



As the instructors at Competitive Edge Martial Arts Training Center we welcome the opportunity to teach the attitudes and skills of Tae-Kwon-Do in an energetic, supportive and disciplined learning environment.

- All patterns will be taught in the Taegeuk style (See general information sheet).
- Requirement Sheets for all belt levels will be available for all students, to ensure that all basic techniques are known. Students must fulfill the requirements for each belt level before testing.
- Tip and Color Belt testing will be conducted by Marie O'Donnell. There will be no extra cost for strips or for color belt testing.
- Equipment (uniforms, pads, etc) can be purchased from Competitive Edge Martial Arts Training Center.
- Students from Competitive Edge Martial Arts Training Center will have a greater opportunity to participate in Tae-Kwon-Do tournaments, and will benefit from opportunities to train, compete, and socialize with members from other schools.

Rules and Etiquette:

- Students should always pull out their attendance card before participating in class.
- Always address and respond to instructors and assistant instructors as “Mr.” or “Ms.”
- When entering or leaving the training floor, you should always bow to the flags. (This teaches respect for the school and put the student in the proper mind set for training)
- You are not allowed to drink, chew gum, or wear jewelry on the training floor.
- Conversation is not permitted while instructor is teaching.
- When given something from your instructor, always bow and receive with both hands.
- All nails must be neatly trimmed, uniform clean, and hair pulled back out of eyes.
- When you need to straighten your uniform, always turn away from the flags, your instructor, and senior black belts.
- Junior members must always respect senior members. Senior members must always help junior members.
- Shoes and gear bags should be placed in the cubicles.
- Students must respect all other students and their possessions.
- The school will not be responsible for lost or stolen articles. You must safeguard your personal belongings.
- Please be on time and loosen up before class. Try arriving approx. 10 minutes prior to class starting.
- No shoes on the mats.
- Students must help to keep the dojang (gym) clean.
- Members are always welcome to make suggestions for the improvement of our school.

Home Rules

- Children shall greet their parents / adults when enter the house and tell them goodbye when they leave.
- Children will at all times be respectful to their parents, grandparents and adults.
- Children will at all times be truthful.
- Children will strive for a good relationship with their brothers and sisters.
- Children will willingly help with household chores.
- Children shall report to their parents that they have completed assigned tasks.
- Children shall be responsible for the upkeep and neatness of their own room.
- Children will practice daily cleanliness in the matter of hair, teeth and body.
- Children shall abide by their parents' decisions.
- Children shall not interrupt adult conversations.
- Children shall refrain from rowdy behavior at home.
- Children shall possess an active mind, body and spirit.
- Children will diligently study and do their homework.
- Children will at all time show respect for their school, teachers, and peers.
- Children should always finish what they have started.

Tae-Kwon-Do Definition:

- **Tae** – Jumping, flying, and kicking with the foot
- **Kwon** – Denotes fist, to punch or destroy with hand
- **Do** – An art or the way. The constant effort of the martial artist to improve in every facet of life.

Tae-Kwon-Do: “Way of the hand and foot”.

Rules of Concentration:

- Focus your eyes
- Focus your mind
- Focus your body

Student’s Pledge:

- To build ourselves mentally and physically
- To build friendship with one another and to be a strong group
- To never fight to achieve selfish ends, but to develop might for right

Tenants of Tae Kwon Do:

- Courtesy – To be kind and respectful to everyone.
- Integrity – Not to tell or live lies; to know the difference between right and wrong.
- Perseverance – To never give up; to finish what you begin.
- Self-Control – To control your actions and emotions.
- Indomitable Spirit – To stand up for what you believe in; to speak up when you see something wrong.

Student’s Oath:

- I shall observe the Tenants of Tae Kwon Do and the Ethical Rules
- I shall respect instructors and seniors
- I shall never misuse Tae Kwon Do
- I will be a champion of freedom and justice
- I will build a more peaceful world

Ethical Rules:

- Loyalty to Nation
- Obedience to Parents
- Confidence in Friends
- Don't retreat from enemy attacks
- Refrain from senseless killing of living things

TKD Knowledge

• **Commands**

- Junbe / Joon-Bee / Jumbi – *Ready Position*
- Charyut / Cha-Ryot – *Attention / Focus*
- Kyung-ne / Kyung-Ye – *Bow*
- Shijak – *Begin*
- Goman – *End*
- Bah-Rho – *Return to ready*
- Shee-Yeu – *At ease*
- Shee-Jak – *Begin*
- Keu-Man – *Stop*
- Diro-Dora – *Turn around*

• **Basic Terminology of Tae Kwon Do**

- KI-HAP — *Yelling*
- SAH-BUM-NIM — *Instructor*
- KWAN-JANG-NIM — *Master Instructor*
- DO-JANG — *Training Hall*
- DO-BAK — *Uniform*
- GUP — *Grade*
- DAN — *Degree*
- AHN-YOUNG-HA-SE-YO — *Hello*
- AHN-YOUNG-HEE-GAE-SE-YO — *Goodbye*
- GAM-SA-HAP-NEE-DA — *Thank You*
- POOMSE – *Forms*
- Kyukpa – *Breaking*

- **Counting In Korean**

- HA-NAH — *One*
- DOOL — *Two*
- SET — *Three*
- NET — *Four*
- DA-SEUT — *Five*
- YEO-SEUT — *Six*
- ILL-KOP — *Seven*
- YEO-DOL — *Eight*
- AH-HOP — *Nine*
- YEOL — *Ten*

Theory of Power:

- Reaction Force
- Concentration
- Equilibrium
- Breath Control
- Speed ($\text{mass} \times \text{speed}^2 = \text{force}$)

Composition of Tae Kwon Do:

- Basic Techniques
- Forms
- Sparring
- Breaking
- Attitude

History / Facts:

- Tae Kwon Do originated in Korea.
- Although martial Arts roots are ancient, the name Tae Kwon Do was taken in the 1950's when martial arts schools decided to bring together their styles under one name. Tae Kwon Do replaced names such as Tang Soo Do, Hwa Soo Do, Tack Kyun, and Kwon Bop and so on.
- It has been argued that Taekwondo originated from another Korean Martial art called Tang Soo Do. The main difference is in how the two are taught. Tang Soo Do focuses mainly on the traditional aspect, while Tae kwon do focuses more on being a sport.
- Throughout the Korean War (1950-1953), the martial arts were tested in actual combat. The Korean's were very surprised to learn that from battle to battle, overall victories were won by Tae Kwon Do trained soldiers. Since soldiers did not have the necessary equipment to fight the enemy they were forced in hand to hand combat, with one man against ten. These results made Korean leaders realize how valuable Tae Kwon Do skills were in battle and ordered all soldiers to be trained and drilled.
- The objective of Tae Kwon Do is to help individuals develop mentally, physically and spiritually. They look to gain more knowledge of ones self by increasing self awareness and developing a greater sensitivity towards all things in nature.

- In 1955, a research group was formed to study the martial arts and give it a new name. They suggested the name Tae Kwon Do which came from Tack Kyun. It wasn't until President Rhee witnessed a demonstration while inspecting the front line troops that he gained respect for the art and agreed to the name Tae Kwon Do. From that time on people started to use the name Tae Kwon Do.

- The Kukkiwon is the world headquarters of Tae Kwon Do which is located in Seoul South Korea.

- The World Tae Kwon Do Federation (WTF) was formed in 1973 which is the international governing body for Tae Kwon Do.

- The World Tae Kwon Do Federation (WTF) became an official Olympic sport beginning with the 2000 Olympic Games.