



# TRADITIONS

## TAE KWON DO-TANG SOO DO-HAPKIDO

### Student Handbook

**To all the students of Traditions, Welcome each and every time.**

All students will receive the following rules sheet and these rules are expected to be followed by all students of Traditions for the good of all students and families. All students are to be registered through Parks & Rec. and appear on my student enrollment sheet.

#### Traditions Martial Arts Do Jang rules

- Upon entering or leaving the training area, all students are to come to attention, bow to the flags, then bow to the instructor if he is in the training area. If the instructor is busy, do not wait for his acknowledgment. If late for class, the student is to wait until given permission to join class.
- At the beginning of each class, the instructor will call the class up with the command of "Chul sah!" All students will line up by rank and age.
- During class, proper respect must be maintained at all times. Martial arts etiquette must be strictly followed.
- In the event that the head-instructor should enter while an assistant is leading class, the presiding instructor (or highest-ranked student) will call the class to attention and bow to the head-instructor. The head-instructor will then decide whether to take charge of the class or to let the assistant continue.
- Remove shoes and place out of workout area.
- Always train with a good attitude.
- Be respectful.
- Execute a bow after working with a partner.
- If a student must straighten his uniform, he should get permission first, then turn away from the instructor to do so.

## General information

1. Uniform or (dobok):
  - Keep clean and pressed
  - Never wash your belt or (dee)
  - Only school patches are allowed
2. Sparring equipment:
  - It is the student's or parent's responsibility to provide proper safety equipment such as: headgear, spar gloves, spar boots, mouthpiece, shin guards, crotch protector (male and female). The instructor will provide chest protectors at class only; students must provide their own away from class. To order equipment please see instructor Mr. Lewis
3. Help prep our workout area before and after class.
4. Arrive to class on time.
5. Use restroom before class.
6. Training is demanding so don't waste time, always help your fellow student.
7. Remember you are here to learn and not to gratify your ego.
8. No one is allowed to eat, drink, chew gum or smoke in the training area.
9. There is to be no unnecessary noise in the training area. Do not talk unless asking an instructor a question or answering one.
10. No jewelry is to be worn while training. The only exceptions to this are wedding rings.
11. Fingernails and toenails must be kept trimmed. Personal hygiene is to be maintained.
12. The training area is to be kept clean and neat at all times. Always put equipment back where it came from and make sure the area is clean before leaving for the night. The instructors are there to teach you --not to clean up after you.
13. Warm-up exercises must be performed before class and cool-down exercises after class to prevent injuries.
14. At the end of class the instructor will give the command ".Chul sahl" to call the class to attention. All students are to line up by rank and age. The instructor will then have them come to attention and then bow to the instructor. As the students bow to the instructor, they will say, "Ko mop sup nee da," which means "Thank you (for teaching me)." The instructor will then reply with "Won chun mun yeo" which means "You are welcome." He will then give the command "Hae san" meaning "Dismissed."
15. All students are to be called Mr. or Ms. regardless of age.
16. All instructors are to be addressed as Mr. or Ms., or as Sabum-Nim (Instructor, Sir.) An instructor above the rank of 3rd degree black belt is to be addressed as "Master."
17. Never dispute the decision of an instructor during class. If you think he might have been wrong, wait until after class and discuss the matter respectfully, privately and quietly.
18. No horseplay in the training area.
19. Never do anything to dishonor your school, your instructor, or yourself. If a student engages in questionable behavior, the head-instructor may suspend or dismiss him with or without explanation.
20. If you must be absent from class, you are required to call your instructor **before** class to let him know you will be absent.

**Be cheerful! Be proud! You are an important member of a close family.  
Strive to keep a serious but positive outlook at all times.**

***Regardless of how much turmoil surrounds a hurricane, the center is always calm.***

## **Starting Out**

The beginning level in Tae Kwon Do is the White belt or 10<sup>th</sup> Gup. The student receives their white belt when they purchase a uniform. As the student attends class, learns and demonstrates their knowledge of new techniques, they will earn stripes at one end of their belt. These stripes show temporary advancement in rank as the student is working towards testing for the next higher belt.

## **Uniforms/Patches/Sparring Equipment.**

At Traditions students wear white uniforms. Mixing of colors is reserved for Instructors only. If a student has not yet purchased a uniform it is recommended the student wear all white or all black for example; white t-shirt and white sweats pants. T-Shirts with pictures or words are not recommended. It is important we all look professional to act in a professional manner.

During the summer months, (Memorial Day through Labor Day) students are allowed to wear a school shirt, or a solid color white, black or grey T-shirt only with uniform bottoms and belt, Traditional uniform top will not be required during this time..

Tae Kwon Do students are to wear the following three patches on their uniform:

- USA patch,
- Korean patch,
- School Logo patch.

Ask Instructor on how and where to place these patches on the Uniform.

All students will eventually need to purchase sparring equipment. It makes training complete and more fun when a student can participate in sparring. See the instructor about ordering sparring equipment.

## **Testing**

Testing is an opportunity for the student to advance to the next level of Rank. Testing is usually done about every three months. When a student is ready to test, they will receive an eligibility form prior to testing.

After passing the student will receive new rank belt and certificate of rank.

## **Testing Forms and Techniques Requirements**

<b>Rank</b>	<b>Hyungs</b>	<b>Il Soo Shik</b>	<b>Self Defense</b>
Advanced White--9 <sup>th</sup> Gup	Chon Ji	White 1-5	Same side 1-3
Yellow--8 <sup>th</sup> Gup	Dan Gun	Yellow 1-3	Cross arm 1-3
Advanced Yellow--7 <sup>th</sup> Gup	Dosan Kicho Sabu	Yellow 4-5	Two on two 1-3
Green--6 <sup>th</sup> Gup	Won Hyo Kicho O Bu	Green 1-3	Two on one 1-3
Advanced Green--5 <sup>th</sup> Gup	Yulguk	Green 4-5	Bear hug 1-3
Blue--4 <sup>th</sup> Gup	Joongun Pyungahn Sadan	Blue 1-3	Choke hold 1-3
Advanced Blue--3 <sup>rd</sup> Gup	Toigae Basai Dia	Blue 4-5	Arm bar 1-3
Red--2 <sup>nd</sup> Gup	Hwa Rang Basai Bo	Red 1-2	Hair grab 1-3
Brown--1 <sup>st</sup> Gup	Choong Moo (Stick form)	Sticks 1-5	Clothing grabs 1-3

## Tournaments

Students are not required to participate in tournaments but are encouraged to attend a tournament at least once to see other styles. If Traditions sponsors a tournament all students are strongly encouraged to participate in at least once. School participation shows school pride and strength. When a tournament is scheduled a flyer for the tournament to each student at class, Please see me for any questions regarding Tournaments.

## Forms/Hyungs

Forms are a set pattern of movements that are intended to show the students understanding of technique. They are similar to shadow boxing except that forms are a defense against more than one imaginary opponent. To improve their forms, the student needs to work towards crisp, sharp movements that have the correct stance and properly executed kicks, strikes and/or blocks.

## One Step Sparring/Il Soo Shik

One step sparring is intended to show the student's ability to apply techniques against a real person. It is taught in the adult class but not the children's classes. While there is no or very light contact made during the execution of the techniques, all movements again should be crisp and sharp with the intended target or action obvious.

## The Art and Science of Self-Defense

Many martial arts schools teach a subject which they call "self-defense." More often than not, these schools teach various methods of physically causing injury to an attacker to prevent him from causing you harm. While it is good that we have such schools around, it is unfortunate that many of these schools are not teaching self-defense at all. Some of them are teaching methods to win trophies in martial arts tournaments, some of them are teaching ancient ways of combat, some are teaching methods intended to be self-defense but are really methods of committing unlawful acts, and some of them are teaching elaborate methods to commit suicide during the process of attempting to protect oneself. The first rule to learning effective self-defense is to know the meaning of "self-defense."

Webster's Dictionary defines self-defense as being "the act of defending oneself or something that belongs or relates to oneself." That pretty well sums it up. It does not mention trophies, it does not mention fighting, and it does not mention punishment. Self-defense is simply the act of protecting oneself, one's family or friends or one's home. It does not mention the necessity for causing an attacker permanent physical harm, the need to repeatedly strike an attacker as he is attempting to flee, or any of a number of idiocies which will land him in the hospital and you *in* jail.

## The Defensive Zone

Every minute of the day, we are surrounded by an area called the "defensive zone." The defensive zone is easy to measure. It extends above, below, and in all directions around you for as far as you can reach with your hands and feet. Simply put, if you can touch it, it is *in* your defensive zone.

As a martial artist, you should have the knowledge to be able to analyze an attack and determine the least amount of force you can use and still be effective. The goal in self-defense is to cause as little harm as possible. Self-defense does not involve causing death or permanent traumatic damage. It is the martial artist's responsibility to know his own abilities and strength so as to prevent accidental death.

Our rule of thumb is this: Use *only* the amount of force that is *absolutely* necessary to stop an attack. If it is convenient for you to evade an attack and then run, do so. If you are attacked by a friend who has misunderstood something you said and is angry, control him without hurting him and talk the situation out. If you are attacked by three men with knives while escorting your wife down a

dark street, do everything you have to in order to prevent harm to her and yourself: situations change reactions.

A true martial artist should always keep the Code of Self- Defense in mind:

### **Code Of Self-Defense**

1. Run, rather than hurt.
2. Hurt, rather than maim.
3. Maim rather than kill.
4. Kill, rather than be killed:
5. Self preservation comes first.

Always keep in mind that any self-defense situation can turn deadly. Your attacker may strike you with the intent of knocking you unconscious but may use too much force and kill you. In response to an attack, you might accidentally use too much force in a strike and accidentally kill your attacker. By learning and practicing self-defense according to the five levels of self-defense, you will have a proper understanding of how techniques work and will be able to properly react to a situation.

## **MARTIAL ARTS RITUALS AND TRADITIONS**

Over the years, the martial arts have developed traditions of their own as well as picking up those of the cultures they developed in. There are many martial arts from several countries and each art has many styles. We practice the Chang-Hun style of TaeKwon-Do and the Tae-Pung Kwan style of Hosin-Do. Our rituals and traditions come from Korea but many of them are practiced in most martial arts.

**BOWING:** people outside of the martial arts often misunderstand bowing. In the Orient, bowing is a sign of respectful greeting --not a sign of submission or worship. To bow to another person is to indicate that you trust him enough to willingly take your eyes off of him. In the West, we shake hands. This grew out of the battlefield practice of clasping the enemy's sword-drawing hand during negotiations to insure that he could not draw his sword. Today it is used as a greeting.

Bowing to instructors and fellow students is a sign of respectful greeting. Bowing to the United States flag shows respect for the nation we live in. Bowing to the Korean flag shows respect for the country where our martial arts originated. There is no worship involved, only respect.

**UNIFORMS:** The first martial arts uniforms were nothing more than the common street clothes of the people of China, Korea and Japan. In the late 1800's, Dr. Jigaro Kano invented the sport of Judo and invented a reinforced jacket for Judoka to wear so the students' throwing techniques would not tear their clothes off. This uniform became modified over the years until we have our current uniforms.

**BELTS:** Many people, including martial artists, are confused about belts and their colors. For many centuries, the belt did not signify rank. Again, it was Dr. Jigaro Kano, the founder of Judo, who introduced the use of different belt colors to denote ranks. He did this to make it easy to identify different ranks for competition. Different systems use different colors. Most Chinese martial arts don't use belts but use sashes instead. In Japanese martial arts, the belt was used to keep the jacket closed and was white. With years of practice, the belt would become soiled and stained and would eventually turn black. The colors used in the Korean martial arts are based on the colored robes worn by the different classes of royalty in the ancient kingdom of Silla.

**PROMOTION:** After two to three months, you should be ready for your first rank promotion. What does it mean to go up in rank? Does it mean that you have perfected a certain amount of knowledge? No. Rank promotion means that you have an adequate grasp of certain knowledge needed to learn on the next level. So, a Promotional Examination is held to insure that you are able to learn on your next level --not to see if you have perfected your previous knowledge.

**RANKS:** After three to five years, the average student will normally earn his Black Belt. This will mean that he is a novice --a beginner. Unknown to many outside of the martial arts, there are ten degrees of black belt. In the Korean martial arts, 1st, 2nd and 3rd degree black belts are generally instructors teaching under the guidance of a master-instructor. 4th, 5th and 6th Degree black belts are considered experts and have earned the title of Master. 7th, 8th and 9th degree black belts have earned the title of Head-Master or Grandmaster and are considered capable of forming their own martial arts styles (Known in Korean as -Kwans,- meaning martial arts schools or schools of thought.) Although some may claim the rank, in the Korean martial arts the 10th degree black belt is an honor reserved for exceptional martial artists after their deaths.

**MEDITATION:** Meditation is used in the martial arts for several purposes. Before class, it is used to clear the mind of the clutter of daily activities and to open the mind to the lessons to be learned in class. Meditation is used before breaking to shut out distractions and to focus the mind on the task of breaking an object. Certain activities, such as practicing forms, also serves as meditation in motion. Lastly, meditation is used to call up and focus the body's store of internal energy {ki or chi}.

**YELLING (KIHAP):** The yells used in the martial arts serve many important functions. Known in Korean as Kihap, the yells used by martial artists are designed to unite the internal spiritual energy of the martial artist, ki, with his external physical energy. the word "kihap" is formed from two Korean characters, ki, meaning "energy," and hap, meaning to combine or coordinate." So, kihap means "to combine or coordinate energy or power." Kihaps are used during hyungs, sparring, self-defense, breaking and other activities to unite the spiritual and physical energies of the martial artist. Kihaps also serve other important functions. During sparring and self-defense, kihaps are used to insure that the abdominal muscles are tensed and able to withstand a blow. Kihaps can also be used as self-defense techniques --a sudden loud kihap will often cause an attacker to momentarily pause in his attack.

**FORMS:** Forms, known in Korean as hyungs" or poomse," are pre- arranged series of movements designed to help students practice their techniques alone and to help standardize techniques among schools. Practicing forms helps teach the student to focus his attention and to perfect his movements. While practicing forms, the student should always visualize an opponent. Otherwise, he is just dancing.

**BREAKING:** Always a favorite part of any martial arts demonstration, board and brick breaking serves an important purpose. It takes proper mental and physical coordination to be able to break properly. If one succeeds in breaking one inch of wood, then one should train harder and plan to be able to break two inches the next time. Breaking demonstrates an ability to generate and focus adequate physical power as well as proper mental focus.

**SPARRING:** There are many types of sparring ranging from pre- arranged sparring to full-contact fighting. In all cases the opponent is the same --your own lack of knowledge. In the martial arts, we do not spar with the intention of trying to win, or "beat" our opponent, we spar to improve our own techniques and to learn of and destroy our own limitations.

**TOURNAMENTS:** Martial arts tournaments can be great fun but should never become more important than proper traditional martial arts practice. Tournaments show one aspect of the martial arts --sport. Self-improvement and self-defense are as more important than winning trophies.

**VIOLENCE:** The martial arts often get a bad rap because of the violence involved. Martial arts techniques can cause horrific damage when misused. For this reason, instructors should be very selective about who they accept as students. The martial arts are intended to teach self-defense, self-control, and self- confidence. As a student learns of his potential for destruction, he/she should also learn of his need for control and discipline.

**REMEMBER: *THERE IS NO HONOR IN DEFEATING A MUCH-WEAKER OPPONENT; YOUR REAL OPPONENT IS YOUR OWN LACK OF SELF-CONTROL.***

# Tae Kwon Do History

## Tae Kwon Do

The English translation of this martial art is quite simply 'the art of foot and hand fighting'. TaeKwon-Do is a Korean form of self-defense which involves kicking techniques, hand strikes, take-downs, throws and joint manipulation - all of which have an integral part in the martial art.

It was only in 1955, when "TaeKwon-Do" was officially named by General Choi Hong Hi and a board of martial art advisors in Seoul, Korea. Although its name is quite young, the martial art itself has roots which go far back into ancient Korean history. Two of these ancient roots of TaeKwon-Do are Soo Bak and Tae Kyon. Keeping in tradition, TaeKwon-Do is taught in a "dojang" where students wear their "dobak" and their instructors are called "sabum".

Since 1955, TaeKwon-Do has gone through many transformations. Most notably, in 1988, the world saw the sport-style of TaeKwon-Do demonstrated in the Olympics. In fact, hundreds of TaeKwon-Do organizations have sprung up world-wide, offering many different directions for the martial art.

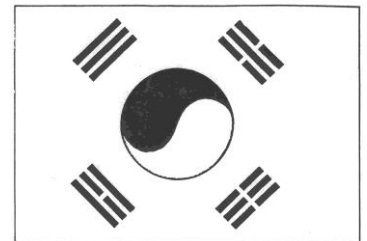


General Choi Hong Hi

## THE KOREAN FLAG

*(Dae Ban Hin Kuk Ki)*

The national flag of The Republic of South Korea has four colors: red, blue and black on a white background. In the center is the ancient *Yang* symbol which originally comes from China. The top part of this symbol, *Yang*, is deep red in color and stands for the male, active, light, warm, positive forces found in nature. The bottom part of the symbol, *Um*, is navy blue and stands for the female, passive, dark, negative forces found in nature. Together they stand for the necessary duality of all forces in nature. Um and Yang are not two forces which are constantly at war --such as Good and Evil --but rather are constantly striving for balance. Together they are known as the *Tae Kuk*, the "Grand Ultimate," and represent the mystery which is the universe and life. On the South Korean flag, the colors red and blue have important meaning. Red stands for Communist North Korea and blue stands for Democratic South Korea.



Surrounding the central symbol are four symbols formed of lines of varying lengths. These symbols represent four of the eight trigrams from the Chinese Pa-Kuan flag. Each of these four symbols stand for a major aspect of nature. Together they represent the four directions: North, South, East, West; the four seasons: Winter, Summer, Spring, Fall; the four elements: Fire, Water, Air, Earth.

The South Korean flag stands for the hope that one day the entirety of the Korean peninsula will once again be united under one government. It also stands for the ancient oriental philosophy that urges balance in all dealings in one's life.

## The Tenets of TaeKwon-Do And Student Oath

The Tenets of TaeKwon-Do and the TaeKwon-Do Student Oath were created by the founding fathers of TaeKwon-Do. Based on the philosophy of the HwaRang, they are to be understood and memorized by all students of TaeKwon-Do.

### Tenets

Courtesy – Integrity – Perseverance - Self-Control - Indomitable Spirit

### Student Oath

1. I shall obey the Tenets of TaeKwon-Do.
2. I shall obey my instructor and senior students.

3. I shall never misuse TaeKwon-Do.
4. I will be a champion of freedom and justice.
5. I will help build a more peaceful world.

## The Code of The HwaRang And The Nine Virtues

The Code of the HwaRang and the Nine Virtues of the HwaRang are to be observed by all students of the martial arts. They were compiled by Won Kwang and taught to the HwaRang knights to give them a proper code of conduct to live by. Together they form the foundation of all Korean martial arts philosophy.

### **The Code of the HwaRang**

1. Be loyal to your country .
2. Be obedient to your parents.
3. Have faith and honor among friends.
4. Perseverance in battle.
5. Justice --never cause unneeded harm.

### **The Nine Virtues of The HwaRang**

Humanity (Hi) Goodness (Sum) Justice (Oui) Virtue (Duk) Courtesy (Yeh) Loyalty (Chung) Wisdom (Ji) Courage (Yong) Trust (Sin)

## Terminology

### **Do Jang Commands:**

Chul sah	line up	Ppalli	fast
Charyut	come to Attention stance	Tashi	again; repeat movement
Kyung yet	bow	Go man	stop
Doe rah	turn	An joo	sit down
Doe row doe rah	turn around 180.	Ill ah suh dah	stand up
Pahrow	return to original position	Kyo dae	change position, "switch"
Shee oh	at ease	Mook nyum	meditate
Chun bee	ready	Hae san	dismissed
Shee jak	begin		

### **General Terminology:**

Dojang	training hall	Seu sang	grandmaster
Kwan	Korean martial arts style	Nim	Sir; term added to title
Jee jah	student	Do bok	uniform
Gup	grade; rank	Dee	belt
Kyo sah	instructor 3 <sup>rd</sup> Dan & below	Hyung	form; pattern
Sah bum	instructor 4 <sup>th</sup> Dan & up	Nae Ryuhn Jah	Down into kneeling position,
Ko sah bum	senior instructor		
Kwan jang	head of school		

### **Sections of The Body:**

Hah dan	low section
Chung dan	middle section
Sang dan	high section



# Form Descriptions

## #1 Chon Ji Hyung:

- I. Sound off!
- S. Chon Ji of TaeKwon-Do Hyung!
- I. How many movements?
- S. 19.
- I. How many different movements?
- S. 3
- I. What does Chon Ji mean?
- S. Heaven and Earth.

## #2 Dan Gun Hyung :

- I. Sound off!
- S. Dan Gun of TaeKwon-Do Hyung!
- I. How many movements?
- S. 21
- I. Who was -Dan Gun?
- S. The legendary founder of Korea in the year 2333 B.C.

## #3 Do San Hyung:

- I. Sound off!
- S. Do San of TaeKwon-Do Hyung!
- I. How many movements?
- S. 24.
- I. What is Do San?
- S. The pen-name of Ahn Chang Ho, a Korean patriot who devoted his life to furthering education in Korea.

## #4 Won Hyo Hyung:

- I. Sound off!
- S. Won Hyo of TaeKwon-Do Hyung!
- I. How many movements?
- S. 28.
- I. Who was Won Hyo?
- S. A noted monk who spread Buddhism in Korea during the Silla Dynasty - 686 A.D.

## #5 Yul Guk Hyung:

- I. Sound off!
- S. Yul Guk of TaeKwon-Do Hyung!
- I. How many movements?
- S. 38.
- I. What is Yul Gok?

- S. The pen-name of Yi I, philosopher and scholar who was nick-named the "Confucius of Korea."

## #6 Jung Gun Hyung:

- I. Sound off!
- S. Jung Gun of TaeKwon-Do Hyung!
- I. How many movements?
- S. 32.
- I. Who was Jung Gun?
- S. Ahn Jung Gun was a Korean patriot assassinated the first Japanese Governor-General of Korea in 1909.

## #7 Toi Gye Hyung:

- I. Sound off!
- S. Toi Gye of TaeKwon-Do Hyung!
- I. How many movements?
- S. 37.
- I. What is Toi Gye?"
- S. The pen-name of Yi Hwang, a noted scholar and authority on neo-Confucianism.

## #8 Hwa Rang Hyung:

- I. Sound off!
- S. Hwa Rang of TaeKwon-Do Hyung!
- I. How many movements?
- S. 29.
- I. What was the Hwa Rang?
- S. A youth group which originated in Silla and became a driving force behind the unification of the three ancient kingdoms of Korea.

## #9 Choong Moo Hyung

- I. Sound off!
- S. Choong Moo of TaeKwon-Do Hyung!
- I. How many movements?
- S. 30.
- I. What is the Choong Moo?
- S. The given name of Admiral Yi Sun-Sin, who invented the first armored battleship in 1592 A.D.