Conversation is to be kept to a minimum before and after class.
9. Proper respect will be displayed to all persons holding higher rank.
10. Profanity, loss of temper, horseplay, loud laughing and talking, or any display of a lack of self-discipline will not be tolerated.
11. There will be no smoking, gum chewing, ingestion of liquids, lounging against the walls or on the floor while wearing the Do Bok, or anywhere within the Do Jang or reception area.
12. All students should be on time for classes. Those who arrive early for a class should take the opportunity to do warm-up exercises, stretching, or to practice their forms.
13. Students should practice only those forms which have been presented to them by the instructor. They should try not to skip ahead by observation of higher ranks.
14. Do not complain about strenuous conditions.
15. Free sparring is not allowed without permission from the instructor.
16. The title of MASTER followed by the applicable last name will be used to address all instructors of 4th Dan Ranking. The title of Mister followed by the applicable last name should be used to address all other instructors.
17. Wilde Lake Karate Tae Kwon Do techniques are not to be applied out of the Do Jang unless circumstances involving your safety, or the safety of others, are overriding.
18. During the class, the sound of clapping hands will indicate that activity is to cease immediately.
19. Every student is subject to the school's rules and regulations. Non-compliance will result in the following penalties: warnings, reduction of test scores or denial of permission to test, temporary suspension of membership.

- 20 . An excessive number of warnings or suspensions will result in permanent termination of school membership without refund of membership fees, tuition, or registration fee.

Class Conduct

1. Prompt on-time arrival to classes is expected of all students.
- 2 . Students should attend their designated classes unless other arrangements have been made with the Master instructor.
- 3 . Students are to practice CAUTION at ALL times.
- 4 . If you arrive late:
 - a. bow, enter, wait for permission from instructor.
 - b. then bow again, and run to the rear of the class (around the students, not cutting through the class).
5. During class, practice only what the instructor teaches.
- 4 . In the absence of an instructor, the Senior student will take charge and all students will practice as he/she directs.
- 5 . Practice should be vigorous; however, if you are fatigued, inform your instructor.
- 6 . THERE WILL BE NO CONTACT TO HEAD/FACE/NECK OR GROIN.
- 7 . HEADGEAR, MOUTHPIECE, ARM GUARDS, CHEST PROTECTOR, SHIN GUARDS AND GROIN CUP (for men) ARE MANDATORY FOR ALL.
8. How to bow:
 - a. The student stands at attention - head up, shoulders down, back straight, and relax.
 - b. The hands may be either held open at the side of the body or closed fist at the side of the body.
 - c . Bend at the head to about 45 degree angle and waist to about 15 degree angle.
 - d . When bowing, the eyes look downward.
 - e . However, the eyes in sparring are kept on the opponent's midsection.
 - f . Be respectful and bow when confronted with another (anytime/anyplace).
9. A complete do-bok must be worn by all students, this includes top, bottom, belt and all patches.
- 10 . The belt must be worn in the proper fashion, in the color representing your correct rank, and must be worn at all times.

The angry man will defeat himself in battle as well as in life.

- Samurai Maxim -

Standards & Policies

1. Any student who shows disrespect towards the art, the instructor or fellow student is subject to immediate dismissal from the school.
2. Wilde Lake Karate School reserves the right to suspend any student at any time.
3. ALWAYS respectfully acknowledge your Senior ranks with a bow.
4. Stand at attention when speaking with a Senior rank.
5. No one is allowed to teach without the instructor's permission.
6. The Do Jang is the responsibility of the students. **KEEP IT CLEAN.**
7. Any questions regarding Tae Kwon Do should be directed to a Senior rank or Master Kevin Agahi
8. Always remember - you represent Wilde Lake , act accordingly.

Business Procedures

1. All tuition payments must be made before the tuition period begins.
2. If any tuition checks bounce and are returned from the bank, you will be charged an additional \$30.00 fee by Wilde Lake Karate .
3. Tuition must be current and test fees must be paid prior to testing. If for some reason you cannot test at a regularly scheduled test you may request an individual testing for an additional \$10.00 fee.
4. In order to keep up with pertinent information concerning school activities, tournaments, tests, and special events please make it a habit to check the bulletin board where this information will be posted.
5. In the even of inclement weather Wilde Lake Karate will be closed if Howard County Schools are closed or are closing early. If the schools are opening late, please phone Wilde Lake Karate for that days' schedule of classes. If there is inclement weather on a day when the schools are not normally in session but we would be (weekend, holiday), please call Wilde Lake Karate, a recording will advise you accordingly.

Personal Hygiene

1. Cleanliness should be practiced by all.
2. Uniforms must be kept clean.
3. Keep your fingernails, and especially your toenails short.

The Uniform

The uniform of Tae Kwon Do is the simple peasant garb worn universally by Oriental men and women alike around the turn of the century. It is called a Do-Bok (doe book) - Usually, it is made of unbleached natural cotton fabric, although, today it is available in a variety of colors and fabrics. In our classes, the natural or bleached white uniform of cotton or cotton/polyester blend is used by all students up to the rank of black.

Uniforms should be kept clean and wrinkle-free at all times. The uniform should be washed in cold water to prevent shrinkage. The belt should not be washed at all, unless very heavily soiled.

To put on a uniform, put on the pants first, making sure that the loop or loops are in the front. The pull-tapes are pulled snug, put through the loop(s) and then tied into a bow (like a shoe knot). The coat is put on and the edge-tie from the right is tied to the middle-tie from the left using a bow knot. Similarly, the left edge-tie is tied to the right middle-tie.

Now for the part that most students find difficult to master, the belt!

Refer to the illustrations (at the end of the booklet) as you follow the directions below.

1. Start with the middle of the belt in front of you, with the label on your left. Wrap the ends around you until they cross in front.
2. Using the end that came out on the outside, tuck the end under both layers of the belt and pull the belt snug, adjusting the length of the ends so that they are even.
3. Bend the end that came out of the bottom back in front of you and begin to form the knot by draping the end from the top over the end that you folded back.
4. Bring the end from the top through into a square knot. Note that the ends should come out to the sides, not the top or bottom.

TESTING

Promotion Test Information

For the students learning the art of Tae Kwon Do, tests are given every two and a half to three months for advancement. Special tests are given at other times depending on the circumstances. When a student is testing for a higher rank, a TESTING FEE is required. The fee is based on the rank being tested for. Fees are due on or before the day of testing. Testing is optional. The student will be recommend to test when the instructor feels the student is ready for advancement.

- 1 A promotion test is when instructors from other schools are invited to judge the students progress.
- 2 Each student is required to wear a do-bok (cleaned and pressed). Safety equipment is mandatory to prevent injury.
- 3 The test is a judgment or physical technique, also the student's mental strength of character.
- 4 Mental preparation and concentration are important. Next comes manners, attitudes, then physical skill. Form, balance, reflexes, speed, strength, and precision are also judged. The final part is the ability to defend one's self.
- 5 **The key point of this test is mental attitudes and personality development.** If one's mind is weak, manners are poor, or one's attitude mean, no matter how good their physical technique is, they will do poorly on the test.
- 6 Through the promotion test the student receives confirmation of his progress. He is certified as having reached his immediate goal and is given a new higher one to strive for. If anyone cannot take the test at a specified time, a special test will be arranged. Your instructor, Master Kevin Agahi, wishes you success.

At each level the student learns a little more and accepts more responsibility. The complete human being is formed painstakingly step-by-step. The white belt can be compared to the infant who is just starting to grow, and the black belt to the person who is ready to teach their own children about the world. The other intermediate belts are as the stages of human growth between these two.

Our chief goal at Wilde Lake Karate is for our students to steadily develop better and better mental, physical and spiritual proficiency. This is done by their graduation into progressively more demanding classes. To determine when and whether or not a student is ready to advance into one

of these classes, specific pre-designed tests are given. If they pass the test, they are awarded a higher rank which denotes proficiency level and give recognition for achievements. If the student fails, they stay in their present class and try again at a later date. If the student is weak in only a few techniques, he is put on probation.

What must a student do to be eligible to test?

The opportunity to test for a belt promotion is based on three things. First, the student must meet the estimated minimum hour requirements. This should be done with 2-3 hour a week average. Cramming hours or spacing hours too far apart usually results in poor performance. For the majority of people, 2-3 hours a week is not only an ideal physically development rate, but also an ideal mental and emotional development rate. The body and mind both need this evenly spaced repetition to best adjust to and absorb the material presented. This ideal training schedule develops very high quality techniques and proficiency. Irregular attendance makes learning 200 to 300 percent harder. Secondly, one must have learned all the techniques required for the next belt. Sheets listing all the techniques are available for each level of training. Finally, and most importantly, the student must be approved by the instructors. Records are kept of your class attendance and when the estimated minimum hours are attained you will be observed closely to determine your eligibility for testing. You will be notified if you are eligible--please do not ask to test. Remember--a belt promotion means that a certain degree of proficiency has been reached. This takes time to develop. With dedicated effort, skill and rank will come.

REMEMBER:

All students attending grades one through twelve must furnish us with a copy of their report cards on a regular basis. You should strive for honor grades.

When is testing?

Dates will be posted two weeks prior to each testing. Any variations on this will be posted. There will be no change in the regular class schedule. Anyone who is eligible to test and cannot attend on the test date, should notify the manager.

When is probation?

If a student is put on probation, it means a majority of their test was satisfactory, but because of an inadequacy on certain techniques, it is to the student's advantage to practice a little longer at their present rank-- primarily on his weak areas. The five-hour (minimum) probation period will give the student an opportunity to strengthen weak areas. At the completion of the probationary period, the student is eligible for the test, and should be able to retest with a satisfactory performance of the techniques.

When should I start my new classes?

When advancing in rank it is important to start your new classes immediately. Anything that upsets your normal routine can make it difficult, if not impossible, to get started again. New material is covered starting the first day. Remember, a lay off is just an excuse to fall back into your old habits (i.e.- not exercising, not disciplining yourself, putting things off, etc.).

Self Defense Techniques-Hapkido-Jujitsu

Self-defense techniques are prearranged defensive moves for a particular attack. The Wilde Lake techniques use a multi-strike defense, keeping in mind the body reactions of the attacker when attacked. The techniques teach students basic movement patterns utilizing minimum effort for maximum efficiency (no wasted body movement).

Training Hints

- 1 Do not rush the movement.
- 2 Concentrate on the proper form and execution of each movement.
- 3 Be conscious of proper timing
- 4 Do the techniques slowly to concentrate on points 1-2-3. Then increase the speed each time you repeat the technique.
- 5 After practicing by yourself, work the technique with a partner using the method in point.
- 6 Practice each technique at least 5 times, 2-4 days a week.
- 7 Discuss any questions you have with an instructor

Training With Equipment

Improves one's timing, accuracy, balance, power, speed, coordination, reactions, endurance, footwork, and concentration.

Principles to Remember:

1. SPEED - Slow Medium Fast (develops body feel)
2. POWER - Easy Medium Hard (develops control)
3. OFFENSIVE - DEFENSIVE
4. Movements may be done in part or in total

Target May Be:

- 1 Stationary with opponent stationary
- 2 Stationary with opponent moving
- 3 Moving with opponent stationary
- 4 Moving with opponent moving
- 5 Free styling with opponent free styling

*Develop footwork while using all equipment if possible: move in and out, circle, and move side to side.

*Develop both sides of the body during movement it gives total body expression and body-feel for same.

Softness triumphs over hardness, feebleness over strength. What is more malleable is always superior over that which is immovable. This is the principle of controlling things by going along with them, of mastery through adaptation.

The less effort, the faster and more powerful you will be.

In order to achieve victory you must place yourself in your opponent's skin. If you don't understand yourself, you will lose one hundred percent of the time. If you understand yourself you will win fifty percent of the time. If you understand yourself and your opponent you will win one hundred percent of the time.

- Tsutomu Oshima -

Promotion Exam Requirements

All answers must be completed with SIR!

- 1 Q. What do you learn at this school?
A. Tae Kwon Do, Sir!
B. Hapkido
C. Jujitsu

- 2 Q. What does Tae Kwon Do mean?
A. Tae -means to smash or destroy with the foot or knee
Kwon -implies hand, fist or elbow
Do -means art or way, Sir!

- 3 Q. What is the name of our school?
A. Wilde Lake Karate & Tae Kwon Do, Sir!

- 2 Q. What is the telephone number of our school?
A. (410) 884-7340

- 3 Q. What do you call your Master Instructor?
A. Sa Bum Nim, Sir!

- 4 Q. What does Sa Bum Nim mean?
A. A fathering master (a model for others), Sir!

- 5 Q. What is your Master Instructor's name?
A. Master Kevin Agahi

- 6 Q. Why do you yell in Tae Kwon Do?
A. To develop spiritual- strength with concentration, power and confidence, Sir!

- 7 Q. What is the bow?
A. The bow is a Korean form of greeting, and also symbolizes respect, Sir!

- 8 Q. Why do you bow?
A. We bow to show sincerity of respect, Sir!

- 9 Q. When do you bow?
A. We bow to the flags when we enter the Do Jang. We bow to the Master instructor anytime and anywhere we see him. We bow to a higher-level belt and fellow Tae Kwon Do students anytime or anywhere we meet them, Sir!
- 10 Q. Can you explain the meanings or significance of the White belt.
A. A white belt signifies purity, innocence and devoid of worldly knowledge, Sir!
- 11 Q. Do you know why you take a test?
A. We test to further our knowledge of Taekwondo through test preparation and the test experience, to gain confidence by performing under pressure, and to let a qualified judge determine the increase of my knowledge, Sir!
- 12 Q. Why do you wear a uniform?
A. I wear a white uniform to present myself as a clean piece of paper upon which Sa Bum Nim writes his knowledge. When I am a Black belt and with my Sa Bum Nim's permission; only then will I wear a colored or black uniform, Sir!
- 13 Q. What are the Ten Commandments of Tae Kwon Do?
A. Courtesy
B. Integrity
C. Perseverance
D. Self-control
E. Indomitable Spirit
F. Victory
G. Loyalty
- 14 Q. Can you explain what makes power?
A. Power is made by combining weight and speed with concentration and confidence, Sir!
- 15 Q. Where are the three attack points when you punch or kick?
A. The three attack points for punching and kicking:
High section - In Joong
Middle section - Solar plexus
Low section - Dan Jun or Nang Sin, Sir!
- 16 Q. Why are there different colored belts?
A. The increase in knowledge and ability is symbolized by the darkness of the colors in the belts as one advances, Sir!

17 Q. How do you say - How are you, goodbye to someone staying, and goodbye to someone leaving in Korean?

A. Ahn Nyung Ha Shim Nee Ka
How are you?

Ahn Nyung Hee Gae Sheep See Yo
Goodbye (to someone staying).

Ahn Nyung Hee Ga Sheep See Yo
Goodbye (to someone leaving). Sir!

18 Q. Why do we practice breath control?

A. To develop inner strength (Gi) and endurance, Sir!

19 Q. Count to ten in Korean.

A.

20 Q. Can you name the three eye focal points and describe them?

A. Three eye focal points are:

1. Chook See Bup - The bridge of the nose (Me Gan) or the left eye of your opponent.
2. San See Bup - Keeping the 180 degree area around the Dan Jun pont (abdomen) of more than two opponents in your peripheral vision.
3. Byun See Bup - Your body is in fighting stance in a straight line towards one opponent with eye looking at second opponent while keeping the first in your peripheral vision, Sir!

21 Q. What are the three basic points to remember in Tae Kwon Do?

A. Tae Kwon Do's three basic points are:

1. Eye focus
2. Good balance
3. Loud, strong GiyOp, Sir!

22 Q. What are the six points to remember when doing forms?

A. The six points to remember when doing forms are:

1. Eye Contact: Imagine your opponent throughout your form, maintain strong, focused eye contact with these images.
2. Balance: When moving from one position to another maintain proper balance which will result in ultimate power.
3. Breathing: Breathing needs to be continuous throughout each movement. Inhale prior to each movement and exhale simultaneously with each action.

4. Yelling: Yelling expands inner-spirit and power. Properly performed this action controls breathing and increases power.
 5. Muscle Control: Control the relations of your muscles at the start of each action and the tension of your muscle at the very end of each action.
 6. Grace: With grace of movement comes power. Maintain a graceful flow from movement to movement.
- 23 Q. Why do you use control in Free Sparring?
- A. We use control in free sparring to demonstrate mental discipline and physical control of ourselves. It is much harder to control yourself than to make contact. In a situation of self-defense, control is very important in making good opportunities work to your advantage. Control in free sparring will build self-confidence, which indicates a strong mind, Sir!
- 24 Q. What is the Membership Oath?
- A. SEE PAGE 3
- 25 Q. What, is the Student Creed?
- A. SEE PAGE 3
- 26 Q. Why is it necessary to practice basics and forms?
- A. Forms and basic movements build a necessary solid foundation for achieving coordination, agility and skill. Performing these techniques also builds confidence, concentration and discipline, Sir!
- 27 Q. Can you explain why you practice "one by one" fighting and "one step" sparring?
- A. We practice one by one fighting and one step sparring to develop effective offense and defense, control of distance, precision, speed and reaction time, Sir!
- 28 Q. Why do you practice breaking techniques?
- A. We practice breaking techniques to develop power, precision, concentration, and to actually test the effectiveness of various techniques, Sir!

- 29 Q. Do you know why stretching exercises are necessary in Tae Kwon Do?
- A. Stretching exercises are necessary because flexibility, the result of stretching, promotes youthful agility and a sense of well-being. In Tae Kwon Do, flexibility allows greater speed in execution of techniques (and so more power) and a greater range of possible targets on an opponent, Sir!
- 30 Q. What part of the foot do you use in kicks?
- A. 1. In front kick you use the ball of your foot.
2. In roundhouse kick you use the ball of your foot or instep.
3. In side kick you use the side back heel.
4. In back kick you use the side back heel.
5. In back hook kick (wheel kick) use the back heel or ball of your foot.
6. In in-to-out, out-to-in kick use the ball of foot or bottom of heel or foot, Sir!
- 31 Q. What is the meaning of the American Flag
- A. There are thirteen stripes in the American Flag, the stripes represent the 13 original colonies.
The stars represent the 50 states. The colors stand for:
red courage, war and blood
blue justice, loyalty and ambition
white truth, freedom and purity, Sir!
32. Q. What is the Advanced Student's Code of Honor?
- A.
33. Q. Do you know why you meditate?
- A. We meditate because meditation is necessary for gathering one's spiritual energy (Gi) - It helps us to achieve deeper insight, greater awareness, and a feeling of calm and relaxation. This serenity can become a habit even in highly stressful situations. In such situations, with the mind cleared of emotion and unnecessary distraction, self-control is maintained and the proper action can be taken. Also meditation becomes concentration when action is required, Sir!
34. Q. Can you explain the meaning of each color belt?
- A.

35. Q. What is the meaning of the Korean Flag?
- A. The Korean flag symbolizes much of the thought, philosophy and mysticism of the Orient. The flag is called Tae Geuk Gi. Tae Geuk means "Origin of all things in the universe". On the flag is a circle divided equally in perfect balance. This circle, which is in the center of the flag, is divided into portions of red (Yang) and blue (Um) by a horizontal "S". These two opposites express the dualism of the cosmos'; fire and water; day and night; dark and light; active and passive; heaven and earth; being and not being, and so on. There is also balance and harmony. It may signify a doctrine that man has two natures, physical and spiritual, Sir!

36. Q. What are the names of the corner bars in the Korean flag? Explain its meaning.
- A. The bars on the flag are called Yi-Gwe (lower left corner), Gun-Gwe (upper left corner), Kon-Gwe (lower right corner), Gahm-Gwe (upper right corner). The bars located in the corners of the flag, are based on the "Um" and "Yang" principle of light and darkness. The location of the Gwe or bars represents the four points of the compass.

Yi-Gwe: This symbol means fire and sun. One thing that distinguishes man from animal is that man knows how to use fire. Burning fire gives man warmth and light. The sun rises in the east meaning dependence.

Gun-Gwe: This symbol represents Heaven and light. Heaven gives us light which makes things grow. This symbol represents bright sunshine when the sun is in the south.

Kon-Gwe: This symbol represents the earth. The earth is the source of life. The lower right corner indicates total darkness when the sun is in the north, which gives the meaning of dark to Kon.

Gahm-Gwe: This symbol means water. Water is liquid having no shape or form. Water never loses its nature. This symbol signifies the sun moving to the west, meaning dangerous, Sir!

37. Q. Give a brief history of Tae Kwon Do.
- A. Tae Kwon Do is the name of the martial art that was created and developed in Korea over the course of more than 2,000 years. It's origin goes back to the early days of human existence on earth. No matter where they lived, people had to develop personal skills to fight in order to obtain food and defend themselves against enemies, including wild animals.

In 37 BC, on the Korean peninsula, three kingdoms Koguryu, Paekche, and Silla had developed skills and techniques of the martial art Tae Kyon, the predecessor of Tae Kwon Do. The most notable contribution to the development of Tae Kwon Do came from an elite officer corps called Hwa Rang Do a military and social organization for noble youths. Through stringent training the Hwa Rang produced courageous leaders. As Sila's elite warriors they were taught martial arts and taught to act as models of cultured and chivalrous warriors. Hwa Rang means "Flower of Youth", the promise of the nation, the hope of the future. Tae Kwon Do is the outflowering of the Hwa Rang spirit.

The first martial art textbook was written in 1790 called "Muye Dobo Tongji". Developed independently in Korea, Tae Kwon Do has in recent years become the most respected national sport of Korea and is now practiced in over 100 countries. In 1980 it was accepted in the summer international Olympic Games. Tae Kwon Do is an art of self-defense that has been scientifically calculated for maximum efficiency of motion and therefore proven to be highly effective, Sir!

I can defeat you physically with or without a reason. But I can only defeat your mind with a reason.

- Jim Lou -

Meanings & Interpretations of Belt Rank

WHITE BELT: Signifies innocence, as that of the beginning student who has no previous knowledge of Tae Kwon Do.

YELLOW BELT: Signifies a plant seeded, as Tae Kwon Do foundation is laid.

ORANGE BELT: Signifies the earth from which a plant sprouts and takes root.

GREEN BELT: Signifies the plant's growth as the Tae Kwon Do skill begins to develop.

BLUE BELT: Signifies the heaven toward which the plant matures into a towering tree as training in Tae Kwon Do progresses.

PURPLE BELT: Signifies water, as the roots of the plant grows more deeply into the earth, students skills become rooted more deeply in Tae Kwon Do.

BROWN/RED BELT: Signifies danger, cautioning the student to exercise care and control and warns opponents to stay away. The student has good technical knowledge, but still lacks control and discipline.

DAN BO/BLACK BELT: Opposite of white. Signifies maturity and proficiency in Tae Kwon Do. Also signifies the wearer's imperviousness to darkness and fear. The nine degrees of Black Belt symbolize the union of all previous color belts and all grade knowledge to form a degree.

Power of mind is infinite while brawn is limited.

- Koichi Tohei

Control your emotion or it will control you.

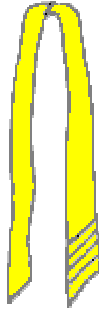
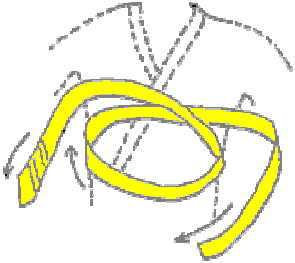

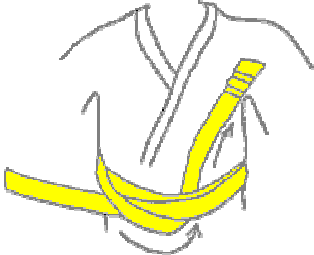

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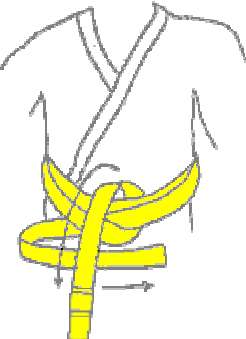

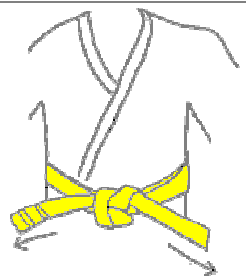
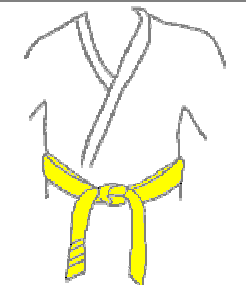


Terminology

You must know the following terms in Korean.

Charyut: Attention
Kyung Rae: Bow
Gook Gi: Flag
Sa Bum Nim: Master Instructor
Sa Bum Nim Ke Kyung Rae: Bow to the Master
Gook Gi Ke Kyung Rae: Bow to the flag
Muk Yum: Meditation
Joon Be: Ready Stance
Gyo Sah Nim: Instructor
Gyo Sah Nim Ke Kyung Rae: Bow to the instructor
Giyop: Yelling
Shi Jak: Begin
Goman: Stop or end
Sun Bae Nim: Senior belt
Sun Bae Nim Ke Kyung Rae: Bow to senior belt
Do Jang: Work-out area (Gym)
Do Bok: Tae Kwon Do uniform
Shiut: Rest
Duiro Dora: About face, turn around
Soo Ryun Kut: Class dismissed
Gam Sa Ham Nee Da: Thank you
Goshinsool: Self-defense techniques
Gyuk Pa: Breaking
Hyung (Poomse): Form or pattern
Nak Bup: Falling technique, Sir!

	<p>Hold belt at its center, ends even, with stripes (if you have them) on the left side.</p>
	<p>Place center of belt on front center of jacket, about one inch below the naval (a location called the tanden). Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.</p>
	<p>Lay the left side of belt over the tanden. Lay the right side of belt across the tanden. Stripes will now be on your left side.</p>
	<p>Slide the left side of belt (striped side) under and behind all the belt layers at the tanden. Stripes will still be on your left side.</p>
	<p>Loop</p>

	<p>Bring left (stripped) end of belt down and over the front of the U</p>
	<p>Loop stripped end under and up through the U shape to form a knot.</p>
	<p>Pull ends of belt outward to tighten knot. Stripes will be on your right side.</p>
	<p>Adjust knot so the ends of belt are even and hang neatly.</p>