

Midwest Academy Of Taekwon-Do

STUDENT HANDBOOK 2026 (14TH Edition)



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Midwest Academy of TaeKwon-Do, Inc.

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PURPOSE OF THIS PROGRAM

The purpose of this program is to give both children and adults from the community an opportunity to train in the martial art of TaeKwon-Do. By training in the martial arts a person will develop a higher level of self-confidence, build self-esteem, and learn how to accept and successfully meet new challenges, get into or stay in top physical condition, and learn an invaluable method of self-defense.

TaeKwon-Do literally translated means the “art of hand and foot fighting”. But the martial arts are much more than learning how to fight and defend yourself. TaeKwon-Do will build strong mental and physical disciplines and help develop setting goals (working for and achieving higher rank). The students will develop a better sense of self worth and this is so critical in this day and age to try to keep our children safe and out of harms way.

We emphasize to the students that TaeKwon-Do is to be used for self-defense only – no exceptions! We also emphasize the five tenets of TaeKwon-Do: courtesy, integrity, self-control, perseverance, and indomitable spirit. As the students grow in this art and gain higher rank, they will begin to realize that TaeKwon-Do can be a way of life, what they learn in the Do-Jang (gym) can be used in their everyday lives.

We also build our program on respect and attitude. Students must show respect to each other, others around them, especially their seniors, parents, and their instructors. Our intention is not to build outstanding athletes or top ranked competitors, although this is sometimes a by-product of the program, but rather outstanding individuals who believe in themselves, respect others, and want to help others and make their communities a much better place to live.

If you know of anyone who would be interested in this type of program, a family member, friend, co-worker, classmate, etc. invite them to come and attend a class or two to see if they would like to get involved. We want this program to be a community activity and the more people who can benefit from it the better.

If you have any questions you can contact Mr. Valin at (847) 815-0898

MIDWEST ACADEMY OF TAEKWON-DO SCHOOL LOCATIONS:

The Centre of Elgin
100 Symphony Way
Elgin, Illinois 60120
Head Instructor: GM Dan Valin (847) 815-0898

Buffalo Grove Park District
150 Raupp Blvd
Buffalo Grove, Illinois 60089
Head Instructor: Aaron Hadesman & Linda Singer (847) 815-0898

Lake Zurich Family Martial Arts (Wednesday evening Black Belt class and Monthly Black Belt class)
215 S Rand Road
Lake Zurich, Illinois 60047
Head Instructor: GM Dan Valin (847) 815-0898

HISTORY OF TAEKWON-DO CHANG-HON SYSTEM

The name TaeKwon-Do officially came to be in 1955 when General Choi Hong Hi submitted it to the Korean Naming Board for the newly formed martial art of Korea. As far back as 1300 years ago, martial arts were known to be practiced in Korea by the Hwa Rang-Do, a warrior class of young men formed to defend the smallest of the three kingdoms of Korea, the Silla. Another martial art practiced in Korea was Taekyon, the ancient art of foot fighting.

When Japan occupied Korea, many of the ancient Korean arts were forbidden and those, which were allowed, were of Japanese or Okinawa origin. When Korea was liberated after World War II, the nationalist feelings were to get rid of the Japanese and other foreign names in the Korean martial arts.

A young man named Choi Hong Hi had secretly practiced Taekyon underground with a Korean master while the Japanese forbade it. When Choi came of age his parents sent him to Japan, to Tokyo University to study calligraphy. While there, Choi earned a second-degree black belt in Japanese Karate, which chiefly emphasized hand techniques. When Choi returned to Korea, he joined the newly formed Republic of Korea Army as a second Lieutenant. By 1951 Choi was a Brigadier General of the R.O.K. Army. In 1954 General Choi combined his knowledge of Japanese hand techniques and Korean foot techniques to form his own martial art "Oh Do Kwan" (Gym of my way).

Then in 1955 a board of martial artists, historians, and prominent members of Korean society formed to give a new name to the Korean martial art to replace the old names of: Kwon Bup, Gong Soo, Dong Soo, Taekyon, etc. General Choi's submission was **TaeKwon-Do** and was unanimously accepted by the board for its accurate description of the "art of hand and foot fighting" and its close resemblance to the ancient art of Taekyon. The Korean TaeKwon-Do Association was formed and General Choi Hong Hi was named president.

General Choi had the idea of spreading the art of TaeKwon-Do throughout the world, to make it a brotherhood of all men, not just Korean, no matter their race, religion or politics. In 1966 General Choi formed the International TaeKwon-Do Federation, with its headquarters in Korea. In 1972 the headquarters was moved to Toronto, Canada and once again to its present location in Vienna, Austria. There are now TaeKwon-Do associations in countries throughout the world.

PHILOSOPHY OF TAEKWON-DO

The utmost purpose of TaeKwon-Do is to eliminate fighting by discouraging the stronger's oppression of the weaker with a power that must be based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful world. It is a firm belief that anyone can develop enough strength to become a guardian of justice, to challenge social problems and to cultivate the human spirit to the highest level attainable. Through TaeKwon-Do, these tasks can be accomplished.

The philosophy of TaeKwon-Do is based on the ethical and moral standards by which people can live together in peace and harmony. We must try to help each other and all work towards building a safe and successful world around us. In this day and age too many accounts of violence and senseless destruction are happening on a daily basis. Through TaeKwon-Do, you can develop the skills and beliefs to become leaders and to become role models to make the changes we need to make our communities a much better place to live.

General Choi Hong Hi has set the following guidelines and the instructors of the Midwest Academy of TaeKwon-Do believe in these guidelines and want all of the students to hold fast to them also.

1. Never use TaeKwon-Do for commercial, financial, or political gain whatsoever.
2. Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
3. Be gentle to the weak and tough to the strong.
4. Be content with what you have in money and possessions but never in skills or self-development.
5. Always finish what you begin, be it large or small.
6. Be a willing teacher to anyone regardless of religion, race, or ideology.
7. Never yield to repression or threat in the pursuit of a noble cause.
8. Teach attitude and skill with action rather than words.
9. Always be yourself even though your circumstances may change.
10. Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.

THE INSTRUCTORS OF THE MIDWEST ACADEMY OF TAEKWON-DO

We would like to give you some background on ourselves for you can see what experience we have in the martial art of TaeKwon-Do:

Dan Valin – has been training in TaeKwon-Do since 1978 and currently holds the rank of 9th Degree (Dan) Black Belt. Grandmaster Valin is the Chief Instructor and President of The Midwest Academy Of TaeKwon-Do with its' headquarters and one of its schools in Elgin, IL. There are additional locations in Deerfield and Lake Zurich, IL and he also has schools throughout the Midwest reporting to him under the Midwest Martial Arts League. Certifications are held with the Midwest Martial Arts League, The United TaeKwon-Do Alliance, The International TaeKwon-Do Federation Union, the United States TaeKwon-Do Federation, and the American TaeKwon-Do Institute. He is also the Midwest Region Vice President for the United TaeKwon-Do Alliance. Grandmaster Valin has been instructing students ranging in age from 7 to 74 years old since 1984 and has held a number of national titles competing in patterns, sparring, and breaking. Grandmaster Valin is also actively involved with organizing, promoting, and officiating tournaments and events locally and nationally and has put together a number of successful demonstration teams and is the coach to their national competition team. Grandmaster Valin also has extensive experience in Ju-jitsu, Hapkido and other forms of self-defense.

Scott Kuhfeldt – has been training in TaeKwon-Do since 1984 and currently holds the rank of 7th Degree (Dan) Black Belt. Certifications are held with the Midwest Martial Arts League, the Midwest Academy of TaeKwon-Do, the United TaeKwon-Do Alliance, the International TaeKwon-Do Federation, the United States TaeKwon-Do Federation, and the American TaeKwon-Do Institute. Master Kuhfeldt has been instructing since 1992 and is also actively involved in tournaments both as an official and a competitor. Master Kuhfeldt is a key member in the demonstration teams Grand Master Valin has organized, and has extensive experience in Ju Jitsu and self-defense. Master Kuhfeldt was instrumental in organizing and instructing a TaeKwon-Do club while he was in college. Master Kuhfeldt is the Program Director for the Wheeling Park District and is the Training Director for the Midwest Academy of TaeKwon-Do.

Jemal Crisp – currently holds the rank of 7th Degree (Dan) Black Belt and is certified with the Midwest Martial Arts League, the Midwest Academy Of TaeKwon-Do and the United TaeKwon-Do Alliance. Master Crisp is actively involved with our competition and demonstration team and has extensive training in Ju Jitsu and other forms of martial arts as well as TaeKwon-Do. Master Crisp officiates at tournaments locally and nationally. He is also a certified Cardio Kickboxing Instructor and is the Membership Director for Midwest Academy of TaeKwon-Do.

Linda Singer – has been training in TaeKwon-Do since 1979 and currently holds the rank of 6th Degree (Dan) Black Belt and is certified with the Midwest Martial Arts League, the Midwest Academy of TaeKwon-Do, the United TaeKwon-Do Alliance, and the International TaeKwon-Do Federation Union. For the past four years Mrs. Singer has shared her knowledge and passion as an instructor for the Deerfield school. Mrs. Singer creates an environment fostering both fun and mutual respect coupled with expectations so the student reaches their maximum potential. She's also a dancer for the Miami Heat and was with the Chicago Bulls senior dance group.

Other Black belts in the Midwest Academy of TaeKwon-Do

| | | |
|--|--|--|
| Fred Zielinski – 8 th Dan (retired) | Dorothy Kilkoyne – 4 th Dan ** | Choi Yoo Joon Kyu – 4 th Dan |
| John Miller – 7 th Dan | Jason Lentz – 1 st Dan | Jacob Oleson – 1 st Dan |
| Aaron Hadesman – 6 th Dan | Aryan Cochard - 1 st Dan | Linda Singer – 6 th Dan |
| Amy Valin-Boncan – 3 rd Dan | Liam Dutton – 1 st Dan | Oleksiy Korniychuk – 1 st Dan |
| Jon Boncan – 3 rd Dan | Barbi Galluppi – 1 st Dan | Jacob Mackender – 1 st Dan |
| Jim Kwasek – 3 rd Dan | Neda Bazys – 1 st Dan | |
| Matt McCormick – 3 rd Das | Mantas Bazys – 1 st Dan | ** In loving memory |
| Alex Kassabov – 2 nd Dan | Keira Kajohnkittiyouth – 2 nd Dan | |
| Mike Archiszewski – 2 nd Dan | Kris Bird – 1 st Dan | Grand Master Dr. Greg Youstra |
| Mike Schmidt – 2 nd Dan | Tom Seyller - 1 st Dan | |
| Don Gaylord – 2 nd Dan | Alex Brown – Junior BB | |
| Everett Clark – 2 nd Dan ** | Khushi Champaneri – 1 st Dan | |
| Vince Kajohnkittiyouth – 2 nd Dan | Aleksandra Oleksiak – 1 st Dan | |

TENETS OF TAEKWON-DO

These are the basic beliefs and characteristics that all TaeKwon-Do students need to follow and live by:

COURTESY

- Be kind and polite to everyone – no exceptions
- Show respect to your instructors, seniors, parents, and basically to everyone – use proper titles or surnames (Mr. Valin, Mr. Kuhfeldt, Sir, Ma'am, etc.)
- Respect each others possessions and feelings
- Handle all matters with fairness and sincerity
- Always use proper etiquette – say thank you, please, yes sir, no sir, yes ma'am, no ma'am, etc.
- Treat others as you would want to be treated

INTEGRITY

- Be able to distinguish between right from wrong
- Be honest, especially to yourself
- Always live up to your word, if you make a promise, do not break it
- Do not misrepresent yourself, do not brag or boast

PERSEVERANCE

- There is an old oriental saying, "patience leads to virtue or merit". To achieve anything, whether it is a higher rank or the perfection of a technique, one must set a goal, then constantly and untiringly pursue that goal.
- One of the secrets of TaeKwon-Do as a way of life, is the ability to overcome difficulties by perseverance. The student, who attends every class, does all that he or she is told, and practices daily, is demonstrating perseverance.

SELF-CONTROL

- Do not loose your temper, think a situation through before you act
- Maintain your emotions, keep them in check
- Only use your TaeKwon-Do for self-defense

INDOMITABLE SPIRIT

- The ability to do the right thing despite the odds or without being deterred by the consequences.
- Stand up for those who need assistance – right a wrong
- Do your best no matter what

STUDENT OATH

- I shall observe the tenets of TaeKwon-Do
- I shall respect my instructors and my seniors
- I shall never misuse TaeKwon-Do
- I shall be a champion of freedom and justice
- I shall build a more peaceful world

SYSTEM OF RANK AND UNIFORMS

In TaeKwon-Do, character development, fortitude, tenacity, and technique are graded as well as individual capacity. The promotional scale is divided into nineteen ranks – 10 grades (Gups) and nine degrees (Dans). The former begins with 10th grade (Gup) the lowers and ends at first grade. Degrees begin with the first degree (Dan) and ends with the ultimate ninth degree (Dan).

There is significance in the numbering system. With degree, the number 9 is not only the highest single digit number but is also the number 3 multiplied by 3. In the orient, three is the most esteemed of all the numbers. The Chinese character '3' contains three lines: the upper line symbolizes the heaven, the middle line mortals, and the bottom line earth.

New students will start at the rank of 10th Gup – White Belt. For students who have had previous TaeKwon-Do training, you may ask the instructor for permission to wear your present rank or equivalent rank, but you will not be allowed to test for a higher rank until you have met all the requirements for the rank you hold.

Promotion tests are held at throughout the year. The instructors will decide prior to the test what students are eligible to test and will notify them. A student will be eligible if the following criterion is met:

- Student has trained at least the minimum required number of classes for the session(s) required
- Student has “mastered” his or her pattern designated for that rank
- Student has sufficiently proven to the instructors all other techniques for that rank have been successfully accomplished – kicks, hand techniques, self-defense techniques, model sparring, etc.
- Student has demonstrated good attitude and the ability to live by the tenets of TaeKwon-Do
- Student (not adults) has maintained positive attitude in school, kept up with school assignments, and has his or her permission from their parent(s) and teacher(s) to test. A copy of children’s report cards is required.
- Senior rank students (Blue Belts and above) have demonstrated they want to be role models to lower rank students, and help the instructors with classes, demonstrate the willingness to help others, and will be appropriate representatives of the Midwest Academy Of TaeKwon-Do.
- A uniform is required for testing. If you need to order or replace a worn uniform please see your instructor.
- A test fee is required – test fees are kept at a very low amount – this fee is used for supplies such as certificates, printer supplies, belts, belt tape.

Order of Rank:

| | | |
|--------------------------------|----------------------------|---|
| • 10 th Gup | White Belt | 4 direction punch and block right and left |
| • 9 th Gup | Yellow Stripe | Pattern – Chon-Ji |
| • 8 th Gup | Yellow Belt | Pattern – Dan Gun |
| • 7 th Gup | Green Stripe | Pattern – Do San |
| • 6 th Gup | Green Belt | Pattern – Won-Hyo |
| • 5 th Gup | Blue Stripe | Pattern – Yul Gok |
| • 4 th Gup | Blue Belt | Pattern – Joong-Gun |
| • 3 rd Gup | Red Stripe | Pattern – Toi-Gye |
| • 2 nd Gup | Red Belt | Pattern – Hwa-Rang |
| • 1 st Gup | Black Stripe | Pattern – Choong-Moo |
| • Junior Black Belt | Black Belt – Novice | (students 11 to 13 years of age) |
| • 1 st Degree (Dan) | Black Belt | Pattern – Kwang-Gae, Po-Eun, Ge-Baek |
| • 2 nd Degree (Dan) | Black Belt | Pattern- Eui-Am, Choong-Jang, Juche, Ko-Dan |
| • 3 rd Degree (Dan) | Black Belt | Pattern – Sam-II, Yoo-Sin, Choi-Yong |
| • 4 th Degree (Dan) | Black Belt – Expert | Pattern – Yon-Gae, Ul-Ji, Moon-Moo |
| • 5 th Degree (Dan) | Black Belt | Pattern – So-San, Se-Jong |
| • 6 th Degree (Dan) | Black Belt | Pattern – Tong-II |
| • 7 th Degree (Dan) | Black Belt – Senior Master | |
| • 8 th Degree (Dan) | Black Belt – Chief Master | |
| • 9 th Degree (Dan) | Black Belt – Grand Master | |

Uniforms: All Gup ranks will wear a white TaeKwon-Do dobuk – pants and jacket. Black Belts will wear black pants and a white jacket with black trim. Patches approved by instructors can only be worn on uniforms. If permission is given to wear a T-shirt, it must be a black MATKD school shirt or a black plain T-shirt. Please see Grand Master Valin for the cost of Black Belt uniforms.

The following chart shows the approximate training time required for each rank as well as rank requirement. This is a simple chart to give you an understanding what is required of you for each step of the way to reach the goal of getting your Black Belt! You will receive specific rank requirements as you make new rank. Each rank will have a pattern, specific kicks, hand techniques, sparring techniques, self-defense techniques, etc. Please remember this is only a guideline – techniques and requirements can and will change without notice. It is also a requirement for Red Belts and above to assist instructing classes side by side with a Certified Instructor.

| Rank | Minimum Training | Pattern | |
|--|-------------------------|----------------|---|
| Yellow Stripe | 25 hours | 4-direction | (See Testing requirements at the back of this handbook) |
| Yellow Belt | 30 hours | Chon-Ji | |
| Green Stripe | 35 hours | Dan-Gun | |
| Green Belt | 40 hours | Do-San | |
| Blue Stripe | 50 hours | Won-Hyo | |
| Blue Belt | 60 hours | Yul-Gok | |
| Red Stripe | 70 hours | Joon-Gun | |
| Red Belt | 80 hours | Toi-Gye | |
| Black Stripe | 90 hours | Hwa-Rang | 30 hours (assisting – run warm ups, help with drills, aid students, etc.) |
| Black Belt | 100 hours | Choong-Moo | 50 hours minimum (assisting - “ “ “ “) |
| Total Time | 580 hours | | Teaching Hours |
| 1 st Dan to 2 nd Dan | 2 Years | | Teaching at least 50% of each session, assist in junior & senior classes |
| 2 nd Dan to 3 rd Dan | 3 Years | | Teaching at least 75% of each session, be able to run entire class |
| 3 rd Dan to 4 th Dan | 4 Years | | Take responsibilities as full instructor, aid in progress of school |
| 4 th Dan to 5 th Dan | 5 Years | | Take responsibility to direct a program under Grand Master Valin |
| 5 th Dan to 6 th Dan | 6 Years | | |
| 7 th Dan to 8 th Dan | 6 Years | | Note: At 5 th Dan or higher you will be required to take on duties |
| 8 th Dan to 9 th Dan | 8 Years | | to help operate the schools directed by Grand Master Valin |

WRITTEN TEST – A written test will be given at the rank of Green Belt and higher two weeks prior to testing.

ATTENDANCE – In order to advance in rank all students must meet minimum training hours. On average you should be training 2 days per week for a 12-week period to be considered eligible for your next Gup rank test. If you train 1 night per week it will take you longer between tests. If you miss some classes due to illness, vacation, etc., you are encouraged to make it up on another night or at one of our other schools (no additional costs are involved). Make sure you sign the attendance sheet every class you attend.

PROBATIONARY BLACK BELT – Probationary Black Belt will hold that rank for a period of 1 year. In this time they must train for a minimum of 50 classes in order to maintain the rank. In order to be promoted to the rank of 1st Degree Black Belt the student must train for a minimum of 75 classes, assist with instructing classes, demonstrate all of the required patterns and techniques, and be a role model to the other students. In addition, you must attend a minimum of 1 Black Belt class per month and assist with teaching and have trained continuously for the last six months. You are required to attend 2 tournaments and assist with community martial art demonstrations.

BELT PROMOTION TESTS – All promotion tests for rank will be held at the **Centre of Elgin** - Elgin, IL. Tests are normally scheduled for Saturday afternoons and are held on a quarterly basis; ***make up tests will only be at Grand Master Valin's discretion.*** To be eligible for testing, students must have a cumulative passing grade in school. Behavior outside of class will affect their testing status (e.g. misconduct, fighting, or

any unacceptable behavior will not be tolerated). Grand Master Valin has final decision on all testing candidates.

****NOTE** Testing requirements will be adjusted due to age, injuries and other health reasons *****

RULES OF THE DO JANG (GYM)

The following are a set of safety and etiquette (good manner) rules, which all students are strictly required to follow. Any student who knowingly disregards these rules will be reprimanded by having rank taken away or dismissed from training.

Safety:

1. No food or beverages (except water) is allowed in the Do Jang.
2. No shoes are to be worn in the Do Jang (with the exception of martial arts training shoes).
3. Only authorized instructors (members of the Midwest Academy of TaeKwon-Do or guests) are allowed to conduct class.
4. No running around, pushing, shoving, rude behavior, or disrespect is allowed – treat everyone fairly and kindly.
5. No free sparring, weapon training, or board breaking is allowed without an instructor present.
6. Do not try any technique without proper instruction, only work on techniques being taught by the instructors.
7. Students are to stay in the Do Jang at all times unless instructor gives permission to leave.
8. Remove all jewelry and watches before training.
9. Notify instructor of any injuries, medical conditions, or physical limitations that could be brought on or made worse while training.
10. Students must obey all rules, orders, and commands issued by the instructor(s).

ETIQUETTE:

1. All students above the rank of white belt should be training in a regulation uniform that is properly cared for. If permission is given to wear T-shirts, they must be TKD school or tournament shirts.
2. If you are in the Do Jang and it is not your scheduled time to train, you may practice on your own, but remain quiet, do not interrupt class, do not talk to students training, be respectful of others.
3. Upon entering or leaving the Do Jang, face into the Do Jang and bow – if we had our country's flag in the Do Jang that would be the direction to bow, it is a sign of respect for your country and your training hall.
4. Upon greeting, the students should bow to the instructors and each other; it is a sign of respect.
5. Students should always address the instructors and senior students as Mr., Mrs., Sir, Ma'am, etc.
6. Uniforms must be kept clean and not torn, replace worn out uniforms.
7. When shaking hands with the Black Belts, use both hands.
8. When asking a question, stand at attention, bow to the instructor, raise your hand, and make sure the instructor has acknowledged you before asking your question. Always say, "thank you sir" afterwards.
9. Line up by rank, then by age. Senior students line up from the far right working their way left.
10. Remain in the last position / posture you were in until the instructor tells you to change.
11. When sitting, sit with legs crossed and your hands on your knees do not lean, slump, or lay down. Do not cross your arms or put your hands on your hips unless instructed to do so.
12. Be prompt for class, it is disrespectful to come into class late. The instructors do realize though in this day and age, very few can get out of work on time, kids have to be picked up from daycare, etc., so we understand if these are your circumstances, get to class whenever you can. We would rather have you come in a few minutes late and train hard, then not train at all.
13. Junior students should set up the Do Jang: sweep the floor, set out equipment, etc.
14. No disrespect, ridicule of other students, or "picking on others" will be tolerated. Students displaying this kind of behavior will be asked to leave the Do Jang.
15. Always treat others as you would want to be treated, with respect and kindness. Always help others whenever possible.
16. If you have a concern or a problem, ask for a private meeting between yourself and the instructors. We will be happy to work through any problems or concerns a student might have but it is disrespectful to openly debate or dispute a matter with the instructor.

STUDENT INSTRUCTOR RELATIONSHIP

The martial art of TaeKwon-Do is based on the traditional concept that the art must be passed on from a teacher to his student. Since there was no other way to learn this art, the student / instructor relationship became an integral part of the teaching of TaeKwon-Do. Even in our society today, this special relationship is recognized for its tremendous worth, in shaping a student's framework and perspective, not only for the practice of this art but for a way of living his daily life. We are but the products and reflections of our many teachers. An old Korean proverb states:

“Father and mother are the parents who bring me up, while a teacher is the parent who educates me.”

This is the reason why a student is expected to pay as much respect to his teachers as he would to his parents. The student must strive to set aside any preconceived notions he may have regarding his instructor and concentrate on learning all he can from his teacher. It is immaterial whether the student knows the instructor in a different social or business setting, once in the Do Jang, the instructor assumes the role as the student's senior. The student must therefore attempt to follow the instructor's orders without hesitation and without trying to second guess the instructor. Without the elements of trust and mutual respect there can be no true student / instructor relationship.

A dedicated and sincere instructor is an absolute necessity for any Do Jang. The school cannot grow and mature without a cadre of equally dedicated and sincere students. Good teachers produce good students and good students produce good teachers. Therefore, the ability to maintain the proper attitude toward the instructor and the art of TaeKwon-Do will often determine whether or not a student is able to realize his true potential.

Instructors and students should observe the following points alike:

INSTRUCTORS

1. Never tire of teaching. A good instructor can teach anywhere, any time, and always be ready to answer questions.
2. An instructor should be eager for his students to surpass him. It is the ultimate complement to an instructor. A student should never be held back. If the instructor realizes his student has developed beyond his teaching capabilities, the student should be sent to an instructor with the capabilities required.
3. An instructor must always set a good example for his students and never attempt to defraud them.
4. The development of the student should take precedence over commercialism. Once the instructor becomes concerned with materialism he will lose the respect of his students.
5. Instructors should help the student develop good contacts outside of the Do Jang.
6. Instructors should teach scientifically and theoretically to save time and energy.
7. Students should be encouraged to visit other training halls and study other techniques. Students who are forbidden are likely to become rebellious. The student who visits other schools may benefit from observing a technique that is ideally suited to him or perhaps has a chance to learn by comparing his techniques to inferior ones.
8. All students should be treated equally. There should be no favorites. Students should be scolded in private, never in front of the class. Discipline should be fair and swift. Praise and encouragement should be done in front of the class to help build the student's self-esteem and confidence.
9. If an instructor is unable to answer a question, he should not attempt to make up an answer. He should make every attempt to find the answer as soon as possible and give the information to the student. An instructor does not lose face by admitting he does not know the answer, he will lose face by not being honest to the student.
10. Never betray a trust.

STUDENTS

1. Never tire of learning. A good student can learn anywhere, anytime, anyplace. This is the secret of knowledge.
2. A good student is willing to sacrifice for his art and his instructor. A poor student feels his training is a commodity bought by monthly or quarterly fees and is unwilling to take part in demonstrations, tournaments, teaching, and working to make the Do Jang successful. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. They will be watching you and trying to emulate their seniors.
4. Always be loyal to your instructor and to TaeKwon-Do. Never criticize your art, your instructor, or fellow students.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember the student's conduct outside the Do Jang reflects on the art and the instructor.
7. If a student adopts another technique from a different Do Jang and the instructor disapproves of it, the student must discard it immediately or go train in the Do Jang where the technique was taught.
8. Never be disrespectful to an instructor. The student is allowed to disagree with the instructor; the student must first follow the instructor's command and then discuss the matter in private with the instructor.
9. A student must always be eager to learn and ask questions.
10. Never betray a trust.

TAEKWON-DO TERMINOLOGY

While most of the instruction you will receive will be in English, it is important to recognize some of the original Korean terminology which, often times, is also used in the Do Jang

| <u>KOREAN</u> | <u>ENGLISH</u> |
|----------------------|--|
| Cha-ryot | attention |
| Joonbi | ready stance |
| Kyong-ye | bow |
| Si-jak | begin / start |
| Gu-mahn | hold / stop |
| An jou | kneel |
| barro | return to original stance |
| kae sok | continue |
| tul | forms |
| sabomnim | instructor |
| kyorugi | sparring |
| hosinsol | self defense |
| ki-hop | yell |
| dobok | uniform |
| do jang | gymnasium (for the practice of TaeKwon-Do) |
| kwan | school |
| dorra | turn around |
| gup | rank (color belt levels other then black belt) |
| dan | rank (black belt levels) – pronounced don |
| gamsa hamnida | thank you |
| swiyo | rest / relax |

COUNTING:

| | |
|-------|-------|
| Hana | one |
| Dul | two |
| Set | three |
| Net | four |
| Dasot | five |
| Yasot | six |
| Elgub | seven |
| Yodol | eight |
| Ahob | nine |
| Yol | ten |

LISTING:

| | |
|------|---------|
| Ei | first |
| E | second |
| Sam | third |
| Sa | fourth |
| O | fifth |
| Yuk | sixth |
| Chil | seventh |
| Pul | eighth |
| Koo | ninth |
| Sib | tenth |

THEORY OF POWER

The beginning student may ask: "Where does one obtain the power to create the devastating results attributed to TaeKwon-Do?" This power is attributed to the utilization of a person's full potential through the mathematical application of TaeKwon-Do techniques. The average person uses only 10 to 20 percent of his potential. Anyone, regardless of size, age, or sex who can condition himself or herself to use 100 percent of their potential can also perform the same destructive techniques.

Though training will certainly result in a superb level of physical fitness, it will not necessarily result in the acquisition of extraordinary stamina or superhuman strength. More important, TaeKwon-Do training will result in obtaining a high level of reaction force, concentration, equilibrium, breath control, and speed; these are the factors that will result in a high degree of physical power.

Reaction Force (Bandong Ryok)

According to Newton's Law, every force has an equal and opposite reaction force. When an automobile crashes into a wall with the force of 2,000 pounds, the wall will return a force of 2,000 pounds. If your opponent is rushing towards you at a high rate of speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow.

The two forces combined; his, which is large, and yours, which is small is quite impressive. Another reaction force is your own. A punch with the right fist is aided by pulling back the fist to the hip.

Concentration of force (Jip Joong)

By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. The blows in TaeKwon-Do are often concentrated onto the edge of the open palm or to the two large knuckles. It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knock out blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously.

Concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilized muscles onto the opponent's vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it be attack or defense.

Equilibrium (Kyun Hyung)

Balance is of utmost importance in any type of athletics. In TaeKwon-Do, it deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. Conversely, the unbalanced body is easily overpowered. The stance should always be stable yet flexible, for both offensive and defensive movements.

To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs, or in the center of the foot if it is necessary to concentrate the bulk of body weight on one foot. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery.

Breath Control (Hohup Jojul)

Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain. A sharp exhaling of breath at the moment of impact and

stopping the breath during the execution of a movement tense the abdomen to concentrate maximum effort on the delivery of the motion, while a slow inhaling helps the preparation of the next movement. An important rule to remember; never inhale while focusing a block or blow against an opponent. Not only will this impede movement but it will also result in a loss of power.

Mass (Zilyang)

Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow. No doubt the maximum body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool. Another way of increasing body weight is the utilization of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion.

Speed (Sokdo)

Speed is the most essential factor of force or power. Scientifically, force equals mass multiplied by acceleration ($F = MA$) or ($P = MV^2$).

According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. This very principle is applied to this particular art of self-defense. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air.

Reaction force, breath, control, equilibrium, concentration, and relaxation of the muscles cannot be ignored. However, these are the factors that contribute to the speed and all these factors, together with flexible and rhythmic movements, must be well coordinated to produce the maximum power in TaeKwon-Do.

THE PURPOSE OF PATTERNS (Tul)

The ancient law in the Orient was similar to the law of Hamurabi, "an eye for an eye, a tooth for a tooth" and was rigorously enforced even if death was caused accidentally. In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practice or test his individual skill of attack and defense against actual moving opponents.

Individual advancement was certainly hindered until an imaginative practitioner created the first patterns. Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed or logical sequence. The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements. It also enables a student to acquire certain special techniques, which cannot be obtained from either fundamental exercises, or sparring. In short, a pattern can be compared with a unit tactic,

Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

The following 9 points should be considered while performing patterns:

1. Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions given.
6. Each pattern must be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

There are 24 patterns in our system of TaeKwon-Do

The 24 patterns represent 24 hours, one day, all of your life. TaeKwon-Do should become a part of your life.

The name of the pattern, the number of movements, and the pattern diagram symbolizes either heroic figures in Korean history or instances relating to historical events. As you learn your patterns, you will be given the significance of that particular pattern.

MEANING OF BELT COLORS

WHITE – Signifies innocence, as that of a beginning student who has no previous knowledge of TaeKwon-Do

YELLOW – Signifies the Earth, from which a plant sprouts and takes root, just as your TaeKwon-Do foundation is being laid.

GREEN – Signifies the plant's growth, just as your TaeKwon-Do skill begins to develop.

BLUE – Signifies the heaven towards which, the plant matures into a towering tree, just as your TaeKwon-Do training progresses.

RED – Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

BLACK – Opposite of white, therefore signifying the maturity and proficiency in TaeKwon-Do.

HAND AND FOOT TECHNIQUES

You will learn many hand and foot techniques in TaeKwon-Do for both blocking and striking your opponent(s). To cover all of them in this manual will be impossible; it is our intention to give you the basic techniques so you would have a better understanding. Every technique has an “intermediate” position or posture. This is critical to properly execute a technique with maximum power and speed. Every hand technique in TaeKwon-Do will have a rotation or twisting motion to develop power and speed.

Kicks can be executed one at a time but are most effective in multiples. There are two methods of delivering multiple kicks: COMBINATION = multiple kicks using alternating feet (front snap kick with right foot, side piercing kick with the left foot) or CONSECUTIVE = multiple kicks using the same foot (front snap kick, side piercing kick with the right foot without setting the foot down)

When kicking, keep in mind your maximum power will be delivered when your foot is 90 degrees from your body, or even with your own waistline (middle section). Whenever you deliver a kick over your middle section, you will lose power and it will take longer to deliver. That is why jump / flying kicks are utilized to strike to the head.

TECHNIQUE:

HAND

1. Front punch
2. Fore fist strike (back fist)
3. Side fist strike (hammer fist)
4. Knife hand strike
5. Reverse knife hand strike
6. Downward block
7. Inner forearm block
8. Outer forearm block
9. Rising block

APPLICATION:

strike with two large knuckles keeping wrist straight
strike with the top of the two large knuckles, bending wrist slightly
strike with bottom side of hand in a closed fist
strike with bottom side of hand with hand open but tensed
strike with top side of hand with hand open, thumb tucked in
strike the low section attack with the side fist or knife hand
deflect the middle section attack with the inner forearm
deflect the middle section attack with the outer portion of the
forearm
deflect the high section attack with the raised outer forearm

FOOT

1. Front snap kick (smashing)
2. Side piercing kick (piercing)
3. Turning kick (smashing)
4. Back piercing kick (piercing)
5. Hook kick (smashing kick)

strike with the ball of the foot keeping hips full facing
strike with foot sword (side of heel) fully rotating hip and support foot
strike with the ball of the foot rotating hip and support foot 45 degrees
strike with the rear foot sword rotating body clockwise
strike with the back of the heel in a pulling motion across opponent

There are many other advanced techniques you will learn as you progress in rank. It takes years to master and develop your full potential of these techniques, train hard and consistently.

BOARD BREAKING:

Board breaking is a requirement for green belts and above. It is used to demonstrate properly executed techniques. The power and speed that you will develop can be beyond your imagination! But breaking is an art in itself and you must remain focused and keep 100% concentration on each and every break. You will learn both power and speed breaking techniques.

We use 12" wide X 10" long X 1" thick pine (common pine or #2) boards for breaking material. You will see the Black Belts breaking bricks, concrete blocks, or other materials. Colored belts will not be allowed to do this; this takes years of training and technique development to minimize the chance of injury.

We do not allow children to break with their fists at all! Their bones are not developed enough to take the impact. We will allow foot breaks, or side fist breaks (only with permission) and we will usually go to a smaller board to reduce the impact.

Uniform / Equipment Order Form

UNIFORMS

Cost

| | <u>Size</u> | <u>Quantity</u> | <u>Cost</u> | <u>Extended</u> |
|--|-------------|-----------------|-------------|-----------------|
| Student Uniform – silk screen logos | _____ | _____ | \$50 | \$_____ |
| Heavy Weight Uniform – silk screen logos | _____ | _____ | \$85 | \$_____ |
| Black Belt Uniform - fully embroidered top / pants | _____ | _____ | \$185 | \$_____ |

APPAREL

| | | | | |
|--|-------|-------|-------|---------|
| T-shirt (black or ash) – silk screen logos | _____ | _____ | \$20 | \$_____ |
| Hooded Black Sweatshirt – silk screen logos | _____ | _____ | \$45 | \$_____ |
| Polo shirt – Black – embroidered logo | _____ | _____ | \$45 | \$_____ |
| Polo shirt – Black / Graphite sleeves – embroidered logo | _____ | _____ | \$50 | \$_____ |
| Warm Up Set – Jacket & Pants Black embroidered logos | _____ | _____ | \$140 | \$_____ |
| Hat | _____ | _____ | \$40 | \$_____ |

SPARRING EQUIPMENT WITH SCHOOL LOGO

| | | | | |
|--------------------------------|-------|-------|--------------|---------|
| Head Gear – Red – Blue – Black | _____ | _____ | \$45 | \$_____ |
| Gloves - Red – Blue – Black | _____ | _____ | \$40 | \$_____ |
| Foot Pads – Red – Blue – Black | _____ | _____ | \$40 | \$_____ |
| Shin Pads – Cloth | _____ | _____ | \$15 | \$_____ |
| Cup / Supporter | _____ | _____ | \$15 | \$_____ |
| Mouth Guard | _____ | _____ | \$5 | \$_____ |
| MATKD gear bag | _____ | _____ | \$50 | \$_____ |
| | | | TOTAL | \$_____ |

All prices include shipping and tax / Payment due at time of ordering

Student's name: _____

Parent (if a minor): _____

Phone Number: _____

Paid: Cash _____ **Check** _____

WHITE BELT REQUIREMENTS Testing for Yellow Stripes (9th Gup)

Black Belt Signature

---First Stripe----- (at least 3 months of class, 2 classes per week)

1. Fundamental Exercises:

| |
|----------------------------------|
| 4-direction punch to the left |
| 4-direction punch to the right |
| Low block with the outer forearm |
| Sitting stance punch |

2. How to tie your belt

3. Kicks:

| |
|--------------------------|
| Rear leg front kick |
| Lead leg front kick |
| Rear leg jump front kick |
| Lead leg jump front kick |
| One step front kick |
| Skip front kick |
| One step jump front kick |

4. Self Defense:

| |
|------------------------------------|
| Hand shake releases |
| Two hand wrist grab from the front |

5. How to make a fist

6. Stances:

| |
|-----------------------|
| Sitting stance |
| Walking stance |
| Fighting stance |
| Parallel ready stance |

7. Class Etiquette (Bowing, Courtesy, Starting and ending class procedures)

--2nd Stripe-- (at least 3 months of class, 2 times a week.)

Adult students can test for both stripes at the same time

8. Fundamental Exercises and Blocks:

| |
|-------------------------------|
| 4-direction block left |
| 4-direction block right |
| Low block with the knife hand |
| Inner forearm block |

9. Hand Techniques:

| |
|-------------|
| Back Fist |
| Upset Punch |

10. Self Defense:

| |
|---|
| Bent arm collar grabs from front/behind |
| Straight arm collar grabs from front/behind |

11. Knowledge:

| |
|---------------------------------------|
| Tenets of TaeKwon-Do and Student Oath |
|---------------------------------------|

YELLOW STRIPE REQUIREMENTS Testing for Yellow Belt (8th gup)

Black Belt Signature

1. All requirements up to Yellow Stripe

2. Kicks:

- Lead leg side piercing kick
- Rear leg side piercing kick
- Jump lead leg side piercing kick
- Jump rear leg side piercing kick
- Step behind side piercing kick
- Skip side piercing kick
- One step jump side piercing kick

3. Blocks:

- Inner forearm block

4. Patterns:

- Chon-Ji (19 movements)
- Meaning = Heaven and Earth
- Diagram = t

5. Stances:

- L-stance

6. Self Defense:

- Bear hugs from front/back arms enclosed
- Bear hugs from front and back arms not enclosed

7. Knowledge:

- Sections of the body (High, Middle, and Low)
- Length, width and weight distribution of a Walking Stance
- Length, width and weight distribution of L-Stance
- Length, width and weight distribution of Sitting Stance
- Rules of the Dojang

8. Initial Move #1

9. Series Hand Technique #1

10. Training a minimum of 3 months, 2 days a week

YELLOW BELT REQUIREMENTS Testing For Green Stripe (7th Gup)

Black Belt Signature

1. All requirements up to Yellow Stripe.

2. Kicks: (Kicks listed below include regular and side-turning kick)

- Rear leg turning kick
- Lead leg turning kick
- Rear leg jump turning kick
- Lead leg jump turning kick
- One step turning kick
- Skip turning kick
- One step jump turning kick

3. Strikes:

- Outward knife hand strike
- Reverse knife hand strike
- Inward cross cut with the finger tips
- Flat finger tip thrust

4. Blocks:

- Knife hand guarding block
- Twin forearm block
- Rising block with the forearm

5. Patterns:

- Dan-Gun (21 movements)
- Meaning = Legendary founder of Korea
- Diagram = I

6. Self Defense:

- Front headlock
- Side headlock
- Back breakfall

7. Knowledge:

- Meaning of the Belt Colors
- Reasons we Ki-Hap

8. Series Hand Technique #2

9. Initial Move #2

10. Training a minimum of 3 months, 2 days a week

GREEN STRIPE REQUIREMENTS Testing For Green Belt (6th Gup)

Black Belt Signature

1. All requirements up to Yellow Belt

2. Kicks:

- Back side piercing kick
- Inward blade vertical kick
- Outward blade vertical kick
- Back vertical kick

3. Strikes:

- Straight finger-tip thrust
- Back fist
- Spinning back fist
- Downward knifehand strike
- Twin upset punch
- Twin vertical punch

4. Blocks:

- Wedging block
- Outer forearm block (outward)

5. Patterns:

- Do-San (24 movements)
- Meaning = Educator of Korea
- Diagram = Backwards Z (or stair step to the right)

6. Self Defense:

- Introduction to side break fall
- Forward Roll

7. Sparring:

- 1 on 1 sparring (*Gear must be purchased prior to testing*)

8. Knowledge:

- Theory of Power
- Must purchase pattern book (\$15) or print off all patterns and organize

9. Series Hand Technique #3

10. Initial Move #3

11. Training a minimum of 3 months, 2 days a week

GREEN BELT REQUIREMENTS Testing For Blue Stripe (5th Gup)

Black Belt Signature

1. All requirements up to Green Stripe

2. Kicks:

- Rear / Lead leg hook kick
- Rear / Lead leg jump hook kick
- One step hook kick
- One step jump hook kick
- Back hook kick

3. Strikes:

- Inward knife hand strike
- Fixed stance punch
- Vertical punch
- Punch with the open palm (palm heel strike)
- Downward side hammer fist
- Rising elbow

4. Blocks:

- Outer forearm block (Inward)
- Circular block
- Forearm guarding block

5. Stances:

- Bending Ready Stance A
- Close Ready Stance A
- Fixed stance

6. Patterns:

- Won-Hyo (28 movements)
- Meaning = The monk who brought Buddhism to the Silla Dynasty in 686 A.D.
- Diagram = I

7. Self Defense:

- Side break fall
- Back break fall with roll through
- Sweeps

8. Sparring:

- 1 attacker

9. Breaking: 5 boards

10. Knowledge:

- All stances up to current rank – Length, Width, Weight distribution
- Written Test

11. Series Hand Technique #4

12. Initial Move #4

13. Training a minimum of 6 months continuous, 2 days a week – and compete in 1 tournament per year

BLUE STRIPE REQUIREMENTS Testing for Blue Belt (4th Gup)

Black Belt Signature

1. All requirements up to Green Belt

2. Kicks:

- All twist kicks – High, Middle, Low
- Crescent kick/hooking kick

3. Strikes:

- High side strike with the backfist
- Front elbow strike
- Arc hand
- Side elbow strike
- Upset finger tip thrust

4. Blocks:

- Hooking blocks
- Twin knifehand block
- High block with the double forearm

5. Patterns:

- Yul-Gok (38 movements)
- Meaning = Philosopher and scholar, authority on Confucianism, 38 moves represent 38 degree latitude where he was born
- Diagram = scholar's symbol

6. Stances:

- X-stance

7. Self Defense:

- Ground techniques – Floor releases (kasakatami, katakatami, arms pinned above head, straight & bent arm chokes)
- Rendori

8. Sparring:

- Free Sparring

9. Breaking: 10 boards

10. Knowledge:

- Pattern speeds (Slow, Fast, Continuous, Connecting)
- Written test

11. Series Hand Technique #5

12. Initial Move #5

13. Training a minimum of 6 months continuous, 2 days a week – and compete in 1 tournament per year

BLUE BELT REQUIREMENTS Testing For Red Stripe (3rd Gup)

Black Belt Signature

1. All requirements up to Blue Stripe

2. Kicks:

- Reverse turning kick – crescent kick – pick shaped kick

3. Strikes:

- Angle punch
- Double finger thrust
- Upward punch
- Crescent punch (hook punch)

4. Blocks:

- U-shape block
- Rising block with the X-fist
- Upward palm block
- Pressing block

5. Patterns:

- Joong-Gun (32 movements)
- Meaning = The patriot Ahn Joong Gun who assassinated the first Japanese Governor General of Korea (Hiro Bumi Ito), and was put to death in 1910 at the age of 32 in the Lui Shang prison.
- Diagram = I

6. Stances:

- Close-Ready Stance B
- Rear-foot stance
- Low stance
- Closed stance

7. Self Defense:

- Shoulder, hip and head throw
- Introduction to knife and stick defense

8. Breaking: 10 boards

9. Knowledge:

- Student-Instructor Relationship
- Written test

10. Series Hand Techniques #6 and #7

11. Initial Move #6

12. Training a minimum of 6 months continuous, 2 days a week – and compete in 1 tournament per year

RED STRIPE REQUIREMENTS Testing For Red Belt (2nd Gup)

Black Belt Signature

1. All requirements up to Blue Belt

2. Kicks:

- Downward kick – hooking kick
- Upward front kick with the knee

3. Strikes:

- Side back strike with the back fist

4. Blocks:

- Outer forearm W- shaped block
- Low pushing block with the forearm
- Low knife hand guarding block
- Pressing block with the X-fist

5. Patterns:

- Toi-Gye (37 movements)
- Meaning = He was the noted scholar Yi Hwang, an authority on Neo-Confucianism, the 37 moves represent the latitude at which he was born
- Diagram = scholar symbol

6. Stances:

- All previous stances

7. Self Defense:

- All previous self defense
- Gun defense (*adults only*)

8. One Step Sparring:

- One step sparring #1-6

9. Breaking: 15 boards

10. Knowledge:

- Nine Points to perfecting a pattern
- Written test

11. Training a minimum of 6-9 months continuous (2 days a week) – and compete in 1 tournament per year

RED BELT REQUIREMENTS Testing For Black Stripe (1 st Gup)

Black Belt Signature _____

1. All requirements up to Red Belt

2. Kicks:

- Double side piercing kick (flying)
- Double side turning kick (flying)
- Triple flying front kick

3. Strikes:

- Vertical stance downward knifehand strike
- Turning punch

4. Blocks:

- Pushing block with the palm
- Inner forearm side front block
- Rear elbow strike (*review*)

5. Patterns:

- Hwa-Rang (29 movements)
- Meaning = Youth group that originated in the Silla Dynasty, responsible for the unifying the 3 kingdoms (Baek Je, Silla, Korygyo). The 29 movements represent the 29th Infantry where TaeKwon-do reached its' maturity (and where general Choi served).
- Diagram = I

6. Stances:

- Vertical stance
- Close-Ready Stance C

7. One Step Sparring:

- One step sparring #1-6
- Create 5 one step sparrings

8. Self Defense:

- All previous self defense
- Introduction to dive rolls

9. Breaking: 20 boards

10. Knowledge:

- Written Test – and completion of Class C judge certification

11. Training:

- **Training a minimum of 9 months continuous, 2 days a week – complete in 1 tournament per year**
- **Attendance of 2 Sunday Workouts per month during the last 9 months**
- ***** Note – Saturday workouts can be substituted due to Religious commitments***
- **Students will be reviewed by Testing Review Board prior to approval for testing**

12. Student Teaching Hours required (Assist teaching at least hour/class per week).

BLACK STRIPE REQUIREMENTS Testing For Probationary Black Belt

Black Belt Signature

1. All testing requirements up to Black Stripe

2. Kicks:

- All previous kicks
- Spiral kick – checking kick – reflex kick

3. Strikes:

- Knife hand high front strike
- Reverse knife hand high strike
- Checking block

4. Blocks:

- Upward block with the twin palm

5. Patterns:

- Choong-Moo (30 movements)
- Meaning = Was the name given to the Admiral Yi Soon-Sin of the Yi Dynasty. He was said to have invented the first armored battleship (Kobukson) in 1592. It is said to be the precursor to the modern day submarine. The pattern ends in a left hand strike to symbolize his regrettable death, checked by his forced reservation of his loyalty to the king.
- Diagram = I

6. One Step Sparring:

- Create 10 one step sparrings

7. Self Defense:

- All standing self defense, rendori, defense against weapons, throws and sweeps

8. Sparring:

- Defend against multiple attackers (2)

9. Breaking: 25 boards

10. Knowledge:

- Be able to teach all patterns verbally (*Checklist must be completed*)
- Written test (pass with an 80% or better) - hold current class C judge certification

11. Training:

- Training a minimum of 9 months continuous, 2 days a week – and compete in 1 tournament per year
- Attendance of 2 Sunday Workouts per month during the last 9 months

*** Note – Saturday workouts can be substituted due to Religious commitments*

- Students will be reviewed by Testing Review Board prior to approval for testing

12. Student Teaching Hours required (Assist teaching at least hour/class per week).

Series Hand Techniques

Series Hand Technique 1

- L.S. reverse punch – high section
- W.S. reverse punch – middle section
- L.S. reverse back fist strike – high section
- W.S. reverse upset punch – middle section

Series Hand Technique 2

- L.S. reverse strike with the knife hand – high section
- W.S. Reverse strike with the reverse knife hand – high section
- L.S. Reverse strike with cross cut finger tip – high section
- W.S. Reverse strike with the flat finger tip thrust – high section

Series Hand Technique 3

- L.S. reverse punch - low section
- W.S. downward strike with the knife hand – high section
- W.S. Twin vertical punch – high section
- W.S. Twin upset punch – middle section

Series Hand Technique 4

- L.S. reverse strike with the open fist – high section
- W.S. reverse vertical punch – middle section
- L.S. reverse downward strike with side fist – high section
- W.S. reverse front elbow strike – middle section

Series Hand Technique 5

- W.S. obverse thrust with straight fingertip – middle section
- L.S. obverse upset fingertip thrust – low section
- Reverse L.S. with side elbow strike – middle section
- W.S. reverse arc-hand strike – high section

Series Hand Technique 6

- L.S. reverse thrust with double fingertip – high section
- W.S. reverse upward punch pulling opposite side fist to shoulder – high section
- L.S. reverse crescent punch - high section
- W.S. reverse strike with rising elbow – high section

Series Hand Technique 7

- L.S. reverse punch – high section
- W.S. reverse punch – middle section
- L.S. reverse crescent punch – high section
- W.S. reverse upward punch – high section

Notes:

1. All attacks start from a fighting stance
2. All series hand techniques should be practiced from the left side and the right side
3. W.S. = walking stance
4. L.S. = "L" stance
5. S.S. = sitting stance

Initial Moves

Initial Move Number 1

- Rear leg front snap kick – low section
- W.S. reverse punch – middle section
- L.S. reverse punch – high section

Initial Move Number 2

- Rear leg front snap kick – low section
- Lead leg side turning kick – high section (consecutive kick)
- W.S. reverse knife hand strike – high section

Initial Move Number 3

- Skip lead leg side piercing kick – low section
- Lead leg side piercing kick – high section (consecutive kick)
- W.S. reverse upset punch – middle section

Initial Move Number 4

- Skip lead leg side piercing kick – low section
- Back hook kick – high section (combination kick)
- S.S. on 45 degree – lead hand vertical punch – high section

Initial Move Number 5

- Lead leg skip front snap kick – low section
- Lead leg side turning kick – high section (consecutive kick)
- W.S. reverse punch – middle section

Initial Move Number 6

- Rear leg hook kick – high section
- Back reverse sweeping kick with the back heel (combination kick)
- S.S. downward punch – rear hand
- S.S. downward punch – lead hand

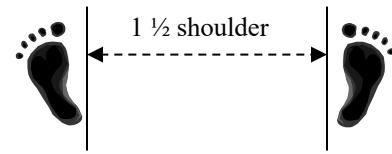
Notes:

1. All attacks start from a fighting stance
2. Each initial move should be practiced both from left and right sides
3. W.S. = walking stance
4. L.S. = "L" stance
5. S.S. = sitting stance

Stances – Length/Width/Weight Distribution

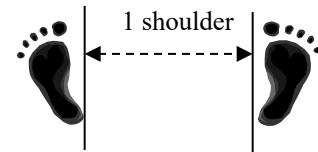
Sitting Stance:

Length – none
Width – 1 ½ shoulder width
Measured from: Inside of feet
Weight distribution – 50/50



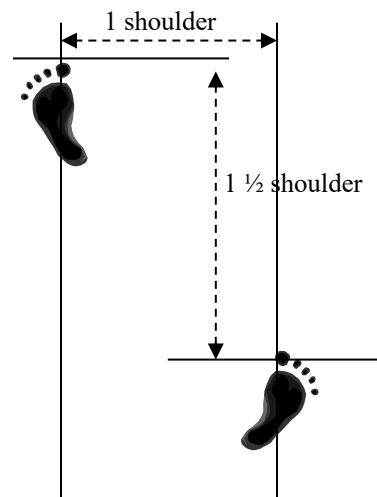
Parallel Ready Stance:

Length – none
Width – 1 shoulder width
Measured from: Inside of feet
Weight Distribution – 50/50



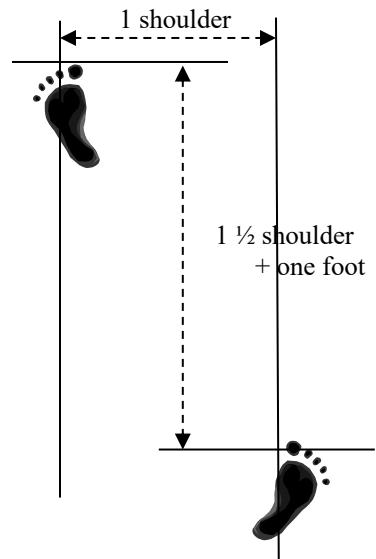
Walking Stance:

Length – 1 ½ shoulder width
Measured from: Toe to Toe
Width – 1 shoulder width
Measured from: Center of feet
Weight Distribution – 50/50
**Back foot angled 25 degrees outward*



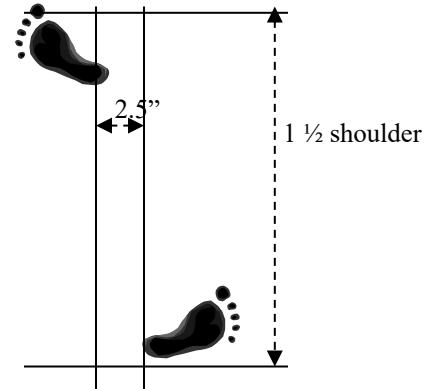
Low Stance:

Length – 1 ½ shoulder width + one foot
Measured from: Toe to Toe
Width – 1 shoulder width
Measured from: Center of feet
Weight distribution – 50/50
**Back foot angled 25 degrees outward*



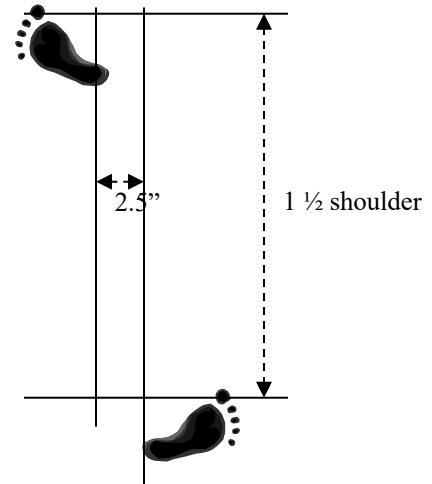
L-Stance:

Length – 1 ½ shoulder width
Measured from: Toe to Outside Footsword
Width – 2.5 inches / 2.5 cm
Measured from: Front toe to Back heel
Weight distribution – 70 (back) / 30 (front)
**Both feet angled inwards 15 degrees*



Fixed Stance:

Length – 1 ½ shoulder width
Measured from: Toe to Inside Footsword
Width – 2.5 inches / 2.5 cm
Measured from: Front toe to Back heel
Weight Distribution – 50/50
**Both feet angled inwards 15 degrees*



Close Ready Stances:

- A – The distance between the fists and the philtrum is about 30cm
**Left fist closed over Right, held at a 45 degree angle*
- B – The distance between the fists and the navel is about 15cm
**Left fist closed over Right, held at a 45 degree angle*
- C – The distance between the open palms and the abdomen is about 10cm
**Open hands overlapping*



- Heels together
- Toes separated to create a 45 degree angle
- Weight Dist : 50/50

Name: _____

Time spent practicing Taekwon Do outside of class

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total | Instructor |
|--------|--------|--------|---------|-----------|----------|--------|----------|-------|------------|
| Dates: | | | | | | | | | |
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| Dates: | | | | | | | | | |

Each week students must show an instructor their practice from the previous week.

Instructors will initial once it has been checked.

As a senior rank, you are expected to practice a minimum of 60 minutes outside of class time.

SUMMARY

It is impossible to include everything you need to know about this wonderful art of TaeKwon-Do in this handbook. The intention of this book is to give you a good base for your many years of successful training. Technical information, pattern work, and specific rank requirements will be handed out to the individual students as you progress in rank. It is required each student keep their three ring handbook binder with them at class and place every piece of training material given to them in that binder. Also keep a blank pad of paper and a pen or pencil in the binder to take notes or write down ideas during training, seminars, tournaments, etc. The information you will collect over the time of your training will prove to be invaluable.

In addition, any articles, technical information, or training books the instructors find useful will be shared with the students. It is recommended that every student above the rank of white belt purchase the basic pattern work out book. Serious students should consider purchasing General Choi's book or the CD-ROM. Mr. Valin and Mr. Kuhfeldt have the programs and highly recommend them.

Also, we will be working with other schools, and whenever information is received regarding tournaments, seminars, camps, etc. that the instructors feel will be safe, fair, and meets our direction of training, the information will be passed on to the students. Please remember, our goal is to have our students surpass us and to continue on in this art of TaeKwon-Do. So whatever we can do to help you on that path we will!

The success of the Midwest Academy of TaeKwon-Do depends on the students. Train hard, train consistently, and make TaeKwon-Do a part of your life. Thank you for training with us, and we wish you many, many years of fantastic training!

The Midwest Academy Of TaeKwon-Do, Inc. is chartered with the Midwest Martial Arts League (MMAL) that has schools in Illinois, Wisconsin, Arizona, Nebraska, and Kentucky. The MMAL also holds affiliations with schools in New York, Pennsylvania, North Carolina, and New Jersey. All of our students and instructors need to be members of the MMAL and will receive rank certification through this organization. All membership fees, test fees, and certification fees are affordable. Any student who travels throughout the United States and there is a MMAL or affiliate school in the area you are able to go there and train for free and be a welcome student for your visit.

Sincerely,
Grandmaster Dan Valin

Dan Valin – Grandmaster Instructor and all the Instructors of Midwest Academy Of TaeKwon-Do