

WORLD CHAMPION TAE KWON DO

**“ Our instructors make
the difference! ”**

跆拳道 태 TAE

means “Foot”, “Leg”, or “to step on”

拳 권 KWON

means “Fist” or “Fight”

道 도 DO

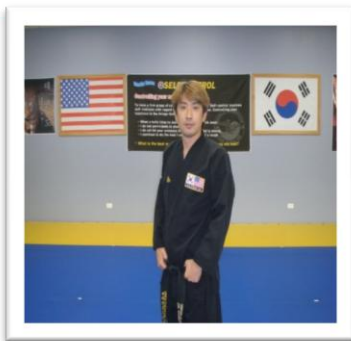
means “Way” or “Discipline”

Dedication

I would like to offer my sincere thanks and appreciation to those students and instructors who have contributed their time and effort in making Master Kim's World Champion TaeKwonDo, and this student manual a success. Truly, together we can make a difference!

Sincerely,

Master Tae H , KIM



Dear Students and Parents,

It is my pleasure to welcome you to our school, and wish you the best on your journey through the exciting art of Tae Kwon Do.

Tae Kwon Do has a rich and varied history. It began 2000 years ago as a form of military training, developed into an Olympic sport, and has become popular throughout the world as a unique form of fitness and self improvement. Millions of students of all ages have benefited from practicing this fascinating Korean martial art.

The system of Tae Kwon Do taught at our schools is the result of many years of study and experience. My staff and I continue to train and research so that our facility will offer the most beneficial and effective instruction to our students.

I am very proud of my school and my staff. They are among the most qualified, skilled and hard working Tae Kwon Do teachers in the country. I am sure your interaction with them will be pleasurable and beneficial. We are all committed to providing you with a World Champion TaeKwonDo's experience every time you walk through our doors.

I am certain that you will find Tae Kwon Do to be tremendously rewarding. It will provide you or your family with greater self confidence, increased self discipline, and improved physical health. Attaining these benefits requires time, effort, and dedication. At times it can be challenging. All of our instructors are here to help you with your commitment to excellence. Please feel free to discuss any questions or concerns you may have with your instructors, we are here to assist you.

I am confident that your involvement in Tae Kwon Do and your selection of our school will be a wise decision with life long rewards. Once again, welcome and enjoy your Tae Kwon Do experience to the fullest.

Sincerely,

Master Tae H , KIM

Master Tae H,KIM



Korean National Team Member

Head coach of Philippines national team

- 02 Asian Game
- 03 World T'K'D Championship, Southeast Asian Game.
- 04 Athenes Olympics

OVER 30 YEARS EXPERIENCE

As one of the most successful head coaches in TaeKwonDo, Master Tae hyung Kim has earned international recognition for his TaeKwonDo skills and teaching methods.

Having completed his coaching career with distinction, Master KIM currently directs all of his efforts to developing World Champion TaeKwondo Centers for the benefit of his students.

Tae Kwon Do is for Everyone !

Kids Reach New Heights

Master Kim's World Champion Tae Kwon Do staff specialize in working with children. Classes are divided by age and skill to provide the best possible match of teaching style to student's needs. All children are taught at their own pace to develop their maximum potential.

We Help Children :

- Develop self confidence and an "I can do it" attitude
- Improve self discipline for better behavior at home
- Sharpen listening skills for improved grades
- Enhance strength, coordination and athletic ability
- Have tons of fun in classes, training camps, tournaments, demonstrations and other special events



Adults Gain a Healthy Body and Peace of Mind

Master Kim's World Champion Tae Kwon Do offers adults a comprehensive fitness program with the added benefit of self defense skills and overall self improvement.

Adult Students Enjoy :

- Improved endurance, flexibility, and strength
- A healthy and fun option for stress relief
- Positive relationships with enthusiastic and motivated people
- Greater variety than traditional exercise programs
- Self defense skills and awareness for greater personal security

Families Grow Closer Together

Because of today's hectic schedules, many parents are looking for activities that allow the entire family to spend time together. A unique opportunity at Master Kim's World Champion Tae Kwon Do is the chance to attend class as a family. Special times are reserved for parents and children to learn side by side.

Train Together and Benefit From :

- A common interest that everyone can share and look forward to
- Greater respect between family members
- An exercise program everyone can do together
- Meeting other positive, health-oriented families



Definition of "Tae Kwon Do"

Literally translated, the Korean word, "TAE" mean "to kick with the foot." "KWON" implies "a hand or fist to block, punch, or strike." "DO" means an "art" or a "way". Thus, "TaeKwonDo" means, "the art of kicking, blocking and punching". However, TaeKwonDo is not merely a physical fighting skill, it is also a way of thought and life.

Through disciplined training, TaeKwonDo improves both the mind and body, placing great emphasis on the development of personal character. Students are taught that self control, self discipline, kindness and humility must accompany their increased physical strength and ability.

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

(Form)



Poomse (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 becomes 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.

Hanben Gyorroogi

(One step sparring)

Hanben Gyorroogi (one step sparring) is a formal way of practicing self defense against a punch, using a prearranged set of defensive skills. Because Hanben Gyorroogi is choreographed, techniques that are not permitted in competition, can be practiced safely. Hanben Gyorroogi 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.



Hapkido

(self defense)



Hapkido(self defense) is the practice of escapes and counter moves against an attacker's grabs 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, and beneficial practice.

Mook Sahang

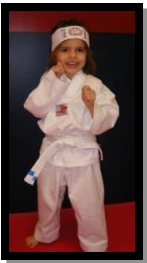
(meditation)

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, TaeKwonDoists 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.



Special Events

Throughout the year we host a number of special events, including Halloween parties, summer camp, charity Break-a-thons, and Championship Tournaments. The events are specifically designed to enhance your TaeKwonDo experience. Come see what all the fun is about!



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.

TaeKwonDo kids are Responsible :

- ❖ They know they should attend classes at least two times per week, and try to attend 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.



TaeKwonDo 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.



TaeKwonDo 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.

TaeKwonDo Kids Act Like TaeKwonDo Kids All the Time :

- ❖ They walk away from trouble and dangerous situations.
- ❖ They never use their TaeKwonDo 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!

TaeKwonDo 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 TaeKwonDo Kid is something to be proud of!

Adult Student Responsibility Code

At Master Kim's World Champion 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 and tips about belt testing, in mind 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 Kim'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. 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

Represents 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

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 TaeKwonDo student should have great strength and confidence.

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.).

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.

Bowing and It's 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



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!"**

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 KwonDoists.

HOW TO BOW

1. The student stands at attention, head up, shoulders down, back straight and 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.



Rules for Sparring



At Master Kim's World Champion Tae Kwon Do, our primary concern is providing safe, beneficial classes for our students. As a result, the following safety measures are required for all students.

- ✓ No sparring is permitted prior to the Orange belt level.
- ✓ At green belt, students are required to purchase a safety equipment package consisting of a headgear, mouth piece, shin and instep pads, forearm pads and a groin cup for males.
- ✓ Students must wear all of the above equipment for all in class sparring.
- ✓ The rules for sparring in standard color belt classes are as follows :
 - Students may perform kicks toward their opponents body or face.

- Students may perform punches only toward their partner's body.
- No contact is to be made at any time.

✓ The rules for sparring classes are as follows:

- In order to participate in sparring class students are required to purchase a chest protector and forearm guards in addition to the items included with the mandatory yellow belt safety gear package.
- Students are permitted to make light contact with kicks or punches to the chest protector of their partner.
- Students may attempt kicks towards their partner's headgear, however no contact is allowed.
- No hand techniques may be attempted to the head or facial area in sparring.
- All students are responsible for notifying their training partner and/or an instructor if they feel their partner is going beyond the acceptable levels of contact.

The rules and regulations for tournament competition are different from those listed above. Students interested in competing in outside tournaments should consult their instructors.

- ✓ All sparring requires instructor supervision.

Answers to Common Questions

About Advancement and Belt Promotion

How many belts are there, and what purpose do they serve?

Advancement in Tae Kwon Do is symbolized by a series of 12 increasingly darker colored belts. At Master Kim's World Champion Tae Kwon Do, those belts are: white, yellow, orange, green, , blue, brown, high-brown, red, high red, deputy, high deputy and black.

Different martial arts schools, and even some other Tae Kwon Do schools, use different colors. The purpose, however, is the same: to provide students with a system for measuring progress through short term goals on route to the long term goal of black belt.

How does one advance through the different color belts?

Students must memorize, practice and satisfactorily perform a number of requirements, including: kicks, blocks, punches, choreographed routines (forms), block and counter drills (one step sparring), escapes from different grabs and holds (self defense), "live" drills with a partner (free sparring) and board breaking with both kicks and hand strikes.

There are also Korean terms, written tests on Tae Kwon Do history and practice, as well as essays. A specific listing of the requirements that must be performed for each rank promotion is outlined on the black belt curriculum posted in the school's lobby. It is also outlined in detail in each of the specific belt sections of this manual.

How do the instructors cover all the material necessary to prepare students for testing?

Throughout the 2 month, the instructors teach a variety of different classes designed to challenge, motivate and develop each student. Individual classes may focus more on certain areas and less on others. If students consistently attend two classes per week, they will be exposed to all of the material required for advancement.

Do children and adults learn the same requirements for color belt and black belt testing?

Yes. The same curriculum is required for each student at each belt level. Children and adults have different strengths and weaknesses with regard to the requirements. Some children's bodies are able to adapt quite readily to the new physical techniques, while many adults are able to understand the theory of the movements more rapidly. In both cases, advancement is based on knowledge of curriculum and "personal best" performance.

Advancement is based on knowledge of Curriculum and "personal best" performance.





When are belt tests held and who conducts them?

Belt testing is generally held one day during the 8 week On that day, no regular classes are held. Students who are eligible to test are scheduled

to come at one of the reserved times. All test candidates are graded by our school's Master Kim. The school master, and often times the senior instructor, also sit on the testing board. This allows them to answer any questions Master Kim may have on the student's day to day training and to inform him of any special areas of interest about an individual student. They are also able to receive feedback from Master Kim on each student's progress.

What are the procedures for Black Belt Testing and promotion?

Black Belt testing is conducted two times a year during the months of April,

and November. At those times, Master Kim continues to serve on the testing board and is often assisted by guest masters from other schools.

Black Belt promotion is done two times per year in conjunction with the scheduled Black Belt tests. Students who have tested for their Black Belt, experience a four month "probation period".

During this time they are allowed to start wearing a black collared uniform and receive a black belt. They are also allowed to start attending Black Belt classes and training with current Black Belts.

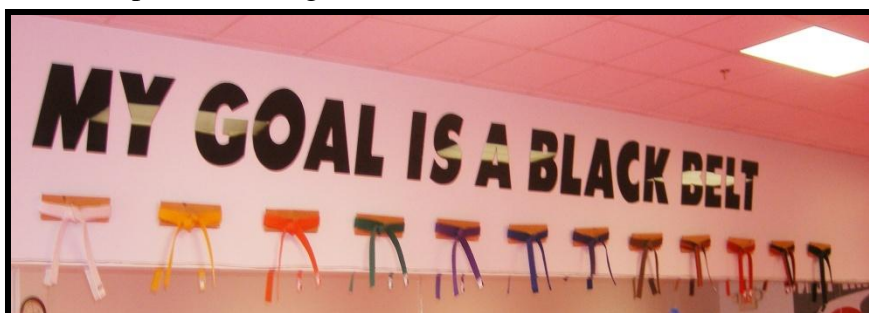
More information about Black Belt testing procedures and preparation is available in a separate folder given to students prior to testing.

What is the Stripe System? What is this exactly?

The Stripe System is used to motivate and reward our students for their hard work and good behavior. It is also designed to challenge each student to set goals and work towards achieving them. All students will be required to earn stripes (depending on age and level) in order to qualify for belt testing. This system is intended to help build discipline, respect, good habits, better focus, and positive attitude. These qualities are needed in every aspect of our lives - not just here in our [Do Jang](#).

This system should be used as a tool to help build strong, confident, responsible, and respectful citizens of our school and our community.

The stripes represent the instructors' "Stamp of Approval"...



What does the phrase “personal best” mean?

At Master Kim’s World Champion Tae Kwon Do, we recognize that our students vary tremendously in age, learning rate, and natural physical capability. As a result, it would be unrealistic to hold everyone to the exact same standard of performance level.

Although every student must memorize the same requirements for each belt, the instructors use their experience and daily interaction with students to determine a “personal best” level. This level is both challenging and attainable. Therefore, the performance standard for each student is based on the instructors’ interpretation of an individual student’s “personal best”.

What about comparing one student to another?

No two students are exactly the same, so a fair comparison cannot be made. Two students at the same level must memorize the same requirements, however, their age, athletic ability and learning rate will determine individual performance requirements. Our philosophy is that each student is working toward their individual “Personal Best”. By encouraging students to compete with themselves, we are able to continuously place a goal in front of them that is both challenging and attainable.

What do the instructors do when a student has difficulty with a particular requirement during their test?

The instructors give a student permission to test only after they are satisfied that the student has the knowledge and ability necessary to be successful on testing day. However, not all students perform at their best on the day of testing, sometimes due to nervousness, mistakes are not uncommon. If a student struggles with a requirement to the degree that they forget it or are unable to complete it during testing, they will be required to “make up” that segment at a later date, prior to promotion.

Our testing is not done on a pass/fail basis, but rather it is similar to academic schools’ use of letter grading. Therefore, it is possible for a student to have a lower score in some areas and higher score in others, and still pass to the next belt.

In addition, the instructors use testing not just to determine who receives a new belt, but as a way to assess the progress of each student. This assessment is then used to adjust future classes and lesson plans, as well as areas of emphasis to match the needs of the students.

What about the “Student of the Month” award?

The “Student of the Month” award is not directly related with either belt promotion or trophies. It is a different form of recognition designed to motivate both children and adult students to become better TaeKwondoists. An award is presented to one outstanding student at the beginning of each month for their attitude and performance exhibited during the previous month.

Selection of the “Student of the Month” is based on Master Kim’s World Champion life skill curriculum. The criteria includes the student’s demonstration of focus, enthusiasm, goal setting, cooperation, self control, perseverance, confidence, respect, responsibility and leadership.

The “Student of the Month” award is presented to one outstanding student at the beginning of each month for their attitude and performance exhibited during the previous month.

WORLD CHAMPION STUDENT PLEDGE

As a Martial Artist,

1. I will be loyal to my school, faithful to my friends and family, diligent in my Personal affairs.
2. I will practice Martial Arts with respect for myself, my Master and others.
3. I will strive to be sincere and honest.
4. I will positively build a strong mind and body maintaining self control in my actions.
5. I will allow the spirit of Martial Arts to be the driving force to move forward toward reaching my goals.
6. I will have patience and confidence in knowing that once I have finished what I have started, I will continue to strive toward excellence in all areas of my life.

10 ARTICLES OF MENTAL TRAINING

1. Be Loyal to Your Country loyal sir!
2. Be Obedient to Your Parents Obedience Sir!
3. Be Loving to Your Family love Sir!
4. Be Cooperative with Others Cooperation Sir!
5. Be Faithful to Friends Faithful Sir!
6. Be Respectful of Master Respect Sir!
7. Be Honest in Personal Affairs Honesty Sir!
8. Show Concern for Others Compassion Sir!
9. Never Attack without Reason Mercy Sir!
10. Finish What You Start Persistence Sir!

Reach Your **POTENTIAL**

Belt Rank Curriculums



5 Stripes to Success

Blue	Form
Yellow	Kicking Combination
Red	Breaking
Orange	Self- Defense
Black	Korean Terminology

Kicking combination

WHITE

FRONT+FRONT+
AXE+PUNCH

YELLOW	FRONT KICK+ROUNDHOUSE KICK+STEP IN+AXE KICK
ORANGE	ROUNDHOUSE KICK+ SKIP ROUNDHOUSE KICK+ JUMP DOUBLE ROUNDHOUSE KICK
GREEN	FRONT KICK+SIDE KICK+STEP IN+ SIDE KICK
BLUE	SKIP ROUNDHOUSE KICK+ ROUNDHOUSE KICK+MOTION+SKIP BACK+ROUNDHOUSE KICK
BROWN	SKIP ROUNDHOUSE KICK+ JUMP DOUBLE ROUNDHOUSE KICK+SKIP BACK+ROUNDHOUSE KICK+SWITCHSTANCE+ BACK KICK
HIGH BROWN	SKIP ROUNDHOUSE KICK+ SKIP AXE KICK+MOTION+ SPIN KICK
RED	MOTION+SKIP ROUNDHOUSE KICK+ ROUNDHOUSE&HIGH ROUNDHOUSE KICK+SKIP SIDE+JUMP DOUBLE ROUNDHOUSE KICK
HIGH RED	MOTION&SKIP SIDE+ ROUNDHOUSE& HIGH ROUNDHOUSE KICK+SKIP BACK+TURNING ROUNDHOUSE KICK

Promotion Exam Requirements

All answers must be completed with SIR!

What do we learn at this school?

Tae Kwon Do

What is Tae Kwon Do?

A Korean Martial Art

What does Tae Kwon Do mean?

Tae means kicking, Kwon means punching and Do means the art of way.

What is your Masters name?

Master Tae hyung Kim and Master Myeong jin Jung

Can you count to ten in Korean?

Hanna – one,

Net – four,

Illop – seven,

Yaul – ten

Dool – two,

Dasut – five,

Yadul – eight,

Set – three,

Yasut – six,

Ahop – nine,

Terminology

Chariot – Attention

Sa Bum Nim – Master

Kyung Yet – Bow

Jip Jung – Focus

Student Home Rule: **Students must respect their parents.**

Testing for Yellow Belt

Students must have all four stripes and meet the minimum time requirements.

Stripes : Form, Kicking, Breaking and Self-Defense, Korean Terminology

Students Home Rule

Techniques you will be asked to demonstrate :

- Poom se T’K’D
- White Kicking Combination
- White Breaking Technique
- Self- Defense

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

Time

Average 2-4 months

Based on student's

Attendance,
proficiency, and technical
understanding

WHITE BELT

• **Basic Movement**

Horse stance: Sometimes called “horseback stance” or “Horseback riding stance”, The feet are pointing straight ahead, parallel to each other, and the knees are bent around 135° degree. Also the feet spread apart about two shoulder widths. In this position you can practice punch, blocks and strikes, Punch: Straighten your arm and tighten your fist. Aim your hand directly at the solar plexus of an imaginary opponent of your own size. Also the targets are groin, and the upper jaw. From right hand in to a fist, turn it upside down so that the palm is facing up. Now extend it straight toward the target, diagonally from your shoulder. The hand is still upside down, palm of the fist facing up. At the last possible moment before your elbow straightens and your fist reaches the target, snap your hand over so that the fist rests upside down against the belt.

• **Self Defense Techniques:** (Child Only #1 & #2)

#1. Left arm outward block, right punch.

#2. Left arm outward block, right front Snap Kick.

#3. Right knife hand outward block and grab, swing it down, left hand grabs the arm, right back fist strikes opponent's temple.

#4. Right hand outward block, left hand grabs the wrist, turn, right elbow strike, reach over head, grab shoulders, trip leg, and punch.

• **Form:** Foom Se T'K'D

• **Kicking combination:** Front kick + Front kick + Axe kick + Punch

• **Board Breaking:** Hammer fist or Knife hand, or Ridge hand

FOCUS

Concentrate with your Eyes, Body and Mind

I make eye contact with people who are talking to me

I listen carefully in school so my teacher doesn't have to repeat directions

I pay attention to details

I keep the television off when I do my homework

I sit up straight at my desk

When I practice I put all my energy and effort into my technique

I keep my hands up and look straight when I practice kicking drills with a partner

When we practice with targets I take my time and look before I kick

I listen and watch carefully when other students demonstrate their moves



World Champion TaeKwonDo
Building Skills for Life



Black Belt Philosophy

- FOCUS -

“The ability to concentrate and to use your time well is everything.” - Lee Iacocca

“The secret to success in any human endeavor is total concentration.” - Kurt Vonnegut

“To do two things at once is to do neither” - Pubilius Syrus

“When walking walk, when eating, eat.” - Zen Maxim

“Do whatever you do intensely.” - Robert Henri

Martial Arts Perspective

As a beginner, one of the most important habits you can develop to make learning easier is the habit of focus. At Master Kim's World Champion Tae Kwon Do, focus is taught using the following three principles.

Focus your eyes : When being taught, focus on making and keeping eye contact with the instructor. When training, focus on your target.

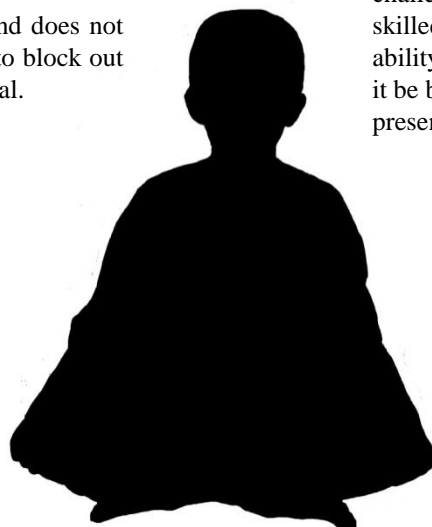
Focus your body : A focused posture is one where a student stands or sits with their chest spread and body motionless. This posture conveys attentiveness, respect, and pride.

Focus your mind : A focused mind does not stray from the task at hand. Work to block out distract and concentrate on your goal.

Life Skills Perspective

For children, developing a habit of focus will improve their success in any area of learning. The goal of the focus curriculum is to teach skills that will carry over to the academic classroom, playing field, and other activities. When a child develops strong focus habits, they will be rewarded with greater comprehension and faster progress.

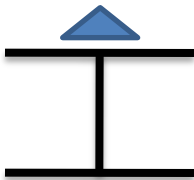
For adults, the focus curriculum is a valuable reminder. With consistent focus you can achieve more in your personal and professional life. Focus will help you to stay on track and to relieve stress the numerous challenges you encounter a daily basis. As a skilled martial artist, you will develop the ability to be focused on the moment, whether it be breaking a board, making a presentation, or listening to your child.



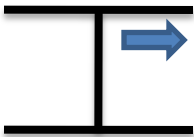
Form : “**FOOMSE T’K’D**”



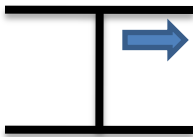
Ready Stance



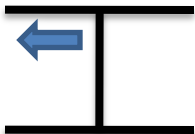
- Long Stance
- Low Block



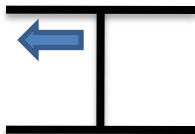
- Long Stance
- Middle Punch



- Long Stance
- Low Block

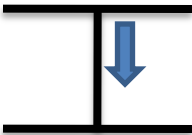


- Long Stance
- Middle Punch

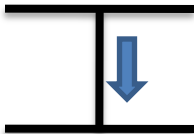




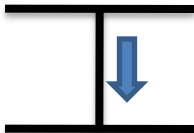
- Long Stance
- Low Block



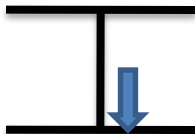
- Long Stance
- Middle Punch



- Long Stance
- Middle Punch



- Long Stance
- Middle Punch



Remember
To look
straight and
concentrate
on the
purpose of
each
technique.





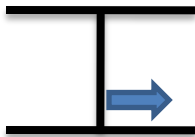
- Long Stance
- Low Block



- Long Stance
- Middle Punch



- Long Stance
- Low Block



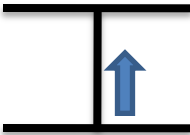
- Long Stance
- Middle Punch



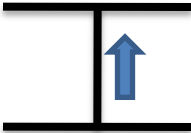
Maintaining a tight lower stomach and straight back will increase the power of your block and punch.



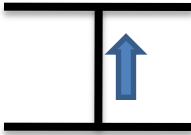
- Long Stance
- Low Block



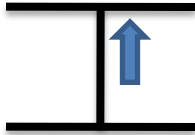
- Long Stance
- Middle Punch



- Long Stance
- Middle Punch



- Long Stance
- Middle Punch



For maximum power try to use both arms equally in an action-reaction motion.



17

- Long Stance
- Low Block



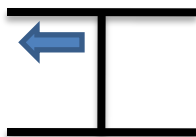
18

- Long Stance
- Middle Punch



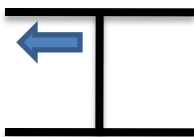
19

- Long Stance
- Low Block

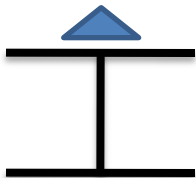


20

- Long Stance
- Middle Punch



Ready Stance



WHITE BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____

Parent's Signature: _____

Form: Basic 1

1 2 3

1= Excellent 2=Good 3=Needs Work

Kicking combination:

1 2 3

1= Excellent 2=Good 3=Needs Work

Question/answer:

1 2 3

Korean Terminology _____
Student Home rule _____

1= Excellent 2=Good 3=Needs work

Self Defense Techniques: (Child only #1 & #2)

1 2 3

Self Defense combination #1 _____
Self Defense combination #2 _____
Self Defense combination #3 _____
Self Defense combination #4 _____
1= Excellent 2=Good 3=Needs Work

Board Breaking:

1 2 3

Hammer fist

1= Excellent 2=Good 3=Needs Work

____ Pass

____ Please take this exam again at a later date

Official's Signature: _____

Date: ____/____/____

CHILD WHITE BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:

Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

Does your child show respect to you and other family members?

Excellent Mostly Needs Work

☐ ☐ ☐

Does your child greet you when you enter the house?

☐ ☐ ☐

Does your child say good-bye when you leave?

☐ ☐ ☐

What do you think your kid's strong point is?

What do you think your kid's week point is?

Comment: _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**

☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check # _____

☐ Cash

☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

ADULT WHITE BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____

Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

What made you decide to learn Taekwondo?

What is your goal at World Champion T'K'D?

Please list 3 areas that you would like to make improvements on:

- 1) _____
- 2) _____
- 3) _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons**
 ☐ **Birthday party**
 ☐ **Sparring Team**
 ☐ **Demo Team**
☐ **please send me free gift certificates so I can share with my friend and family**

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check # _____

☐ Cash

☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

Promotion Exam Requirements

All answers must be completed with SIR!

Why do we yell while practicing Tae Kwon Do?

We yell to develop power and confidence.

What is a bow?

The bow is a Korean form of greeting.

Why do we bow?

We bow to show sincerity and respect.

When do we bow?

We bow to the flags and when we enter the Dojang.

We bow to the Master and Instructor anytime and anywhere we see them.

Time

Average 2-4 months
Based on student's
attendance,
proficiency, and
technical
understanding

Terminology

Kuk ki ~ Flag

Ulgul Macki ~ High Block

Momtong Macki ~ Middle Block

Do Jang ~ Workout area / Martial art school

Ale Macki ~ Low Block

Students Home Rule: Students will be kind and caring to brothers and sisters

Testing for Orange Belt

Students must have all five stripes and meet the minimum time requirements.

Stripes : Form, Kicking, Breaking, Korean Terminology and Students Home Rule,
Self-Defense

Techniques you will be asked to demonstrate :

- Tae geuk 1 Jang and Self -Defense
- Yellow Kicking Combination
- Yellow Breaking Technique

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

YELLOW BELT

•Basic Movement

Down Block: Extend the non-blocking arm straight in front of the body. The blocking arm's fist brings the non-blocking arm's shoulder with palm turned toward the ear. The blocking arm across the body to stop at the top of knee, also the distance between a fist and knee should be one fist distance. The blocking surface is the outer forearm bone. The blocking arm should be bent a little.

Middle Block: Extend the non blocking arm straight in front of the body. Raise your bent arm to the side of the ear. Swing the blocking arm forward and to the inside until the forearm crosses before your face to stop in line with the opposite shoulder. The blocking arm should be nose high. The blocking arm bends 90 degree.

•Self Defense Techniques: (Child Only #1 & #2)

#1. Right knife hand block, grab, right Roundhouse kick, left punch.

#2. Right knife hand block, grab, right Roundhouse kick,
Side kick, left punch.

#3. Right knife hand block, grab, your left hand grabs opponent upper arm, push it down, right punch.

#4. Cross block, grab the wrist, move under opponent arm (make it sure that opponent elbow should be 90 degree angle), and throw him down.

•Form: TAE GEUK 1

•Board Breaking: Axe Kick

•Kicking combination: Front kick+ Round house kick+ Step in+ Axe kick

ENTHUSIASM

Share your energy with others



I approach new things with an open mind

I kihap loudly and energetically

I raise my hand and volunteer in class

I try to have a positive attitude
about anything I am doing

I smile and make eye contact when I
meet someone new

I always work hard and try to make the
drills exciting for my partner

I look forward to learning new things at
school

I cheer on others for their effort



World Champion TaeKwonDo

Building Skills for Life

Black Belt Philosophy

- ENTHUSIASM -

“Nothing great was ever achieved without enthusiasm.” - Ralph Waldo Emerson

“Aman can succeed at almost anything for which he has unlimited enthusiasm.” - Charles Schwab

“People are just about as happy as they make up their minds to be.” - Abraham Lincoln

“The best way to cheer yourself up is to cheer everybody else up.” - Mark Twain

“Enthusiasm moves the world.” - J. Balfour

“All we need to make us really happy is something to be enthusiastic about.” - Charles Kingsley

“Attitude is a little thing that makes a big difference.” - anonymous

Martial Arts Perspective

Attending Tae Kwon Do classes will likely be one of the most rewarding activities you have ever done. In addition to improving yourself physically and mentally, you will experience the fun of being surrounded by enthusiastic people. Each time you come to class you will notice how the instructors teach with passion and excitement. They will be sincerely interested in you and helping you to improve your skills. Your classmates will also brighten up when they see you and be excited about training together. You will come to look forward to hearing a room full of loud kihaps, the powerful yells that demonstrate TaeKwonDo students' intensity and focus.

As a student yourself, you have a responsibility contribute to the energy and excitement in the school. Always strive to give one hundred percent and to be enthusiastic towards your classmates. You will make your classes more enjoyable for yourself and everyone around you.

Enthusiasm is one of the keys to maintaining motivation and continuing your progress.

Life Skills Perspective

On a daily basis, adopt a habit of being more enthusiastic. Commit to making it a conscious decision rather than a spontaneous reaction. Resolve to take a sincere, friendly, and energetic attitude into everything you do. Work hard to find the positive side of every activity and person. Go into tasks or conversations expecting to enjoy yourself. Put a little more spring in your step, more excitement in your voice, and more laughter in your day. You will soon find that you can make any activity more enjoyable and that others around you appreciate your effort.



태극 일장

Tae Geuk Il Jang



5. Left Middle Punch



4. Right Low Block



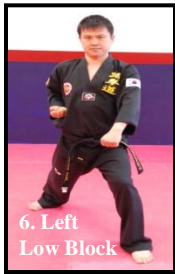
1. Ready Stance



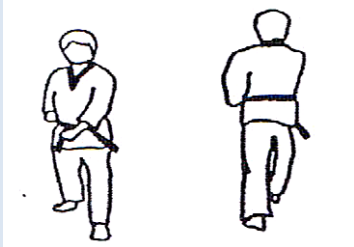
2. Left Low Block



3. Right Middle Punch



6. Left Low Block



6. Left Low Block 19. Right Middle Punch



3. Right Middle Punch



9. Right Middle Punch



8. Left Inside Middle Block



7. Right Middle Punch



10. Right Inside Middle Block



11. Left Middle Punch



8. Left Inside Middle Block



12. Right Low Block 18. Left Low Block



15A. Right Front Kick



17B. Left Middle Punch



17A. Left Front Kick



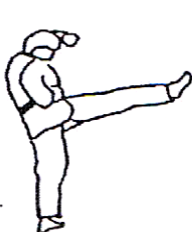
16. Right High Block



13. Left Middle Punch



14. Left High Block



15A. Right Front Kick



15B. Right Middle Punch

YELLOW BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form: TAE GEUK 1

	1	2	3
	___	___	___
1= Excellent	2=Good	3=Needs Work	
Kicking combination:			
	1	2	3
	___	___	___
1= Excellent	2=Good	3=Needs Work	

Self Defense Techniques: (Child only #1 & #2)

	1	2	3
	___	___	___
Self Defense combination #1	___	___	___
Self Defense combination #2	___	___	___
Self Defense combination #3	___	___	___
Self Defense combination #4	___	___	___
1= Excellent	2=Good	3=Needs Work	

Question/answer:

	1	2	3
	___	___	___
Korean Terminology	___	___	___
Student Home rule	___	___	___
1= Excellent	2=Good	3=Needs work	

Board Breaking:

	1	2	3
	___	___	___
Axe kick	___	___	___
1= Excellent	2=Good	3=Needs Work	

_____ Pass

_____ Please take this exam again at a later date

Official's Signature: _____

Date: ____/____/____

CHILD YELLOW BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:

Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

	Excellent	Mostly	Needs Work
Does your child maintain a good relationship with his/her siblings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Does your child eat good food for health?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
---	--------------------------	--------------------------	--------------------------

What kind of food is your kid's favorite?

What kind of food doesn't he/she like?

Does your child clean up after meals and snacks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------	--------------------------

Comment: _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons**
☐ **Birthday party**
☐ **Sparring Team**
☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

ADULT YELLOW BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

Have you improved the 3 areas that you listed in White belt form?

Please list 3 food that you like most.

Please list 3 food that you don't like most.

How would you describe your eating habit?

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons**
☐ **Birthday party**
☐ **Sparring Team**
☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check # _____
 ☐ Cash
 ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

Promotion Exam Requirements

All answers must be completed with SIR!

Why do we yell in TaeKwonDo

Power is made by weight and speed together with relaxation, concentration and confidence.

In what countries did TaeKwonDo, Karate and KungFu come from?

TaeKwonDo - Korea

Karate - Japan

KungFu - China

Time

Average 2-4 months

Based on student's

Attendance,
proficiency, and technical
understanding

Why are there different colored belts?

The increase of knowledge and ability is symbolized by the darkness of the colors in the belt as one advances.

How do you say in Korean : "How are you?"

"Goodbye" to someone staying" and "Goodbye" to someone leaving?

"How are you?" - Ahn nyung ha sei you

"Goodbye" to someone staying - Ahn nyung hee kei sei yo

"Goodbye" to someone leaving - Ahn nyung hee ka sei yo

Students Home Rule: Students will be honest.

Testing for Green Belt

Students must have all five stripes and meet the minimum time requirements.

Stripes :Form, Kicking, Breaking, Korean Terminology and Students Home Rule, Self-Defense

Techniques you will be asked to demonstrate :

- Tae geuk 2 Jang and Self-Defense
- Orange Kicking Combination
- Orange Breaking Technique

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

ORENGE BELT

•Basic Movement

High Block: The High block is meant to protect your head from something coming down from above, or to divert something coming straight at your face. To chamber the block, reach across your body with fist, palm facing up. The elbow is bent, and your arm should extend to the opposite side of the rib cage. The opposite arm, as always, points at the center target. Block by retracting the reaction arm and simultaneously raising the blocking arm straight up until it is one fist's width above your head. Snap the wrist over at the last possible moment.

•Self Defense Techniques: (Child Only #1 & #2)

#1. Left hand outward block, grab it, right punch, and right Crescent kick to his temple.

#2. Right Knife hand block, your left hand grabs his wrist, turn & elbow strike, return back, left Side kick while left hand pull his arm.

#3. Right knife hand block, right hand grabs his elbow, at the same time, your left hand grabs his wrist, then move under arm, and kick the back of knee.

#4. Left hand out block, right hand grabs the wrist, spin his arm as turning around, break the shoulder, push him to floor, and then your left hand locks opponent arm, right punch.

•Form: TAE GEUK 2

•Board Breaking: Front snap kick

•Kicking combination: Round house kick+ Skip round house kick+ Jump double round house kick

G O A L S E T T I N G

Work hard to achieve your dreams

I have a goal to become
a Black Belt

I write down goals
that are important
to me

I dream big dreams

I take my
homework
seriously so that I
will be better
prepared

I have a plan
to read two books
a month

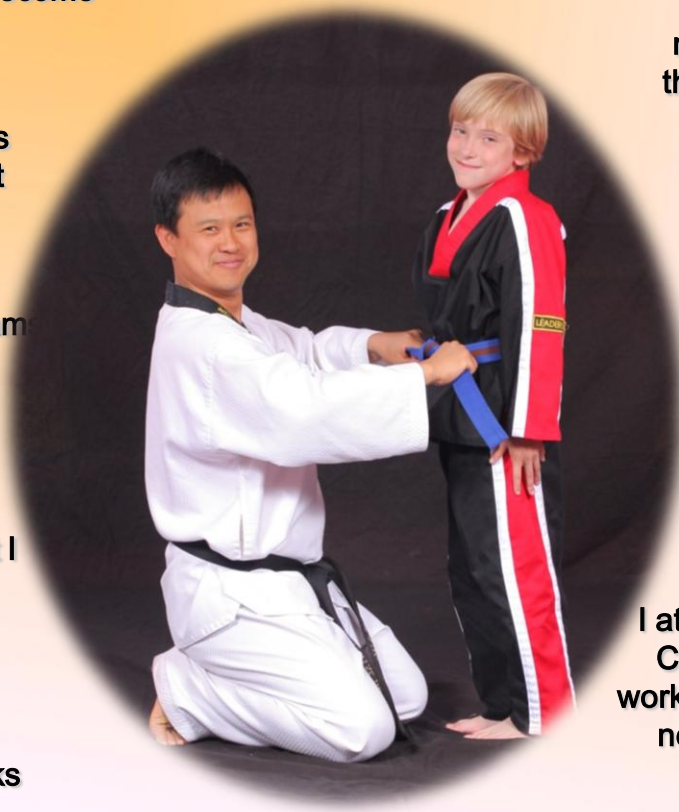
I share my goals
with
my instructors so
they may help me
to achieve them

I use my time
wisely

I break big
projects into
smaller parts

I use my time
wisely

I attend TaeKwonDo
Class regularly and
work hard towards my
next belt promotion



World Champion TaeKwonDo
Building Skills for Life



Black Belt Philosophy **- GOAL SETTING -**

“What you get by reaching your destination isn’t nearly as important as what you become by reaching that destination.” - Zig Ziglar

“Shoot for the moon. Even if you miss it, you will land among the stars.” - Les Brown

“The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication.” - Cecil B. DeMille

“First say to yourself what you would be; and then do what you have to do.” - Epictetus

Martial Arts Perspective

Tae Kwon Do is distinct from all other forms of sport and recreation because it provides a built in tangible goal system, the Black Belt curriculum. This curriculum provides short and long term goals represented by the different color belts. Beginning ranks, such as a yellow belt, can be achieved with two to three months of consistent effort and attendance. Promotion between higher ranks such as those at the red belt level and up, require three or more months of time and study. On average, a dedicated student can attain their Black Belt within three to four years from the date that they started training. All of your instructors are happy to provide guidance and advice on setting and achieving your personal TaeKwonDo goals.

When you attend classes, you will find that your instructors will challenge you with different goals each time. During some classes you will work on curriculum goals, being taught the new requirements necessary for advancement. At other classes you will work on technical goals, refining the balance, speed or power with which you perform techniques you have already learned. By combining effort in both of these areas, you will improve both your understanding and execution of all of the requirements necessary to become a Black Belt. Together with your instructors, you should set specific goals for attaining each belt rank and identifying those areas that you need to improve prior to being tested.

Life Skills Perspective

The power of goal setting is not limited to belt achievement only. By applying a short and long term perspective to school, work, and family projects, you can motivate yourself and make step-by-step progress towards your goals. Take the time to set goals for the important things you wish to achieve and you will get closer to attaining them.

The following formula will help you to achieve your goals.

1. Choose a Specific goal. Be clear on exactly what it is that you are trying to achieve. You may find it helpful to write down your goals using descriptive, precise language. Remember to include a deadline of when you want to be able to say, “Mission accomplished!”

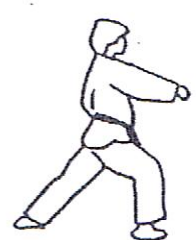




2. Design a Step-by-Step Plan. Some goals will require a lengthy amount of time and effort. Design stages or benchmarks that you can use to mark your progress and keep yourself motivated.

3. Take Consistent Action. Be disciplined about making the activities necessary for achieving your goal part of your daily routine. Be patient and take pride in even small amounts of progress or improvement.

4. Evaluate your progress. You should constantly monitor and measure your results. If you like what you see, keep doing what produced the results. If something isn’t working, change your approach. Study your methods and you will increase your chances of finding the best way to achieve your goal.



태극 이장
Tae Geuk EE Jang







5. Left Middle Punch

4. Right Low Block

1. Ready Stance

2. Left Low Block

3. Right Middle Punch












6. Right Inside Middle Block

6. Right Inside Middle Block

19A. Right Front Kick

19B. Right Middle Punch

3. Right Middle Punch



11B. Left High Punch

11A. Left Front kick

10. Right Low Block

7. Left Inside Middle Block

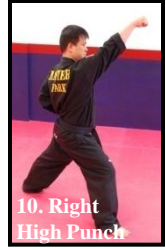



18A. Left Front kick

18B. Left Middle Punch

8. Left Low Block

9A. Right Front Kick

10. Right High Punch







14. Right Inside Middle Block

12. Left High Block

17A. Right Front Kick

17B. Right Middle Punch

10. Right High Punch



14. Right Inside Middle Block

13. Right High Block

16. Left Low Block

15. Left Inside Middle Block

ORANGE BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form: TAE GEUK 2			
	1	2	3
1= Excellent	2=Good	3=Needs Work	
Kicking combination:			
	1	2	3
1= Excellent	2=Good	3=Needs Work	
Question/answer:			
	1	2	3
Korean Terminology	—	—	—
Student Home rule	—	—	—
1= Excellent	2=Good	3=Needs work	

Self Defense Techniques: (Child only #1 & #2)			
	1	2	3
Self Defense combination #1	—	—	—
Self Defense combination #2	—	—	—
Self Defense combination #3	—	—	—
Self Defense combination #4	—	—	—
1= Excellent	2=Good	3=Needs Work	
Board Breaking:			
	1	2	3
Side kick	—	—	—
1= Excellent	2=Good	3=Needs Work	

_____ Pass

_____ Please take this exam again at a later date

Official's Signature: _____ Date: ____/____/____

CHILD ORANGE BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:

Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

	Excellent	Mostly	Needs Work
Has your child improved eating habit since last yellow belt test?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What kind of healthy food has your kid tried since Yellow belt test?

Is your child truthful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-------------------------	--------------------------	--------------------------	--------------------------

Does your child say sorry if he/she does wrong?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
---	--------------------------	--------------------------	--------------------------

Comment: _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

ADULT ORANGE BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

Have you improved your eating habit?

How much have you improved the 3 areas that you listed in white belt form?

- 1) _____
- 2) _____
- 3) _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons**
☐ **Birthday party**
☐ **Sparring Team**
☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

- ☐ Check # _____
 ☐ Cash
 ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

SPARRING GEAR ORDER FORM

Dear Student & Parent:
Congratulations on you or your child's belt promotion to the Green Belt level. At this level of training, students are required to have certain safety equipment such as head gear, chest protector, shin/instep guards, fist/arm guards, mouthpiece and groin cup/groin shield to protect themselves and others in our sparring class. The following is the price list and a list of required items. We supply you with all of the following equipment. Please fill out the order form below and return it with your payment as soon as possible. Your order will be ready in 7 working days or less.

Please circle

Item	Size			Price
Head Gear	Small	Medium	Large	\$35.00
Chest Protector	Small	Medium	Large	\$55.00
Shin/Instep Guards	Small	Medium	Large	\$20.00
Fist/Arm Guards	Small	Medium	Large	\$20.00
Mouthpiece	Small	Medium	Large	\$5.00
Groin Cup	Small	Medium	Large	\$15.00
TKD Bag		Medium	Large	\$40.00
Total:	\$190.00			

You may order the entire package for only \$ 160.00. (Save \$30)

Student Name:_____

Date:____/____/____

☐

Adult ☐ Child

☐ Check # ☐ Cash ☐ Credit Card



Promotion Exam Requirements

All answers must be completed with SIR!

What part of the foot do you use in these kicks?

Ap Chaki(Front Snap Kick) - Top of the foot (instep)

Ap Duyo Chaki(Round House Kick) - Top of the foot

Yup Chaki(Side Kick) - Knife of the foot (Side with heel)

What is a poor student?

A poor student is lazy, has no focus and expects Results without sweat.

What is a good student?

A good student has the desire to learn and achieve goals.

What is an excellent student?

An excellent student not only learns the techniques, but gains expressive ability, accepts hard work with sweat, realizing results come from practice.

What is the best student?

The best student never gives up trying to learn what he or she needs to learn until it becomes second nature, both in technique and attitude.

Student home rule: Students will take their school work seriously

Testing for Blue Belt

Students must have all five stripes and meet the minimum time requirements.

Stripes :Form, Kicking, Breaking, Korean Terminology and Students Home Rule, Self-Defense

Techniques you will be asked to demonstrate :

- Tae Geuk 3 Jang and Self- Defense
- Green Kicking Combination
- Green Breaking Technique

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

Time

Average 2-4 months
Based on student's
attendance,
proficiency, and technical
understanding

GREEN BELT

• **Basic Movement**

Back Stance: Turn the foot of the rear leg outward 90 degree. Weight is distributed with 60 percent supported on the rear leg and 49 percent on the lead leg. The chest points 45 degree from the forward direction.

Double Knife Hand Middle Block: Both hands are knife hands. The blocking hand is brought beside the head, while the rear hand is extended to the back to the shoulder height. Both hands brought forward so that the leading hand stops palm out in line with the shoulder as the rear hand stops palm up on the solar plexus. Leading hand surface is the outer arm bone. Leading hand bends as a 45 degree and rear hands palms turn up as a 15-degree. Leading hands palms are turned away from the face.

• **Self Defense Techniques:** (Child Only #1 & #2)

#1. Left arm outward block, double punches, right Roundhouse kick.

#2. Left arm outward block, grab it, and trip leg at the same time, pushing his left shoulder, and punch.

#3. Right hand outward block, grab, move forward, your left hand grabs his chin, pull it back with returning your step, and Right elbow strike the opponent temple.

#4. Left hand outward block, and grab, your right hand grabs his upper arm, throw him over your shoulder.

• **Form:** TAE GEUK 3

• **Board Breaking:** Side Kick

• **Kicking combination:** Front kick+ Side kick+ Step in + Side kick

COOPERATION

Together everyone achieves more

I am willing to admit my mistakes

I wait my turn in line when getting a drink

I apologize if I hurt someone's feelings

I am careful whenever I work with a partner



I share my things with my brothers and sisters

I am quiet whenever the teacher is speaking

I line up quickly at the beginning of TaeKwonDo

I wait quietly in the back of the room when another class is practicing



World Champion TaeKwonDo
Building Skills for Life

Black Belt Philosophy

- COOPERATION -

- “We make a living by what we get. But we make a life by what we give.” - Winston Churchill
- “Teamwork is the fuel that allows common people to attain uncommon results.” - Vince Lombardi
- “Give and take makes goodfriends.” - Scottish Proverb
- “Happiness is a by-product of helping others.”- Denny Miller
- “Everyone needs help from everyone.” - Bertolt Brecht
- “Alone we can do so little, together we can do so much.” - Helen Keller
- “Great opportunities to help others seldom come but small ones surround us every day?”- Sally Koch

Martial Arts Perspective

Even though Tae Kwon Do is not generally practiced as a team sport, group classes help to foster a friendly family atmosphere. Several activities that occur in the classroom help to improve cooperation and teamwork. For example, when a higher-ranking student assists a lower ranking one, they both benefit. The lower belt gets to see an example of superior techniques, while the senior belt gets an opportunity to improve his or her technical understanding, confidence, leadership and teaching skills.

Another example occurs when students practice a particular requirement as a group, such as six yellow belts taking turns leading the count for each move of their form. The students learn how to act as a team, communicate effectively, and practice their public speaking.

The teamwork and camaraderie that TaeKwonDo develops is very strong and beneficial. At different times you will work along with your classmate to accomplish different goals. Two students with the same belt can prepare for a promotion test together. A team of students may travel to a competition together. The entire school can work together to host a fundraiser for charity. With the help of others you will soon believe that almost anything is possible.

Life Skills Perspective

Behind every big success is a team. Think of the most successful person you know, regardless of whether their field is athletics, business, or entertainment. One person may be in the spotlight, and it is tempting to believe that they are an overnight sensation who made it all on their own. However, behind the scenes there is always a team that supports the top performer and enables them to do their best. Notice that the word team can also be an acronym that stands for...










Together Everyone Achieves More

It is important to be self confident and self-motivated. At the same time, it is also important to be humble and to acknowledge the role that others play in your success. If you have a big challenge in front of you think about how you can cooperate with others to solve it. You will certainly find that cooperating with others will allow you to achieve more in anything






태극 삼장


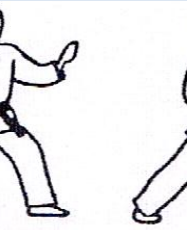


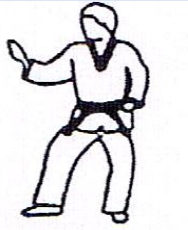
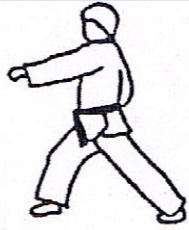
Tae Geuk Sam Jang



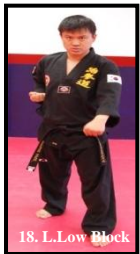



5C. Right Middle Punch 5B. Left Middle Punch 5C. Left Front Kick 4. Right Low Block Ready Stance 2. Left Low Block 3A. Right Front Kick 3B. Right Middle Punch 3C. Left Middle Punch













7. Right Knife Hand Strike 6. Right Knife Hand Strike 21A. Right Front Kick
21B. Right Low Block
21C. Left Middle Punch 8. Left Outside Knife Hand Block



11. Left Middle Punch 10. Right Outside Knife Hand Block 7. Left Knife Hand Strike 20A. Left Front Kick
20B. Left Low Block
20C. Right Middle Punch 8. Left Outside Knife Hand Block 9. Right Middle Punch



15C. Left Middle Punch 12. Right Inside Middle Block 19A. Right Low Block
19B. Left Middle Punch 18. L.Low Block



15C. Left Middle Punch 15B. Right Middle Punch 15A. Right Front Kick 14. Left Low Block 13. Left Inside Middle Block 18. L.Low Block
R. Middle Punch 16. Left Low Block 17A. Left Low Block 17B. Left Middle Punch 17C. Right Middle Punch

GREEN BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form :TAE GEUK 3

	1	2	3
1= Excellent 2=Good 3=Needs Work			
Kicking combination:			
	1	2	3
1= Excellent 2=Good 3=Needs Work			

Self Defense Techniques:

(Child only #1 & #2) 1 2 3

Self Defense combination #1	—	—	—
Self Defense combination #2	—	—	—
Self Defense combination #3	—	—	—
Self Defense combination #4	—	—	—

1= Excellent 2=Good 3=Needs Work

Question/answer:

	1	2	3
Korean Terminology	—	—	—
Student Home rule	—	—	—
1= Excellent 2=Good 3=Needs work			

Board Breaking:

	1	2	3
skip AXE KICK,	—	—	—
1= Excellent 2=Good 3=Needs Work			

Sparring

	1	2	3	
	—	—	—	1=Excellent 2= Good 3= Needs Work
_____ Pass				

_____ Please take this exam again at a later date

Official's Signature: _____ Date: ____/____/____

CHILD GREEN BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:
Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

	Excellent	Mostly	Needs Work
Has your child improved respect to you since the last white belt test?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child study hard at school and at home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child try to finish what he/she starts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child read book everyday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What is your child's favorite book this month?

Comment: _____

The following is a list of special services that we offer.
Please check ones so we can send you more information about them:

☐ **Private lessons**☐ **Birthday party**☐ **Sparring Team**☐ **Demo Team**

☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.
Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70
☐ Check # _____☐ Cash☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.



ADULT GREEN BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

What do you think you need to improve in the sparring class?
(Please answer if you take the sparring class right now.)

- 1) _____
- 2) _____
- 3) _____

What makes you not join the sparring class?

(Please answer if you don't take the sparring class right now.)

- 1) _____
- 2) _____
- 3) _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

Promotion Exam Requirements

All answers must be completed with SIR!

What are the Ten Commandments of Tae Kwon Do?

- 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 to your 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**

How do you say in Korean: “Thank you” and “Your welcome”?
Thank you – Kam sa ham mi da or Co mam shum mi da
Your welcome – Chun man hea yo

Student home rule: Student will help around the house.

Testing for Brown Belt

Students must have all five stripes and meet the minimum time requirements.
Stripes :Form, Kicking, Breaking, Korean Terminology and Students Home Rule, Self-Defense

Techniques you will be asked to demonstrate :

- Tae Geuk 4 Jang and Self-Defense**
- Blue Kicking Combination**
- Blue Breaking Technique**

- Items you must bring :
- ✓ Completed Testing Application
 - ✓ Testing Fee
 - ✓ Attendance Card

Time

Average 2-4 months
Based on student’s
attendance,
proficiency, and technical
understanding



BLUE BELT

• **Basic Movement**

Double Knife Hand Middle Block: Both hands are knife hands. The blocking hand is brought beside the head, while the rear hand is extended to the back to the shoulder height. Both hands brought forward so that the leading hand stops palm out in line with the shoulder as the rear hand stops palm up on the solar plexus. Leading hand surface is the outer arm bone. Leading hand bends as a 45 degree and rear hands palms turn up as a 15-degree. Leading hands palms are turned away from the face.

• **Self Defense Techniques:** (Child Only #1 & #2)

#1. When the opponent Front snap Kick, cross block and grab the leg, pull it up and kick under the leg.

#2. When the opponent Roundhouse Kick, grab the leg, at the same time grabs his left shoulder with right hand, trip the other leg with your right leg, and then punch.

#3. When the opponent Side Kick, grab the leg with your left hand, your right foot forward, strike the leg with your elbow, and then your right Side Kick to his leg.

#4. When the opponent Roundhouse Kick to your stomach, Jump Back Kick to his stomach.

• **Form:** TAE GEUK 4

• **Board Breaking:** Skipping Side Kick

• **Kicking Combination:** Skip round house kick+ Round house kick+ Motion + Skip back+ Round house kick

SELF CONTROL

I am in charge of my behavior

I don't blame others
if I make a mistake

I limit how much junk
food I eat

I try not to yell
when I get upset

I am gracious to my opponent
in competition whether I win
or lose

I stop and think
before I act

I walk away to cool
off if my brother or
sister makes me angry

I don't lose my temper when I
don't catch on to something right
away

At the end of class,
I walk to the water fountain
even though
I am thirsty

I practice my forms
with my best effort even
when no one is watching



World Champion TaeKwonDo
Building Skills for Life

Black Belt Philosophy
- SELF CONTROL -

- “The angry man will defeat himself in battle as well as in life.” - Samurai Maxim
- “Control your emotion or it will control you.” - Chinese Adage
- “The only way to get the best of an argument is to avoid it.” - anonymous
- “He who loses control of his emotions gives his opponent a powerful ally.” - anonymous
- “Anger is only one letter short of danger.” - Anonymous
- “Part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory.” - Norman Vincent Peale

Martial Arts Perspective

Without self-control, the practice of the martial arts can be dangerous to both you and your training partners. However, unlike the fighting seen all too often in video games and on television, the legitimate practice of martial arts is founded upon nonviolent principles such as respect, courtesy and patience. As a student of Master Kim’s World Champion Tae Kwon Do, you are expected to exhibit absolute self-control regarding the use of your martial arts skills, both in and out of the TaeKwonDo school. This means you will have to develop emotional as well as physical restraint. To create a safer environment for you and your classmates, you must develop the ability to control anger and frustration. TaeKwonDo will allow you to channel negative emotions and work them off in a healthy and safe manner.

Life Skills Perspective

Self control means more than just avoiding conflict, it represents staying balanced in all areas of one’s life. Learn to control your impulses. Apply moderation to the amount of eating, socializing, work, and even exercise that you do. As your self-control and self-discipline improve, you will enjoy the feeling of being more in charge of your emotions and actions.



태극 사장
Tae Geuk Sa Jang



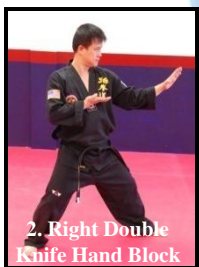
5. Right Spear Hand Thrust 4. Right Double Knife Hand Block Ready Stance 2. Right Double Knife Hand Block 3. Left Spear Hand Thrust



5. Right Spear Hand Thrust



6. Swallow Shape Right Knife Strike 21A. Right Middle Block 21B. Left Middle Punch 21C. Right Middle Punch



2. Right Double Knife Hand Block



17. Right Middle Punch 16. Left Inside Middle Block 7A. Right Front Kick 7B. Left Middle Punch 20A. Left Middle Block 20B. Right Middle Punch 20C. Left Middle Punch 18. Right inside Middle Block 19. Left Middle Punch



10. Left Outside Middle Block



8. Right Middle Kick 15A. Right Front Kick 9. Right Side Kick 15B. Right Back Fist



14A. Swallow Shape Right Knife Strike



11B. Right Middle Block 11A. Right Front Kick 10. Left Outside Middle Block 9B. Right Double Knife Hand Block 14A. Swallow Shape Right Knife Strike 12. Right Outside Middle Block 13A. Left Front Kick 13B. Left Inside Middle Block 13C. Left Inside Middle Block

BLUE BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form: TAE GEUK 4

1 2 3

1= Excellent 2=Good 3=Needs Work

Kicking combination:

1 2 3

1= Excellent 2=Good 3=Needs Work

Question/answer:

1 2 3

Korean Terminology _____
Student Home rule _____

1= Excellent 2=Good 3=Needs work

Self Defense Techniques: (Child only #1 & #2)

1 2 3

Self Defense combination #1 _____
Self Defense combination #2 _____
Self Defense combination #3 _____
Self Defense combination #4 _____

1= Excellent 2=Good 3=Needs Work

Board Breaking:

1 2 3

Back kick _____

1= Excellent 2=Good 3=Needs Work

Sparring

1 2 3

1=Excellent 2= Good 3= Needs Work

____ Pass - - -

____ Please take this exam again at a later date

Official's Signature: _____ Date: ____/____/____



CHILD BLUE BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:

Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

Excellent Mostly Needs Work

Does your child clean up after meals and snacks?

☐ ☐ ☐

Does your child hang up his/her clothes?

☐ ☐ ☐

What kind of things does your child help around the house?

Comment: _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons**
- ☐ **Birthday party**
- ☐ **Sparring Team**
- ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check # _____

☐ Cash

☐ Credit Card

Make check payable to world champion t.k.d

*

Exam fee subject to change without notice.

ADULT BLUE BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

Please list 3 areas that you have improved in since starting World Champion T'K'D?:

- 1) _____
- 2) _____
- 3) _____

What parts do you want to improve more from Taekwondo training?

- 1) _____
- 2) _____
- 3) _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check #_____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

Promotion Exam Requirements

All answers must be completed with SIR!

What is the meaning of the American Flag?

There are thirteen stripes on the American Flag, which represent the original thirteen colonies.

The stars represent the 50 states of our nation.

The colors stand for:

Red – Courage, War and Blood

White – Truth, Freedom and Purity

Blue – Justice, Loyalty and Ambition, SIR

Time

Average 2-4 months
Based on student's
attendance,
proficiency, and technical
understanding

Why do you practice breaking techniques?

We practice breaking techniques to develop power, precision, concentration and to actually test the effectiveness of various techniques, SIR

Students home rule: Students will keep their rooms clean.

Testing for High Brown Belt

Students must have all five stripes and meet the minimum time requirements.
Stripes :Form, Kicking, Breaking, Korean Terminology and Students Home Rule, Self-Defense

Techniques you will be asked to demonstrate :

- Tae Geuk 5 Jang and Self-Defense
- Brown Kicking Combination
- Brown Breaking Technique

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

BROWN BELT

•Basic Movement

Twist Stance: The rear leg crosses behind the leg with the foot resting on the ball such that the toes point toward the outside edge of the supporting foot. The chest should be pointing forward.

Easy Stance: The chest should be at 45degrees. The legs are straight.

•Self Defense Techniques: (Child Only #1 & #2)

#1. When the opponent grabs your wrist, grab back his wrist, at the same time, the other hand grabs upper arm, spin him down, and punch.

#2. When the opponent grabs your wrist, your left hand grabs the hand at the same time, your right hand helps the left hand, and then spin him down to break his arm.

#3. When the opponent grabs your wrist, your Right hand grabs the wrist, the same time, your left hand grabs his elbow, spin the arm down toward behind him, and use your left hand to lock his arm, and then punch.

#4. When the opponents grab your wrist, your right hand grabs his wrist, move forward, your left hand grabs his belt, and then throw him.

•Form: TAE GEUK 5

•Board Breaking: Back Kick

•Kicking combination: Skip round house kick+ Jump double round house kick+ Skip back+ Round house kick+ Switch + Back kick

PERSEVERANCE

Never Give up!



I always finish what I start

I tried five different ways to solve a math problem and I did it

Although I was tired I went to TaeKwondo and I had a great class

I stay positive even if things don't go exactly right the first time

I am patient and understand that everything improves with practice

I didn't break the board on my first two tries so I tried again and broke it



World Champion TaeKwonDo
Building Skills for Life

Black Belt Philosophy

- PERSEVERANCE -

“Energy and persistence conquer all things.” - Benjamin Franklin

“Success is a journey, not a destination.” - Ben Sweetland

“Your own resolution to success is more important than any other one thing.” - Abraham Lincoln

“Let me win, but if I cannot win, let me be brave in the attempt.” - Motto of the Special Olympics

“It does not matter how slowly you go, so long as you do not stop.” - Confucius

“Many of life’s failures are men who did not realize how close they were to success when they gave up?” - Thomas A. Edison

“We can do anything we want to do if we stick with it long enough.” - Helen Keller

Martial Arts Perspective

Even with the best instructors, most cooperative classmates, and clearly defined goals, it is not uncommon for a TaeKwonDo student to undergo setbacks and disappointments. At times, you may become frustrated because you view your progress as being too slow or nonexistent. Don’t be afraid to share your concerns with an instructor. Not only have they lead thousands of students through the challenges you face, but they likely went through it themselves. As a result, they can provide you with strategies, tips, or a motivational boost to help you overcome your hurdles. Tae Kwon Do training cultivates a spirit of determination, perseverance and indomitable spirit.

Breaking boards, learning an advanced form, or sparring with a highly skilled partner are challenges at first. If you rely on your instructors’ guidance and resolve to persevere, you can be confident you will achieve your goals.

Life Skills Perspective

At this point, one year into your training, you have already demonstrated your ability to persevere in Tae Kwon Do. Learn to look at outside challenges as similar to TaeKwonDo challenges. Remember how far you have come and how things that once seemed difficult and complicated are now much easier. Recognize if you are a beginner at a new activity that progress takes time. Have confidence in yourself and your ability to overcome almost any obstacle through consistency and dedication.



태극 오장

Tae Geuk Oh Jang



5. Right Downward Hammer Fist



4. Right Low Block



Ready Stance



2. Right Low Block



3. Left Downward Hammer Fist



7A. Right Front-Kick



6A. Left Inside Middle Block
6B. Right Inside Middle Block
20A. Right Right Kick
20B. Right Back Fist




3. Left Downward Hammer Fist




17B. Left Elbow Strike
17A. Right Side Kick
16. Left High Block



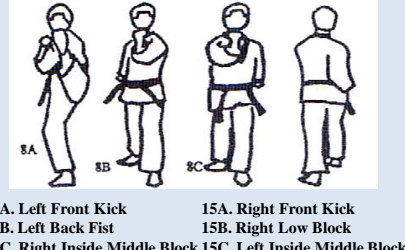
7A. Right Front Kick
7B. Right Back Fist
7C. Left Inside Middle Block
20A. Left Low Block
20B. Right Inside Middle Block



18. Right High Block
19A. Left Side Kick
19B. Right Elbow Strike



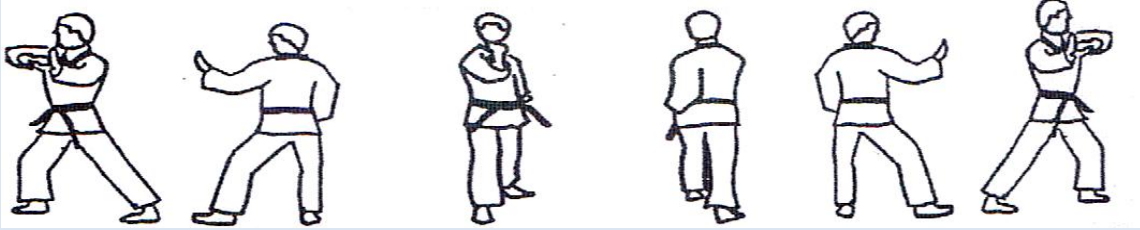
17A. Right Side Kick



8A. Left Front Kick
8B. Left Back Fist
8C. Right Inside Middle Block
15A. Right Front Kick
15B. Right Low Block
15C. Left Inside Middle Block



13. Left Elbow Strike



11. Right Elbow Strike
10. Left Single Knife Hand Block
9. Right Back Fist
14A. Left Low Block
14B. Right Inside Middle Block
12. Right Single Knife Hand Block
13. Left Elbow Strike

BROWN BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form: TAE GEUK 5

1 2 3

Excellent 2=Good 3=Needs Work

Kicking combination:

1 2 3
— — —

1= Excellent 2=Good 3=Needs Work

Question/answer:

1 2 3

Korean Terminology — — —

Student Home rule — — —

1= Excellent 2=Good 3=Needs work

Self Defense Techniques:

(Child only #1 & #2)

1 2 3

Self Defense combination #1

Self Defense combination #2 — — —

Self Defense combination #3 — — —

Self Defense combination #4 — — —

1= Excellent 2=Good 3=Needs Work

Board Breaking:

1 2 3

Back spin kick

— — —

1= Excellent 2=Good 3=Needs Work

Sparring

1 2 3

1=Excellent 2= Good 3= Needs Work

____ Pass — — —

____ Please take this exam again at a later date

Official's Signature: _____ Date: ____/____/____



CHILD BROWN BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:
Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

	Excellent	Mostly	Needs Work
Does your child keep his/her room neat and clean?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child show concern for others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child help those in need?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For example;

Comment: _____

**The following is a list of special services that we offer.
Please check ones so we can send you more information about them:**

- ☐ **Private lessons**
- ☐ **Birthday party**
- ☐ **Sparring Team**
- ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.
Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70
☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.



ADULT BROWN BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

What is the most favorite part in Taekwondo training?

You have been training Taekwondo for 1 year so far. How do you feel about Taekwondo training?

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$70

☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

Promotion Exam Requirements

All answers must be completed with SIR!

What is the advanced student code of honor?

Respect each other
Be honest
Be patient
Help each other
Always stand by the weak
Be loyal to yourself and family.
Obey and be loyal to Master and Instructor
Be loyal to your Dojang. Sir!

Students home rule: Students will keep themselves and their uniforms clean.

Time

Average 2-4 months
 Based on student's attendance, proficiency, and technical understanding

Terminology

1 - Double Knife Hand Block – Sonnal Momtong Macki

2 - Swallow Shape Knife Strike – Japiform Moc Chiki



1- Right Double Knife Hand Block (Back Stance)



2- Swallow Shape Right Knife Strike (Long Stance)

Testing for Red Belt

Students must have all five stripes and meet the minimum time requirements.

Stripes :Form, Kicking, Breaking, Korean Terminology and Students Home Rule, Self-Defense

Techniques you will be asked to demonstrate :

- Tae Geuk 6 Jang and Self-Defense
- High Brown Kicking Combination
- High Brown Breaking Technique

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

HIGH BROWN BELT

•Basic Movement

Palm Block: Blocking hand open in knife-hand position and brought to the shoulder level. Stop before the centerline of the body. Blocking surface is the palm and bend arm in 45 degrees.

•Self Defense Techniques: (Child Only #1 & #2)

- #1. When the opponent grabs your chest, strike his arm with your left arm, and then strike his temple with your right elbow, and then grab his neck, strike his stomach with your knee.
- #2. When the opponent grabs your chest, grab the wrist with your left hand, and your right hand is on his left shoulder, push and trip him down.
- #3. When the opponent grabs your chest, grab the wrist with your left hand, push pressure point on the arm with your thumb, break the shoulder as moving under the arm, and kick the back of knee.
- #4. When the opponent grabs your chest, your both hands grab his hand, pull it back, right front snap kick, left leg over the arm, and twist & break it.

•**Form:** TAE GEUK 6

•**Board Breaking:** Back Kick

•**Kicking combination:** Skip round house kick+ Skip axe kick+ Motion+ Spin kick

CONFIDENCE

Believe In Yourself

I speak up when
I have an idea

I introduce myself
to other kids
wherever I go

I talk positively
about myself

I am going to do my
form at the next
tournament



I am proud of my
hard work and
expect to be
successful

Because I have
been working hard
I believe I will pass
my next belt test

I resist peer
pressure

I am trying out for
my school play



World Champion TaeKwonDo
Building Skills for Life

Black Belt Philosophy **- CONFIDENCE -**

“Winners expect to win in advance.”- anonymous

**“That a man thinks of himself that is what determines, or rather indicates, his fate.”
- Henry David Thoreau**

“Self confidence is the first requisite to great undertakings.” - Samuel Johnson

“The worst loneliness is not to be comfortable with yourself.” - Mark Twain

“Life is a self fulfilling prophecy.”- anonymous

“Confidence is that feeling by which the mind embarks on great and honorable courses with a sure hope and trust in oneself.” - Cicero

“No one can make you feel inferior without your consent.” - Eleanor Roosevelt

Martial Arts Perspective

How does someone develop confidence? Although praise and motivation from one's instructors can be a factor, true confidence is created and maintained by accomplishing challenging tasks. In other words, confidence has to be earned. If you review your training, you will find many challenging events that you encountered and overcame. Consider the most difficult form you had to learn, the most intimidating board break you have performed, or performed, or the most exhausting class you've attended. It is because of those experiences that you have a right to be confident in your physical, mental, an emotional strength.

Life Skills Perspective

When you diligently prepare and practice for an activity then you have every right to face it with confidence and optimism. The success that you have had in TaeKwonDo should encourage you about your potential for success in other activities. Be willing to step outside of your comfort zone, try new things and develop new skills. Apply the confidence you have gained in Tae Kwon Do to each new challenge. Face public speaking as confidently as you do belt testing. Learn a new skill with the enthusiasm you would express when learning a new form. Break a limiting habit like you would break a board.



태극 육장
Tae Geuk Yuk Jang



5B. Right Outside Middle Block 5A. Left Front Kick 4. Right Low Block 1. Ready Stance 2. Left Low Block 3A. Right Front Kick 3B. Left Middle Block



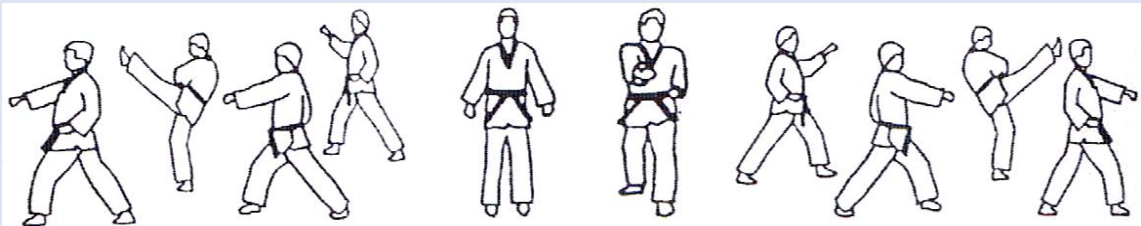
6. Right High Knife Block



6. Right High Knife Block 7. Right Roundhouse Kick 23. Right Palm Block



8A. Left High Block



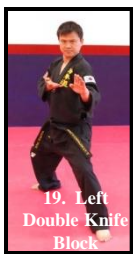
11B. Right Middle Punch 11A. Left Front Kick 10B. Left Middle Punch 10A. Right High Block 12. Low Wedge Block 22. Right Middle Punch 8A. Left High Block 8B. Right Middle Punch 9A. Right Front Kick 9B. Left Middle Punch



14. Left Roundhouse Kick



13. Left High Knife Hand Block 20. Right Double Knife Block 21. Left Palm Block



19. Left Double Knife Block



18B. Left Outside Middle Block 18A. Right Front Kick 17. Left Low Block 14. Left Roundhouse Kick 19. Left Double Knife Block 15. Right Low Block 16A. Left Front Kick 16B. Right Outside Middle Block

HIGH BROWN BELT EXAM FORM

Student's Name: _____ **Date of Birth:** ____/____/____

Current Belt: _____ **Belt Size:** _____ **Testing Belt:** _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ **Parent's Signature:** _____

Form:TAE GEUK6

123

1= Excellent2=Good3=Needs Work

Kicking combination:

123

1= Excellent2=Good3=Needs Work

Self Defense Techniques:

(Child only #1 & #2)123

Self Defense combination #1Self Defense combination #2Self Defense combination #3Self Defense combination #4

1= Excellent2=Good3=Needs Work

Question/answer:

123

Korean TerminologyStudent Home rule

1= Excellent2=Good3=Needs work

Board Breaking:

123

Jump front kick

1= Excellent2=Good3=Needs Work

Sparring
1231=Excellent2= Good3= Needs Work

Pass

Please take this exam again at a later date

Official's Signature: _____ **Date:** ____/____/____



CHILD HIGH BROWN BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:

Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

Does your child keep his/her uniform clean?

Does your child put his/her uniform on hanger after Taekwondo?

Does your child read book everyday?

Excellent	Mostly	Needs Work
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What is your child's favorite book this month?

Comment: _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons**
- ☐ **Birthday party**
- ☐ **Sparring Team**
- ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$100

☐ Check # _____

☐ Cash

☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

ADULT HIGH BROWN BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

What have you improved most since Taekwondo training?

What is the most difficult part for you to improve in Taekwondo training?

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$100

☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

Promotion Exam Requirements

All answers must be completed with SIR!

What are the five points to remember when doing form?

- 1- Your must first chamber before executing a block**
 - 2- Both hands twist together - One hand twists in while, at the same time, the other twists out.**
 - 3- Straight line - your hand should move in a straight line towards your target.**
 - 4- Waist power - each block or punch should be delivered using waist power**
 - 5- Use accurate distance and angle with explosive power.**
- Sir!**

Time

Average 2-4 months
Based on student's
attendance,
proficiency, and technical
understanding

Why is it necessary to practice basics and forms?

Forms and basics build a necessary solid foundation for achieving coordination, agility and skill. Performing these techniques also builds confidence and concentration. Sir!

Students home rule: Students will not interrupt their parent's conversation.

Testing for High Red Belt

Students must have all five stripes and meet the minimum time requirements.

Stripes : Form, Kicking, Breaking, Korean Terminology and Students Home Rule, Self-Defense

Techniques you will be asked to demonstrate :

- Tae Geuk 7 Jang and Self-Defense
- Red Kicking Combination
- Red Breaking Technique

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

RED BELT

•Basic Movement

Tiger Stance: The chest point is the front. Bend the rear leg 135 degree and front leg 155 degree. The toes of the leading foot should point directly to the front and heel up while the toes of the rear foot point outward between 15 degree to 45 degree.

•Self Defense Techniques: (Child Only #1 & #2)

- #1. When the opponent grabs you from behind, strike him with your elbow, and lock opponent arm, trip him as pushing shoulder of him, and punch.
- #2. When the opponent grabs you from behind, grab his upper arm and wrist after moving under his arm, pushes him down with spinning, and punch.
- #3. When the opponent grabs you from behind, put your left leg behind him, pull his hair down with lifting his leg, and punch.
- #4. When the opponent grabs you from behind, grab and pull the his leg between your both legs, and twist his leg to break.

•Form: TAE GEUK 7

•Board Breaking: Jumping front Kick

•Kicking combination: Motion+ Skip round house kick+ Round house kick & High round house kick+ Skip side kick+ Jump double round house kick

R E S P E C T

Treat others the way you want to be treated

I enjoy spending time with my grandparents and listening to their stories

I appreciate different cultures and customs

I keep my uniform clean and neat

I say "excuse me" before interrupting someone

I take care of my body

I consider other people's opinions

I speak politely and with good manners even when I disagree with someone

I bow to my instructors and fellow students to say hello, goodbye and thank you

I use courtesy words like "please" and "thank you" when speaking with others

I listen attentively when my instructor explains the directions to a training drill



World Champion TaeKwonDo
Building Skills for Life

Black Belt Philosophy

- RESPECT -

“Think of respect not as a duty, but as a privilege.” - George Washington

“Some pursue happiness, others create it through courteous acts.” - Gandhi

“Seek first to understand and then to be understood.” - Dr Stephen Covey

Martial Arts Perspective

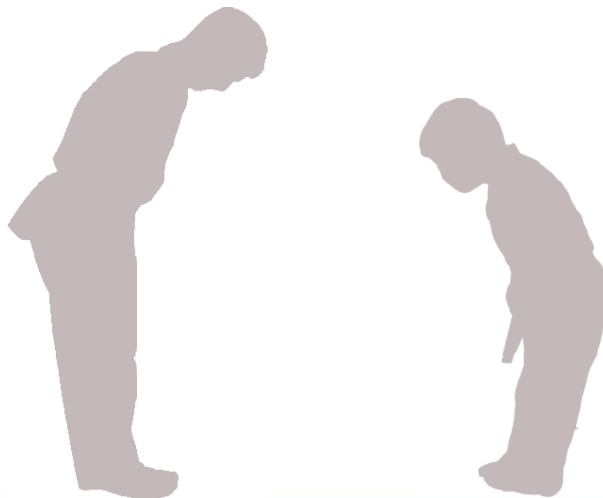
The first thing a new student may notice when learning Tae Kwon Do is all of the obvious signs of respect demonstrated during training. Students remove their shoes before entering the practice floor. They bow to one another during classes. They use honorary terms such as Mr., Mrs., and Master, and answer, “Yes sir” and “Yes ma’am”. However, these actions only scratch the surface of the deeper respect intrinsically developed in Tae Kwon Do.

Through your Tae Kwon Do training, you have come in contact with hundreds perhaps even thousands of other students. Your training partners have represented a variety of backgrounds, professions, and cultures. They also varied in skill and ability. Yet, in the TaeKwonDo classroom, every student is treated equally and partners treat each other with courtesy and understanding. This willingness to completely accept others who are different than you is the core of respect. You will find that when you truly accept someone for who they are, you will be able to work together more easily and effectively.

Life Skills Perspective








Many children are raised hearing the phrase that they should respect their elders. Troubled young people are sometimes labeled as having no respect for authority. Clearly respect issues, the desire to have it given to you, and at times, difficulty expressing it towards others, are situations that we have all encountered. One thing is certain, just as in the TaeKwonDo school, demanding respect based on a superior position such as instructor to student or boss to worker, will not last for long.

The best way to earn respect in your personal and professional life is to first give it. Even when you are in a position of authority over someone else, you can still take into account their needs and feelings. Be willing to let others express their views and be courteous even when you disagree. Have the patience and self-discipline to treat others with good manners even if they don't treat you that way at first. Over time you will notice that if you are consistently respectful towards someone else they will come to treat you with respect as well.

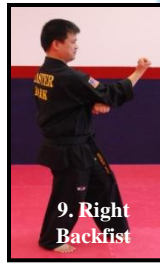







태극 칠장









Tae Geuk Chil Jang








5B. Right inside Middle Block 5A. Left Front Kick 4. Right Palm Block 1. Ready Stance 2. Right Palm Block 3A. Right Front Kick 3B. Left Outside Middle Block













4. Right Palm Block 6. Left Double Knife Low Block 7. Right Double Knife Low Block 25. Left Middle Knife Block 26. Right Middle Punch 9. Right Backfist



11. Left Backfist 10. Left Palm Block 12. Covered Fist 23. Right Backfist 24A. Left Crescent Kick 24B. Left Elbow Strike 8. Right Palm Block 9. Right Backfist



16A. Right Knee Strike 13. Scissors Block 22A. Right Crescent Kick 22B. Right Elbow Strike 19B. Double Uppercut



17. Low Cross Block 16B. Double Uppercut 16A. Right Knee Strike 15. Outer Wedge Block 14. Scissors Block 21. Left Backfist 18. Outer Wedge Block 19A. Left Knee Strike 19B. Double Uppercut 19B. Low Cross Block

RED BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form: TAE GEUK 7

1 2 3
— — —

1= Excellent 2=Good 3=Needs Work

Kicking combination:

1 2 3

1= Excellent 2=Good 3=Needs Work

Self Defense Techniques:

(Child only #1 & #2)

1 2 3
Self Defense combination #1 — — —
Self Defense combination #2 — — —
Self Defense combination #3 — — —
Self Defense combination #4 — — —

1= Excellent 2=Good 3=Needs Work

Question/answer:

1 2 3

Korean Terminology — — —
Student Home rule — — —

1= Excellent 2=Good 3=Needs work

Board Breaking:

1 2 3

Turning roundhouse — — —

1= Excellent 2=Good 3=Needs Work

Sparring

1 2 3

1=Excellent 2= Good 3= Needs Work

— — —

____ Pass

____ Please take this exam again at a later date

Official's Signature: _____ Date: ____/____/____

CHILD RED BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:

Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

	Excellent	Mostly	Needs Work
Is your child careful not to interrupt adult conversation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child use Please, Thank you and Excuse me?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child do what he/she is told the first time you ask?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has your child improved respect and good eating habit so far?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comment: _____

**The following is a list of special services that we offer.
Please check ones so we can send you more information about them:**

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.
Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$100
☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.



ADULT RED BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

Please list all Korean terms that you remember.

How long have been taking sparring class?

Have you improved your sparring skills since you joined sparring class?

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$100

- ☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

Promotion Exam Requirements

All answers must be completed with SIR!

Why do we meditate?

We meditate because it is necessary to gather one's spiritual energy (GI).

Meditation helps us achieve 3 things :

1 Deeper insight

2 Greater awareness

3 A feeling of relaxation

Meditation helps us in stressful situations.

Meditation clears the mind and helps with self-control so the proper action can be taken. Meditation becomes concentration when action is needed.

Why do we practice breathing control?

To develop spiritual strength (GI) and endurance, SIR.

Students home rule: **Students will develop good study skills and ask for help when needed**

Time

Average 2-4 months
Based on student's attendance, proficiency, and technical understanding

Testing for Deputy Belt

Students must have all five stripes and meet the minimum time requirements.
Stripes : Form, Kicking, Breaking, Korean Terminology and Students Home Rule, Self-Defense

Techniques you will be asked to demonstrate :

- Tae Geuk 8 Jang and Self-Defense
- High Red Kicking Combination
- High Red Breaking Technique

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

HIGH RED BELT

• **Basic Movement**

Single Mount Block: This block is a combination with down block and inside out middle block. Cross the arm in front of the chest (The down block arm is inside). Spread out both hands at the same time. The down blocking hand stops at side of the body. The inside out blocking hand stops at the other side of the body. Inside out blocking hand straight out from the shoulder and bends 90 degrees.

• **Self Defense Techniques:** (Child Only #1 & #2)

- #1. When the opponent stabs with knife, block with your both hands grab, move under his arm, and kick back of knee.
- #2. When the opponent stabs with knife, left down block & grab the wrist, trip & pushing his shoulder, and punch.
- #3. When the opponent moves forward and slashing with knife, your both hands block, and grab, swing the arm down, and lock the upper arm with your knee.
- #4. When the opponent hold knife on your throat, turn under from his arm with your both hands grab wrist and elbow, push the arm down, and lock it with your knee.

• **Form:** TAE GEUK 8

• **Board Breaking:** Turning round house Kick

• **Kicking combination:** Motion+ Skip side + Round house kick & High round house kick + Skip back + Turning round house kick

RESPONSIBILITY

Do the Right Thing

I am prepared for school with my homework and projects

I take good care of books I borrow from the library

I help to keep my TaeKwonDo school "Dojang" clean

I keep my promises

I am always on time



I try to set a good example for my junior belts

I do the right thing even if it's not popular with others

I take pride in taking care of myself and my things

I always remember my TaeKwonDo uniform, belt and equipment for class



World Champion TaeKwonDo

Building Skills for Life

Black Belt Philosophy **- RESPONSIBILITY -**

“Men grow by making decisions and assuming responsibility for them.” - Bill Marriot Sr.

“The price of greatness is responsibility.” - Winston Churchill

“The time is always right to do what is right.” - Martin Luther King, Jr.

“In the long run we shape our lives and we shape ourselves. The process never ends until we die.
And the choices we make are ultimately our own responsibility.” - Eleanor Roosevelt

“ Human happiness and responsibility to others are inseparably connected.” - George Washington

Martial Arts Perspective

As a high ranking TaeKwonDoist, you should be aware of the following responsibilities :

Responsibilities to your junior belts

Throughout your TaeKwonDo career, there was probably someone besides the instructors, who helped make your training more enjoyable, or better in some way. It is very likely that person was a senior belt. Red belt responsibilities include : assisting in instruction(which is valuable for remembering lower belt curriculum and refining your own skills), and setting an example of respect, effort, sincerity, and perseverance when you train. As a senior belt to others, you are able to command respect, but it is far better(and more lasting) if you earn it.

Responsibilities to your seniors and instructor

After years of being a student, you may now realize just how difficult instructing others can be. It is important to continue to show respect to your seniors and be humble, even as your skills advance.

Responsibilities to your school and your art

As you approach Black Belt status, it is important to remember that you are a representative of Master Kim's World Champion TaeKwonDo and of TaeKwonDo as a whole. Don't be surprised if non-martial artists look to you for your opinion on martial arts topics and events. Continuously make a strong effort to carry yourself with the confidence, pride, and sincerity that is representative of your training. Also look for opportunities to promote TaeKwonDo and your school and therefore to share the benefits of TaeKwonDo with more people.

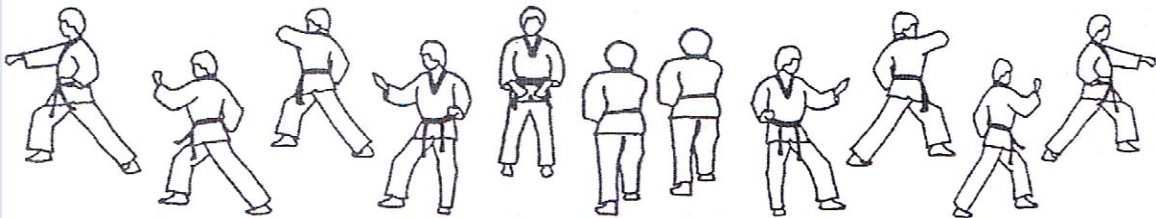
Life Skills Perspective

Many children are raised hearing the phrase that they should respect their elders. Troubled young people are sometimes labeled as having no respect for authority. Clearly we all have respect issues and the desire to have it given to you. At times, it is difficult to express it towards others, these are difficult situations that we have all encountered. One thing is certain, just as in the TaeKwonDo school, demanding respect based on a superior position such as instructor to student or boss to worker, will not last for long.

The best way to earn respect in your personal and professional life is to first give it. Even when you are in a position of authority over someone else, you can still take into account their needs and feelings. Be willing to let others express their views and be courteous even when you disagree. Have the patience and self-discipline to treat others with good manners even if they don't treat you that way at first. Over time you will notice that if you are consistently respectful towards someone else they will come to treat you with respect as



태극 팔장
Tae Geuk Pal Jang



25B. Left Middle Punch 25A. Right Backfist 24. Left Elbow 24. Right Knife Block 1. Ready Stance 19. Double Punch 20. Left Knife Block 21. Right Elbow 22A. Right Backfist 22B. Left Middle Punch



24. Double Arm Middle Block



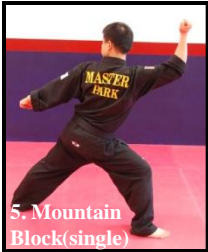
24. Double Arm Middle Block 2B. Right Middle Punch 18. Double Arm Low Block 19A. Jump Double Kick



13A. Left Front Kick



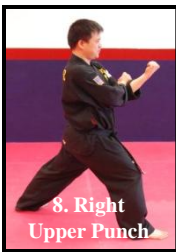
17. Right Palm Block 16B. Left Middle Punch 16A. Right Front Kick 15. Double Knife Hand Block 3A. Jump Double Kick 3B. Jump Inside Block 12. Double Knife Hand Block 13A. Left Front Kick 13B. Right Middle Punch 14. Left Palm Block



5. Mountain Block(single)



13. Double Punch 11A. Right Front Kick 11B. Right Palm Block



8. Right Upper Punch



6. Right Upper Punch 5. Mountain Block(single) 4. Right Middle Punch 9. Double Knife Hand Block 10. Right Middle Punch 7. Mountain Block(single) 8. Right Upper Punch

HIGH RED BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form: TAE GEUK 8

1 2 3
— — —

1= Excellent 2=Good 3=Needs Work

Kicking combination:

1 2 3
— — —

1= Excellent 2=Good 3=Needs Work

Self Defense Techniques:

(Child only #1 & #2)

1 2 3

Self Defense combination #1 — — —

Self Defense combination #2 — — —

Self Defense combination #3 — — —

Self Defense combination #4 — — —

1= Excellent 2=Good 3=Needs Work

Question/answer:

1 2 3

Korean Terminology — — —

Student Home rule — — —

1= Excellent 2=Good 3=Needs work

Board Breaking:

1 2 3

Flying side kick — — —

1= Excellent 2=Good 3=Needs Work

Sparring

1 2 3

1=Excellent 2= Good 3= Needs Work

— — —

____ Pass

____ Please take this exam again at a later date

Official's Signature: _____ Date: ____/____/____

CHILD HIGH RED BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:
Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

	Excellent	Mostly	Needs Work
Does your child study hard at school and at home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child complete homework?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What is your child's favorite book this month?

Does your child do what he/she is told the first time you ask?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------	--------------------------

Comment: _____

The following is a list of special services that we offer.
Please check ones so we can send you more information about them:

☐ **Private lessons**☐ **Birthday party**☐ **Sparring Team**☐ **Demo Team**

☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.
Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$100

☐ Check # _____☐ Cash☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.



ADULT HIGH RED BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

What is your favorite Taekwondo kick?

What kind of Taekwondo kick do you think you need to improve?

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

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Exam Fee: \$100

☐ Check # _____

☐ Cash

☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

Promotion Exam Requirements

All answers must be completed with SIR!

What is the meaning of each color belt?

White Belt – Signifies pure, nothing and clean, and the readiness to change color

Yellow Belt – Signifies the sunrise and the opening to receive knowledge

Orange Belt – Signifies the setting of the sun as it paints the sky with brilliant colors
As the day comes to an end, there is a promise of more opportunities tomorrow

Green Belt – Signifies the spring, starting to grow and beginning

Blue Belt – Signifies the color of majesty which represents dignity and power

Brown Belt – Signifies the sky, youth and ambition.

High Brown Belt – Signifies the earth or mountains and developing a strong foundation

Red Belt – Signifies the sun, its brightness and energy and the physical acts of an individual

Black Belt – Contains all the colors, signifying the deepest and most dense knowledge, and the accumulation of all preceding levels

Students home rule: Students must respect their teachers and classmates.

Time

Average 4-5 months

Based on student's attendance, proficiency, and technical understanding

Testing for High Deputy Belt

Students must have all five stripes and meet the minimum time requirements.

Stripes : Form, Kicking, Breaking, Korean Terminology and Students Home Rule, Self-Defense

Techniques you will be asked to demonstrate :

- Tae Geuk 5,6 Jang and Self-Defense
- Brown& High Brown Kicking Combination
- Brown& High Brown Breaking Technique

Items you must bring :

- ✓ Completed Testing Application
- ✓ Testing Fee
- ✓ Attendance Card

DEPUTY BELT

- **Basic Movement**

Cross Block: Draw both hand back into position at the one side of body as one fist down and one fist on top of other hand. Shoot arms down at the same time to be crossed at the wrist. The blocking surface is the area between the wrists where the forearms cross. Stop in front of the stomach with approximately one fist distance.

- **Self Defense Techniques:** (Child Only #1 & #2)

Review: Brown Belt & High Brown Belt

- **Form:** Review: TAE GEUK 5 - 6

- **Board Breaking:** Spin kick, Back kick

- **Kicking combination:**

Brown Belt & High Brown Belt

- **Sparring**

LEADERSHIP

Show the way by setting a proper example



- I am willing to help others
- I am a good role model to others
- I helped my brother learn to tie his shoe
- I lead the warm-up exercises with enthusiasm
- I try to create opportunities instead of obstacles
- I praise and compliment others for doing a good job
- I volunteered to help clean up the park near my home
- I try to include everyone when I am in charge of a group
- I went up to the new kid at school and introduced myself



World Champion TaeKwonDo
Building Skills for Life

Black Belt Philosophy

- LEADERSHIP -

“People don’t care how much you know until they know how much you care.” - John Maxwell

“The fullness or emptiness of life will be measured by the extent to which a man feels that he has an impact on the lives of others.” - K. Breaster

“The speed of the leader determines the rate of the pack.” - anonymous

“Leaders are like eagles, they don’t flock, you find them one at a time.” - anonymous

“We cannot hold a torch to light another’s path without brightening our own.” - Ben Sweetland

“Example is not the main thing in influencing others. It is the only thing.” - Albert Schweitzer

Martial Arts Perspective

As a Tae Kwon Do student, what kind of instructor do you want to follow? Is it the one who has the highest kick and the strongest punch? Or, would you prefer one who treats you well and shows genuine concern for your development? As you approach Black Belt rank, it is important to realize that many students will look to you as a leader. They will recognize your superior skills, and respect your experience. However, directing others by virtue of your physical technique and your rank alone will not be an effective leadership style for very long. Instead, you must develop positive relations with junior belts. These relationships need to be based on mutual respect. When others realize that you have their concerns at heart, you will not just be accepted, you will be followed as a TaeKwonDo leader.

Life Skill Perspective

If you reflect on the way you have been taught over the last few years, you may realize that your instructors often used different leadership styles for different situations and individuals. At the white belt level, instructors were very motivational and watched over you carefully. At the intermediate level, they may have allowed you to work on your own more. And as a senior belt, you were likely given the opportunity to help instruct others. Depending on the individual student, and the task at hand, the instructors may be supportive, directive, interactive, or even delegate. This “different strokes for different folks” and “different strokes for the same folks at different times” is highly effective leadership style. Try to be aware of the various personalities and learning stages of those you work with, whether it be a project group, family or sports team. Resolve not to be only the type of leader you wish to be, but the type others need. By doing this, you will gain their effort and support.



DEPUTY BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form:	1	2	3
TAE GEUK 5JANG	—	—	—
TAE GEUK 6JANG	—	—	—
1= Excellent 2=Good 3=Needs Work			
Kicking combination:	1	2	3
	—	—	—
1= Excellent 2=Good 3=Needs Work			

Self Defense Combination:	1	2	3
(Child only #1 & #2)			
Brown Belt	—	—	—
High Brown Belt	—	—	—
1= Excellent 2=Good 3=Needs Work			

Question/answer:	1	2	3
Korean Term	—	—	—
Student Home Rule	—	—	—
1= Excellent 2=Good 3=Needs Work			

Board Breaking:	1	2	3
Back kick	—	—	—
&turning roundhouse kick	—	—	—
1= Excellent 2=Good 3=Needs work			

Sparring:	1	2	3
	—	—	—
1= Excellent 2=Good 3=Needs Work			

_____ Pass

_____ Please take this exam again at a later date

Official's Signature: _____ DATE: ____/____/____

CHILD DEPUTY BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:

Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

	Excellent	Mostly	Needs Work
Does your child keep his/her room neat and clean?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your child careful not to interrupt adult conversation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child keep his/her uniform clean and neat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comment: _____

**The following is a list of special services that we offer.
Please check ones so we can send you more information about them:**

- ☐ **Private lessons**
- ☐ **Birthday party**
- ☐ **Sparring Team**
- ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.
Please be sure to sign and return this form and payment one week prior to your exam date.

☐ Check # _____

Exam Fee: \$100

☐ Cash

☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.



ADULT DEPUTY BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

What is your favorite Taekwondo form between white belt though high brown belt?

And why?

What is your goal after you get your black belt?

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

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Exam Fee: \$100

☐ Check #_____ ☐ Cash ☐ Credit Card

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REVIEW

Reach your potential

GOAL SETTING

COOPERATION

SELF CONTROL

ENTHUSIASM

FOCUS



RESPECT

LEADERSHIP

CONFIDENCE

PERSEVERANCE

RESPONSIBILITY



World Champion TaeKwonDo
Building Skills for Life

The Meaning Behind **The Black Belt**

Whether on TV., at the movies or in video games, Black Belts are often represented as possessing an almost mystical level of skill and knowledge. At times, the meaning of Black Belt has been distorted by those who are not involved in the martial arts, to represent the ability to perform super human feats of speed, strength and fighting.

However, as you may have realized from the first day you stepped into the Tae Kwon Do dojang, true Black Belts come in all ages and sizes. They also vary in their backgrounds and athletic ability. What then does wearing a Black Belt represent? More specifically, what is it that you should have accomplished in order to feel worthy of that significant honor?

At Master Kim's World Champion TaeKwonDo, earning a Black Belt represents the fulfillment of an individual's physical and mental potential. This fulfillment is not easily attained, but is the result of years of hard work and perseverance, as the road to Black Belt is usually fraught with challenges. The consistent overcoming of challenges builds a Black Belt's well-deserved pride and confidence.

The challenges that each student faces on the way to Black Belt vary. Some may struggle with the physical challenges of particularly difficult techniques. Others may have a hard time mastering all the curriculum requirements. For some the challenge may be finding the confidence to perform in front of a group at testing. For many it may be finding the time and self discipline to train on a consistent basis. One common denominator for all Black Belts is that they found a way to meet their personal challenges and succeed. This develops courage as well as confidence.

Like challenges, successes of each Black Belt are unique. The fundamental principle of Tae Kwon Do is individual self improvement. This is why people of all ages and athletic ability can achieve a Black Belt. No matter where each student starts in terms of physical capability, or at what age they attain their black belt, it is an accomplishment to be treasured and one which will be noticed by others. For this reason all Black Belts invariably become role models.

This is not something that is optional, as it becomes fact the moment you put on a black belt. It is also true that once you become a Black Belt, you represent the Black Belt even when you are not wearing it. You are a role model at all times, whether on the classroom floor or off. People will look to you to demonstrate what it means to be a Black Belt. Certainly at the Tae Kwon Do school other students will always be watching you to see how you do everything: how you bow, line up, stretch, kihap, train, work with a partner, help others, and speak with the instructors. Nothing that you do will go unnoticed.

Even when you are not at the TaeKwonDo school, if people know you are a Black Belt, they will look to you to define their opinion of the martial arts. It may be as simple as wanting your opinion of the latest martial arts film to hit the big screen. Or, they may be judging your attitude and actions as a way of determining whether they themselves should begin training in TaeKwonDo. You must always be aware that as a Black Belt, you will be a representative of your art, your school, your instructors and your training. It is for that reason that with the tremendous pride that comes with Black Belt,

**... with the tremendous
pride that comes with black
belt,
also comes tremendous
responsibility.**





also comes a tremendous responsibility.

As part of their responsibility, Black Belts need to remember that achieving this goal is only the beginning. It is a tremendous milestone in your Tae Kwon Do career, however, it is not the finish line. Just as there is no finish line in your lifetime of learning, there is also no finish line in your TaeKwonDo training. Reaching your Black Belt is like receiving your high school diploma. It is an achievement to be proud of and one that provides the foundation for more in-depth study and refinement of your basic knowledge. By continuing to train and study, even after you have achieved your Black Belt you will maintain your skills and your confidence in them will continue to grow. In addition, once you have attained your Black Belt, a whole new set of goals are available for you to work towards.

One such goal is enhancing your ability as a teacher and assisting in the development of others. As mentioned above, all of your junior belts will be looking to you as an example and a leader. It is the Black Belts who set the standards that all other students will aspire to attain.

The methods by which Black Belts choose to assist in the development of others vary. It may be leading the warm-up exercises for a class. It could be by being a helpful and enthusiastic partner when paired with their junior belts. Some Black Belts will choose to take a more active role and become assistant instructors. Whatever the method, try to make each and every interaction that you have with your junior belts a positive one, one that reminds you of the interactions you have enjoyed with your instructors. Doing so completes the circle as you begin to give back to the source which has already given you so much.

When you receive your Black Belt, take the time to reflect on the journey you have made thus far. Recall the challenges you have overcome.

Enjoy the pride and confidence that comes with this achievement. Keep in mind that this achievement is one of many more to come, for the Black Belt is a beginning, not an ending. Remember, once you are a Black Belt, you are never without it, even when it is not tied around your waist. With that honor comes great responsibility. You are responsible to yourself, to continue your journey and find even greater success. You are also responsible to your juniors, your instructors and your school, to set the example and be the kind of leader that will allow us to achieve our mission:

The Goals of Master Kim's World Champion TaeKwonDo :

- *Provide*
the highest quality martial arts instruction
- *Empower*
our students with valuable skills for daily life
- *Contribute*
to a safe and peaceful community

We can make a difference !!

HIGH DEPUTY BELT (Review Brown Belt – High Red Belt)

• **Korean Terminology (Children memorize only underlined ones.)**

<u>Attentio</u>	<u>CHA RYUT</u>
<u>Bow</u>	<u>KYOUNG NAE</u>
<u>Master</u>	<u>SA BUM NIM</u>
<u>How are you, Sir?</u>	<u>AN YOUNG HA SIM NI KA?</u>
<u>Ready Stance</u>	<u>JOON BEE</u>
<u>Return</u>	<u>BA RO</u>
<u>At ease</u>	<u>SHO</u>
<u>Thank you, Sir.</u>	<u>KAM SA HAM NI DA.</u>
<u>Your welcome</u>	<u>Chun man hea yo</u>

One to Ten	HANA, DOOL, SET, NET, DASUT, YOSUT, ILGOP YODOL, AHOP, YOL
------------	--

• **Student Home Rule:** Review: Brown Belt - High Red Belt

Or writing: Five times for each home rule

• **Self Defense Techniques:**

(Child Only #1 & #2)

Review: Brown Belt - High Red Belt

• **Form:**

Review: TAE GEUK 5,6,7,8

• **Kickkicking Combination:**

Brown~ High Red Belt

• **Board Breaking:**

Back kick, Spin kick, Jumping Front kick, Turning Roundhouse kick

• **Sparring**

• **Physical test**

• **Essay (over 250 words) : What TKD means to me?**

HIGH DEPUTY BELT EXAM FORM

Student's Name: _____ Date of Birth: ____/____/____

Current Belt: _____ Belt Size: _____ Testing Belt: _____

I recognize that tips and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Date: _____ Parent's Signature: _____

Form:

	1	2	3
TAE GEUK 5 JANG	—	—	—
TAE GEUK 6 JANG	—	—	—
TAE GEUK 7 JANG	—	—	—
TAE GEUK 8 JANG	—	—	—

1= Excellent 2=Good 3=Needs Work

Kicking combination:

	1	2	3
BIROWN BELT	—	—	—
High BIROWN BELT	—	—	—
RED BELT	—	—	—
HIGH RED	—	—	—

1= Excellent 2=Good 3=Needs Work

Self Defense Combination:

(Child 1 & 2)

	1	2	3
BIROWN BELT	—	—	—
High BIROWN BELT	—	—	—
RED BELT	—	—	—
HIGH RED	—	—	—

1= Excellent 2=Good 3=Needs Work

Question/answer:

	1	2	3
Korean Term	—	—	—
Student Home Rule	—	—	—

1= Excellent 2=Good 3=Needs Work

Board Breaking:

	1	2	3
Back kick, Spin kick	—	—	—
Jumping Front,	—	—	—
Turning Roundhouse	—	—	—

1= Excellent 2=Good 3=Needs work

Sparring:

	1	2	3
1= Excellent	—	—	—
2=Good	—	—	—
3=Needs Work	—	—	—

Essay: (over 250 words)

What TKD means to me?

____ Pass

____ Please take this exam again at a later date

Official's Signature: _____ DATE: ____/____/____

CHILD HIGH DEPUTY BELT EXAM FORM

This form is to be filled out by a parent only.

Dear Parent:

Please take a few moments to answer these questions. The purpose of this information is to find out more about your child's home habits. We strongly believe that the combination of good habits at home, school and our center are important parts of developing habits that can benefit your child's future.

Parent Signature: _____ Date: _____

	Excellent	Mostly	Needs Work
Does your child show respect to you and other family members?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child greet you when you enter the house?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child say good-bye when you leave?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your child truthful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child maintain a good relationship with his/her siblings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child keep his/her room neat and clean?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your child careful not to interrupt adult conversation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child study at school and at home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child show respect for his/her school teachers and peers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child clean up after meals and snacks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your child do what he/she is told the first time you ask?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comment: _____

**The following is a list of special services that we offer.
Please check ones so we can send you more information about them:**

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.
Please be sure to sign and return this form and payment one week prior to your exam date.

Exam Fee: \$550(Includes belt, uniform, & certificate)

☐ Check # _____ ☐ Cash ☐ Credit Card

Make check payable to world champion t.k.d

*Exam fee subject to change without notice.

ADULT HIGH DEPUTY BELT EXAM FORM

Student's Name: _____

Today's Date: ____/____/____ Exam Date: ____/____/____

Your goal to take your Black Belt exam on: ____/____/____

Please list 3 areas that you have improved in since starting World Champion T'K'D:

- 1) _____
- 2) _____
- 3) _____

Please list 3 areas that you would like to make improvements on:

- 1) _____
- 2) _____
- 3) _____

Please list 3 actions you need to take to create improvement in these areas:

- 1) _____
- 2) _____
- 3) _____

The following is a list of special services that we offer.

Please check ones so we can send you more information about them:

- ☐ **Private lessons** ☐ **Birthday party** ☐ **Sparring Team** ☐ **Demo Team**
- ☐ **please send me free gift certificates so I can share with my friend and family**

Thank you for taking the time to fill out this form.

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Why Do We Learn Korean Terms ?

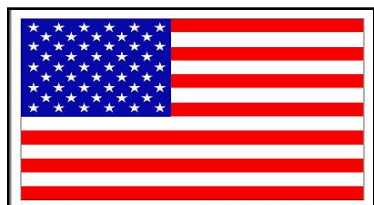
We study Korean terminology and take written exams about TaeKwonDo for a number of reasons. TaeKwonDo is the martial art that originated in Korea, by learning Korean language and history, we show respect to nation and culture that developed the art we study. An important lesson we learn through TaeKwonDo is how to accept ourselves and other people.

By studying another language we show our willingness to accept another culture.

Another reason for our study is that TaeKwonDo is not just about strengthening our body, but our mind and spirit as well. It is important that when someone asks you about TaeKwonDo you are able to speak about more than just kicking and punching.

Knowing only how to kick and punch without an understanding of where the art came from reduces TaeKwonDo to a mere sport. In order to become a complete martial artist, we must appreciate not only our new physical skills, but also their purpose, and the nation and culture that gave them to us.

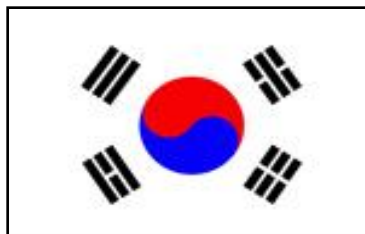
The American Flag / The Korean Flag



The American flag is one of the oldest in the world. The first flag of the United States was raised in 1776, in Cambridge, Massachusetts, by George Washington. Every color and making on the flag has a meaning. On June 14, 1777, congress enacted a resolution "that the Flag of the United States be thirteen stripes alternate red and white, that the Union be thirteen stars white in a blue field representing a new constellation." Red stands for courage, white for purity and blue for loyalty and justice. The thirteen stripes and stars represented the original thirteen colonies of the United States. In 1818 congress enacted a resolution to keep the number of stripes at thirteen while adding a star for each state admitted into the union.

The U.S flag has never had an official name, however its most common nicknames are "Stars and Stripes", "The Star Spangled Banner", and "Old Glory".

The display of the Korean and American flags are a sign of respect. TaeKwonDo students demonstrate respect to Korea as the birthplace of TaeKwonDo, and to America where they are allowed the personal freedom to study Martial arts. To show our respect, we bow to the flags at the beginning and end of each class and whenever entering or leaving the training floor.



The Korean flag symbolizes much of the thought and philosophy of the Asian culture. The symbol, and sometimes the flag itself is called TaeKuk.

The circle in the Middle of the flag is divided equally and in perfect balance. The upper(red) section represents the Yang and the lower(blue) section the Um, an ancient symbol of the Universe.

These two sections represent the dualism of the cosmos : fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, hot and cold, plus and minus, etc. This is also known as the theory of opposites.

Similarly, the three bars at each corner represent opposition and balance.

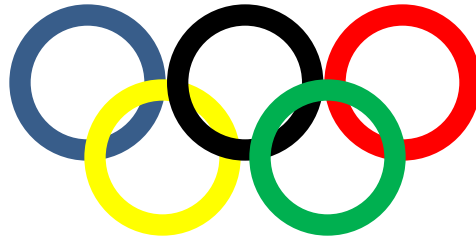
For TaeKwonDoists this philosophy can be integrated to mean that as one develops great skill and power, one must also develop self control and compassion. In this way the martial arts become an exercise not only of self improvement but of helping others.

TaeKwonDo's Development

As an International Sport

1970's

- | | |
|---------------|--|
| May 25, 1973 | The first World TaeKwonDo Championships were held(biannual event) |
| May 28, 1973 | The World TaeKwonDo Federation (WTF) was established |
| Oct. 18, 1974 | The first Asian TaeKwonDo Championships were held(biannual event) |
| Oct. 5, 1975 | The WTF became an affiliate of the General Association of the International Sports Federation(GAISF) |
| Apr. 9, 1976 | The CISM(Conseil Internationale du Sport Militaire) executive committee adopted TaeKwonDo as an official sport |



1980's

- | | |
|---------------|---|
| July 17, 1980 | The WTF was granted recognition by the International Olympic Committee(IOC) at the 83 rd Genenal Session in Moscow |
| Jan. 15, 1981 | The WTF was affiliated to the International Council of Sports & Physical Education |
| July 24, 1981 | TaeKwonDo was one of the primary events in the World Games (a non-Olympic) event held in Santa Clara, Califonia,USA |
| Feb. 5, 1982 | TaeKwonDo was adopted as a demonstration sport for the 1988 Seoul Olympic Games at the IOC Executive Board Meeting |
| Aug. 13, 1983 | TaeKwonDo was adopted as an official sport of the Pan American Games at the General Assembly of the Pan American Sports Organization |
| Dec. 1, 1983 | TaeKwonDo was adopted as an offcial sport of the All African Games at the 10 th General Assembly of the Supreme Council for Sports in Africa(SCSA) |

Dec. 30, 1983	The WTF was affiliated to the International Organization of Sports & Leisures Facilities(IAKS)
Sept. 28, 1984	TaeKwonDo was adopted as an official sport by the Olympic Council of Asia(OCA)
June 2, 1985	TaeKwonDo was formally adopted as a Demonstration Sport in the 1988 Olympic Games at the 90 th session of the IOC Executive Board held in Berlin
July 3, 1986	The First World Cup TaeKwonDo Competition was held at Colorado Springs, USA
Apr. 4, 1986	TaeKwonDo was adopted as an official sport of the South American Games
May 14, 1986	The WTF was affiliated to the International University of Sports Federation(IUSF)
Sept. 30, 1986	TaeKwonDo was included as an official sport in the 10 th Asian Games in Seoul
Nov. 29, 1986	The First World University TaeKwonDo Games were held
Jan. 9, 1987	TaeKwonDo was adopted as an official sport of the South East Asian Games
Aug. 9, 1987	TaeKwonDo was included as an official sport in the 10 th Pan-American Games held in Indianapolis with 26 participating nations
Oct. 7, 1987	The First Women's World TaeKwonDo Championships were held in Barcelona, Spain
Dec. 15, 1987	TaeKwonDo was adopted as an official sport of the South Pacific Games
Sept. 17, 1988	TaeKwonDo was a demonstration sport in the 24 th Olympiad with 192 competitors from over 35 nations participating
Apr. 6, 1989	Adoption of TaeKwonDo as a demonstration sport in the 25 th Olympiad with in Barcelona, Spain

1990's & Beyond

Apr. 22, 1992	TaeKwonDo was adopted as an official sport of the 1994 Asian Games by the OCA
Aug. 19, 1993	The World TaeKwonDo Championships were held in NewYork City in the USA with over 700 competitors from 82 countries
July, 1994	TaeKwonDo was adopted as an official full medal sport for the 27 th Olympiad in Sydney, Australia
July, 2000	TaeKwonDo appears as an Olympic event in the 2000 Olympic Games in Sydney, Australia

HISTORY OF TAEKWONDO

TaeKwondo, which is a national martial art of Korea

From The Traditional Cultural Heritage To Sport Loved by The World



Introduction

Any student of Tae Kwon Do deserves to learn about the significance of the art. To miss out on learning such a matter is a grave injustice. TaeKwon Do's history deserves to be cherished and dignified, especially among its practitioners. The essence of Tae Kwon Do's history seeps into our minds every time we tie our belts or practice our forms. How well do you know your art?

The Birth of TaeKwonDo



Man has been endowed with the natural impulse to survive dangerous situations, using whatever tools are available. If caught in such a situation, man could possibly wield a weapon to defend himself, but weapons are not always available. Therefore, man needs to learn how to use his own body as a weapon. Thus opens the history books on the martial arts.

Tae Kwon Do has endured a dramatic history, beginning with the three rival dynasties in early Korea: KOGURYO, SILLA, and BAEKJAE.

KOGURYO

Tae Kwon Do began in present day Korea, during the KOGURYO Dynasty (37 BC - 668 AD). The earliest evidence of Tae Kwon Do is found in warriors' tombs dating as far back to the year 3 AD. Murals painted on the walls of the tombs depict men engaged in SUBAKKI fighting. This combat was different from the type of Tae Kwon Do that is practiced today, however. Tae Kwon Do has evolved over the years, becoming more scientifically systemized through each generation. KOGURYO history also tells about the SONBAE, a strong warrior's corps that was formed to protect KOGURYO from the hostile northern oppression. The word SONBAE literally means "a man of virtue who never recoils from fighting", or, "a member of the warrior's corps". It is believed that the SONBAE practiced TAEKKYON, a predecessor of Tae Kwon Do. A history book from the CHOSUN dynasty said that "SONBAES lived in groups, learning history and literary arts at home and going out to construct roads and fortresses for the benefits of society, always devoting themselves to the nation."

SILLA

TAEKKYON, as practiced by the SONBAE, eventually spread from the KOGURYO Kingdom to the SILLA Kingdom (57 BC - 935 AD). The SILLA Dynasty had its own version of the KOGURYO SONBAE. The HWARRANG, literally meaning “Flower Knight” practiced Tae Kwon Do as a part of their regular curriculum. Organized by King Jin Heung in 537 AD, the HWARANG proved to be a vital part of the unification of the Korean peninsula during the SILLA Dynasty. The monk WON KWANG BUPSA was the instructor of the HWARANG and was also the author of the SESOKOKYE, the following five student commitments:

- Be loyal to your country
- Honor your parents
- Be faithful to your friends
- Never retreat in battle
- Use good judgment before killing living things

These commitments were the basic way of life for the HWARANG, and they are still practiced by Tae Kwon Do practitioners today. The third king of the SILLA Dynasty, YOORIE, held SOOBAKHEE contests. These contests were considered to be ritual festivals with the purpose of gathering people together to pray for the nation. SOOBAKHEE was probably similar to Tae Kwon Do. The terms “SUBAK”(hand technique) and “TAEKKON”(foot technique) appear together in the writings of the SILLA dynasty. This suggests that hand and foot techniques were both used in Korean martial arts as they are used today in Tae Kwon Do. Additional evidence of this includes the bronze statues of the warrior KUMGANG. The shapes of KUMGANG fists depict the kind of fists used in Tae Kwon Do today, and KUMGANG also displays the use of legs and feet that are currently used in Tae Kwon Do.



A relief on Sukgularm

BAEKJAE

Tae Kwon Do was also an important part of the BAEKJAE Kingdom (18 BC-600 AD). BAEKJAE was a tribe that detached itself from the KOGURYO Kingdom. The SOO SA system of BAEKJAE was comparable to the SOUNBEE of the KOGURYO Kingdom and the HWARABG of the SILLA Kingdom. The SOO SA also protected the BAEKJAE Kingdom militarily. The BAEKJAE Kingdom also celebrated SOOBYEOKTA festivals which were held in local villages. The people would compete against each other in SOOBYEOKTA fighting (a predecessor of Tae Kwon Do). Occasionally, the winner of the contests became the leader of the village or a military general.

The Combination of Nations

In 688 A.D., SILLA conquers KOGURYO and BAEKJAE. The victory does not last long, and the government disintegrates. Then, KOGURYO resurfaces and conquers SILLA and BAEKJAE, unifying Korea once and for all by creating the KORYO dynasty.

Beginning to Grow

KORYO

During the KORYO Dynasty (918 AD - 1392), the martial arts were used in military training. In the beginning of KORYO, martial arts abilities were prerequisite for all military personnel. Young cadets who mastered TAEKKYON techniques could be promoted to be military officers by competing for the positions. Because of the rules and judgment standards that governed these competitions, scholars say that Tae Kwon Do sports originated at this time in the KORYO Dynasty. The kings of KORYO loved the sport too. They held SUBAKKI (TAEKKYON contests) and awarded prizes to the winners. The SUBAKKI was also popular among the public, which organized SUBAKKI contests whenever the king went out to inspect and tour their villages. KOOKJAKAM was the KORYO national university, one of the highest educational institutions at that time. KOOKJAKAM spread and scientifically systemized SUBAKKI to its highest level. It was during this time period that KORYO began to trade with countries all over the world. Foreigners were captivated by SUBAKKI, which then began to spread all over the world. KORYO was renamed Korea by foreign traders.

The Maturation

Chosun(or Yi)

The Yi Dynasty was the last dynasty of Korea, beginning in 1392 and ending in 1910. Like KORYO and BAEKJAE, the Yi dynasty held SUBAKKI contests for the purpose of selecting soldiers. However, the Yi Kingdom began to place more emphasis on the literary arts than the martial arts. Perhaps it was out of this new literary emphasis that the MEOYAE DOBO TONGJEE, the first martial arts textbook, was published (1790). The MOOYAE DOBO TONGJEE contains illustrations that portray each SUBAKKI technique, and the fourth volume of it contains 38 illustrations of hand Techniques.

Japanese Oppression and Influence

In 1910, the unthinkable happened: Japan invaded Korea. Japan dominated Korea from 1910 until the end of World War II. During this time, the Japanese colonial government outlawed all folkloric games, including SUBAKKI and TAEKKYON. SUBAKKI and TAEKYON were therefore practiced in secret. Japan even outlawed the Korean language and the use of Korean family names. In what is known as the March First Movement, millions of Koreans conducted public, non-violent demonstrations for independence, but they had no foreign support, and Japan's domination was too secure. The oppression of the Korean people ended only through the defeat of Japan in World War II.

The Blossoming

KWANS

At the end of World War II, several KWANS arose. They were “CHUNG DO KWAN”, “MOO DUK KWAN”, “YUN MOO KWAN”, “CHANG MOO KWAN”, “OH DO KWAN”, “JI DO KWAN”, “CHI DO KWAN” and “SONG MOO KWAN”. In 1955, these KWAM united under the name TAE SOO DO. Two years later, the name Tae Kwon Do was adopted for its similarity to TAEKKYON(practiced by the KOGURYO, SILLA, BAEKJAE, and KORYO Dynasties).

General CHOI Hong-hi

General CHOI HONG HE required the Korean police, army, and air force to receive Tae Kwon Do training. The Korean Tae Kwon Do Association(KTA) was formed in 1965 under General CHOI. He was asked to form an international branch of the KTA: the International Tae Kwon Do Federation (ITF). Before General CHOI could do so, the southern government was usurped, and he fled to America where, two years later, he established ITF an independent organization. In 1973, after many demonstrations, the KTA became the World Tae Kwon Do Federation. The WTF was recognized by the International Olympic Committee, making its first Olympic debut in the year 2000.

ITF vs. WTF

The ITF, founded by General CHOI, is considered as being more traditional in style than the WTF. The ITF focuses more on POOMSE, WHEREAS the WTF focuses more on sparring. Although the ITF does practice sparring, it only utilizes the semi-contact part, while WTF is more full-contact. Because the WTF puts so much emphasis on sparring, many people consider WTF as being more of a sport than an art. The POOMSES of ITF and WTF are also different, the ITF using forms (TULS) developed by General CHOI, and the WTF concentrating on the PALGWES and Tae GEUKS. There were many attempts to unite ITF and WTF Tae Kwon Do, but these endeavors were unsuccessful.

Conclusion

From the KOGURYO Dynasty of ancient times to the United States today, Tae Kwon Do seems to be an ever-flowing stream of beauty and strength. Although Tae Kwon Do has endured extreme amounts of oppression, the passion for it has only gotten stronger. Its beautiful past will undoubtedly shape a beautiful future. The integrity and virtue of the SONBAE, the HWARANG, and the SOO SA are great examples of the nobility of this beautiful art and the perseverance of its practitioners around the world today keep it alive. Tae Kwon Do is more than a sport -- it is a craft of virtue, and a vessel of excellence.

World TaeKwonDo Federation

The World Tae Kwon Do Federation (WTF) is the international governing body for Tae Kwon Do. It is headquartered at the Kukkiwon, the national training center for Tae Kwon Do, in Seoul, South Korea. Its members include 20 million people in 120 countries.

The WTF oversees international competition, sets standards for master instructors and referee certification, and has several committees responsible for the reviewing, updating and advancement of Tae Kwon Do's technical standards.

**Black belts earned
at Master Park's
Tae Kwon Do are certified
through the WTF and are
recognized worldwide.**

