



TAEKWONDO

Patricia Weseman

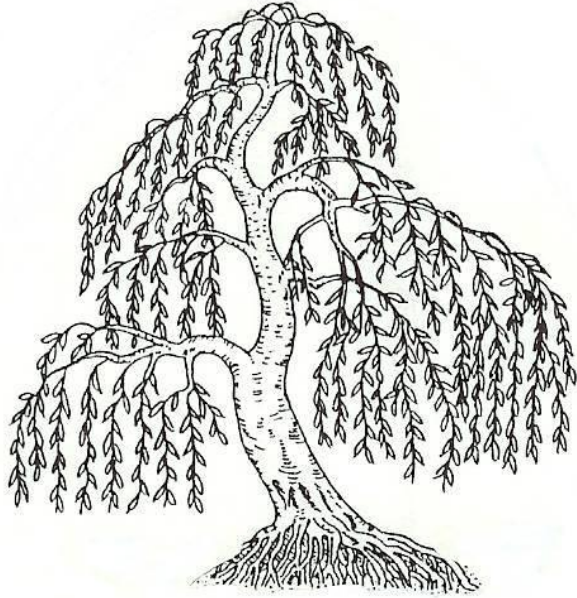
Instructor

7th Dan Kukkiwon, Nidan (2nd) Judo

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Like a Willow Grow Proud and StrongHumble and Meek

In body and spirit be as the willow tree. Gain strength by learning flexibility. Grow proud yet humble...strong yet meek.

A man can try without succeeding, but he cannot succeed without trying. Always strive to do your best. For it is in doing your best that you can truly take **pride**.

Before challenging the enemy outside, first you must conquer the enemy within. In overcoming your own ego, fear, and self-doubt, you will be **strong**.

In losing, remember the joy of winning and be joyous for the victor. In winning, remember that others have lost and be gracious. In doing this you will learn to be **humble**.

Always remember that everyone is entitled to an opinion. Listen patiently and openly to others and value all new ideas. In doing this you will learn to be **meek**.

Parent Information

Please be Punctual! Entering the classroom late is very disruptive for the kids.

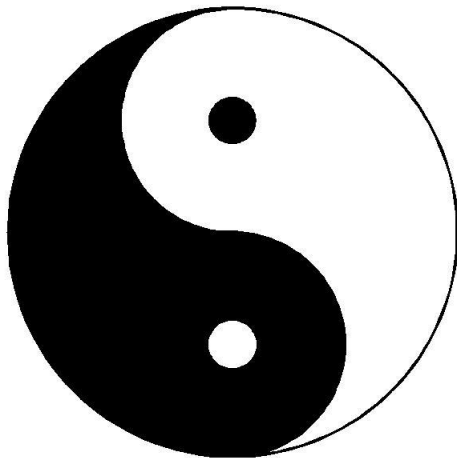
- Guests are always welcome to observe the kids classes. However, disciplining and parenting during the class is not allowed. If the class is conducted in one of the rooms on the 2nd floor, parents with small children are requested to remain outside the classroom. The room is so small that the noise level gets too much to conduct class effectively. The balcony is always available for this use. Just as you tell your kids to put their things away when they are done playing with them, please put away any chairs you use.
- All students are required to purchase a Taekwondo uniform. The cost of the uniform varies based on size. Size 00000 - 00 = \$20, Size 0 – 2 = \$25.00, Size 3 – 6 = \$30.00.
- All students will be required to purchase **AAU membership/insurance**. This is my liability insurance required by the center. This is a yearly cost of \$14 for youth. The AAU year runs from Sept 1–Aug 31.
- Students will be required to have a mouthguard about midway through the session. I sell mouthguards including small ones for children. The cost is \$1.50 for a single mouthguard or \$3.00 for a double mouthguard.
- Male students will also be required to have an athletic supporter and groin cup also about midway through the session. I sell this product for \$8.50.
- **All students will be required to begin keeping a Taekwondo record book**. The format of the book can be anything from a small spiral notebook to a computer file. It must be presented to me at the first actual rank testing as proof that it is being kept. Information recorded will include all Taekwondo activity and dates such as ‘began TKD’ date, tournament dates, promotion dates, demonstrations, etc. If your child is too young to create this record themselves, it is important to have them ‘remind’ you to keep the information recorded as it occurs. The goal is to have them keep the record themselves.
- Testing for belt promotions will be held whenever a student has achieved the required level of knowledge for the next rank with a minimum time requirement of at least 24 hours of class time between promotions. There is a **\$5 test fee** associated with testing through the first several kids actual belt promotions. Students will receive a belt stripe after each 6 hours of classes so 4 stripes will be required for testing and progression to the next belt level. There is no fee for these evaluations. They are used to promote enthusiasm in the kids.
- **Important notice to parents**. All our children grow and learn at a different pace. There is a very fine line between overwhelming a child with too much and not challenging them with enough. Either can be very frustrating for a child. These kids’ class are designed for 4-6 and 7-9 year olds to begin learning the benefits and disciplines of the martial arts. By introducing them to focus type games, they learn to follow instructions, focus, and concentrate. By sitting quietly at different times in the class, they learn to be patient and listen.
- By reading books on respect, politeness, attitude, integrity, and honesty, they learn the basic life lessons that martial arts try to teach. Mixed in with all these fun lessons, we also learn some basic Taekwondo techniques. If you feel that your child is not being challenged enough in the kid’s classes or would prefer that they have the option to move up in promotions at a faster pace than the kid’s class will allow, please feel free to talk to me about the regular TKD classes that I offer at the center. Together we can decide on the best course of action for your child.
- I can be reached at 314-620-1987 (Cell) or pweseman@aol.com.

All checks for merchandise should be made out to "Willow Martial Arts"

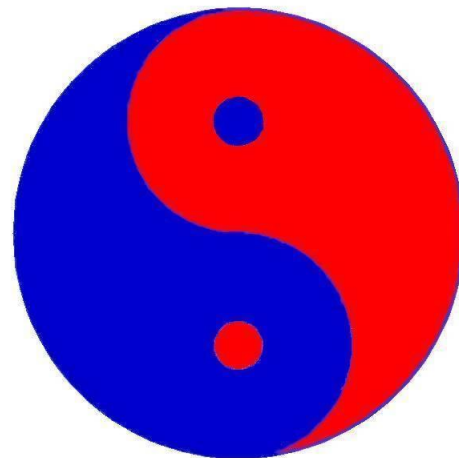
What is Taekwondo?

Let's take a closer look at the meaning of the word "Tae" "Kwon" "Do." It is composed of three parts as shown in the English spelling, though it is one word in Korean. "Tae" means "foot," "leg," or "to step on"; "Kwon" means "fist," or "fight"; and "Do" means the "way" or "discipline." If we put these three parts together, we can see two important concepts behind "Tae Kwon Do. First, Taekwondo is the right way of using Tae and Kwon 'fists and feet,' or all the parts of the body that are represented by fists and feet. Second, it is a way to control or calm down fights and keep the peace. This concept comes from the meaning of Tae Kwon 'to put fists under control' [or 'to step on fists']. Thus Taekwondo means "the right way of using all parts of the body to stop fights and help to build a better and more peaceful world."

Yin-Yang (Chinese)



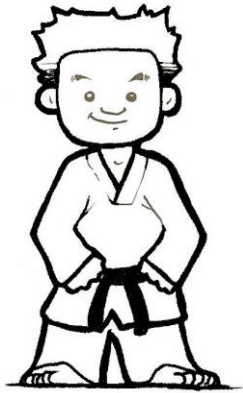
Um and Yang (Korean)



The Symbol on the left(Yin-Yang) represents the ancient Chinese understanding of how things work. The outer circle represents "everything", while the black and white shapes within the circle represent the interaction of two energies, called "yin" (black) and "yang" (white), which cause everything to happen. They are not completely black or white, just as things in life are not completely black or white, and they cannot exist without each other.

While "yin" would be dark, passive, downward, cold, contracting, and weak, "yang" would be bright, active, upward, hot, expanding, and strong. The shape of the yin and yang sections of the symbol, actually gives you a sense of the continual movement of these two energies, yin to yang and yang to yin, causing everything to happen: just as things expand and contract, and temperature changes from hot to cold.

The symbol on the right (Um-Yang)represents the Korean version of Yin-Yang. Everything in the world can be identified with either yin or yang/um or yang. Earth is the ultimate yin object. Heaven is the ultimate yang object.



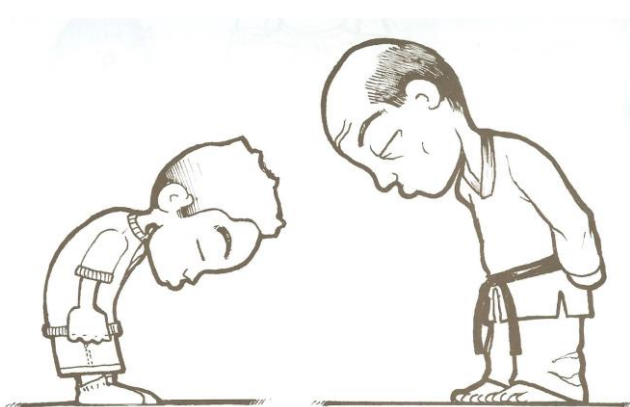
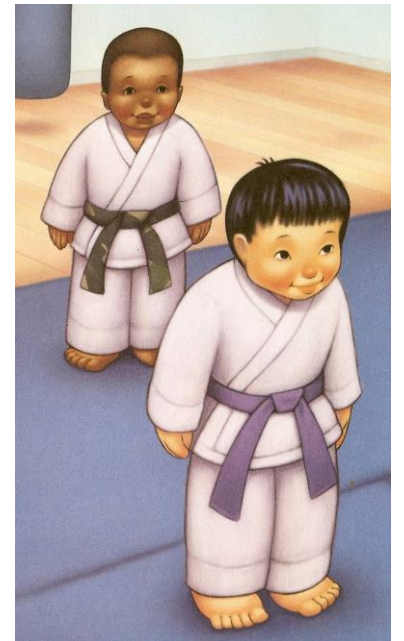
Junbi

Ready Stance



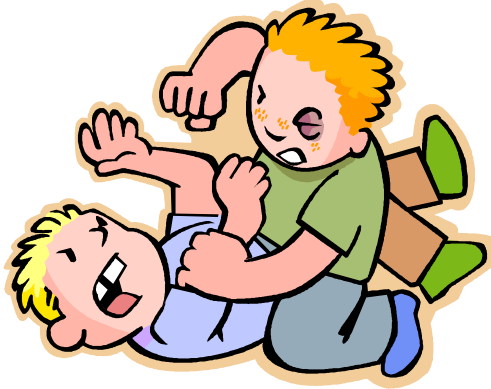
Charyot

Attention



Kyung-re

Bow



parring

Fighting with Safety Equipment and Rules

Sometime within this session I will be introducing the kid's to sparring. While sparring is 'fighting', it is fighting with safety equipment and rules. I will supply the chest guards (called hogus) and head gear.

While the face and groin are not legal target areas for sparring, accidents always happen, especially with white belts and even more so with 5-7 year old white belts. So part of the safety equipment each child will be required to purchase and have at sparring classes will be a mouthguard . Boys will also be required to purchase a groin cup. My prices for these items are listed below or you can purchase them at any sporting goods store or Wal-Mart.

REMINDER: Please be sure I have your email address. Announcements on when the sparring classes will be conducted will be sent via email. Your child will not be allowed to spar without all of the required equipment. You can order the gear listed below by contacting me at pweseman@aol.com.

Mouthguards:

Singles – (This covers the top teeth and is the most commonly used mouthguard for sparring.) \$1.50

Doubles – (This covers both top and bottom teeth. I carry 2 different styles. Use of a single or double mouthguard is simply a matter of personal preference.) \$3.00

Mouthguard Cases: \$1.00

Mouthguards should be kept in some type of container for sanitary reasons. A zip lock plastic bag works great. Be sure to put your child's name on the back with a black marker.

Groin Cups: \$8.50

Athletic supporters and cups are sold by waist sizes. You will need to know your child's waist measurement to order the correct size. During class it is worn on the outside of the obok(uniform) for comfort.

Tying the Belt



1. Find the center of the belt.



2. Place the center of belt on your stomach.



3. Take both ends of the belt around and switch hand in the back, bringing the belt back to the front.



4. Lay the right side of the belt down on top of the first layer.



5. Lay the left side over the right side.



6. Hold all 3 layers of belt with your left hand.



7. Bring the right tail up from the bottom behind all 3 layers of the belt you are holding with your left hand.



8. Pull both end of the belt to tighten it.



9. Make an "X" with the right side on top and →



10. Bring it up through the hole. Be sure to keep it on the left side.



11. If you have tied the belt "right" you will have a "belly button" on the "right" side.

Korean Vocabulary

The Korean language does not use letters as does the English language. Symbols are used to make up the Korean alphabet and words. For this reason many of the words you may see in books will be spelled differently. The decision as to what English letter to use for a word depends on how the person hears the sound. For instance, the Korean work for "two" can be spelled "dool" or "dul". Some interpretation of the sounds may even be totally different such as the Korean word for "seven" which has been spelled "il-kop", "il-kup", and "il-gup". There is no right or wrong spelling. Although there may be some exceptions, below is a translation of sounds which will help you to pronounce Korean words.

- 'A' sounds like 'ah' such as the sound in 'father'
- 'E' sounds like 'e' such as the sound in 'set' when used between 2 consonants
- 'E' sounds like 'a' such as the sound in 'way' when not used between 2 consonants
- 'I' sounds like 'e' such as the sound in 'we'
- 'O' sounds like 'u' such as the sound in 'under' when used between 2 consonants
- 'O' sounds like 'oo' such as the sound in 'smooth' when not used between 2 consonants
- 'U' sounds like 'u' such as the sound in 'united'
- 'Ye' sound like 'ra' such as the sound in 'ray'. The 'r' rolls

Cardinal Numbers

<u>English</u>	<u>Korean</u>
1 (one)	Hana
2 (two)	Dul or Dool
3 (three)	Set
4 (four)	Net
5 (five)	Da Sot
6 (six)	Yo Sot
7 (seven)	Il Kop or Il Gop
8 (eight)	Yo Dol
9 (nine)	Ahop
10 (ten)	Yol

Ordinal Numbers

<u>English</u>	<u>Korean</u>
1st (first)	Il
2nd (second)	Yi or EE
3rd (third)	Sam
4th (fourth)	Sam
5th (fifth)	O or Oh
6th (sixth)	Yuk or Yook
7th (seventh)	Chil
8th (eighth)	Pal
9th (ninth)	Koo
10th (tenth)	Ship

Basic Words

<u>English</u>	<u>Korean</u>	<u>English</u>	<u>Korean</u>
Ready	Junbi or Choonbi	Low	A-le
Attention	Chariot	Yell	Kiai or Kihap
Bow	Kyung Re (or Ye)	Begin	Shi-jak
School	Dojang	Pattern or Form	Poomse
Instructor	Sabumnim	Sparring	Gyoorgi
At Ease (Relax)	Shio	Stop	Kueman
Colored Belt Ranks	Gup	Break	Kalyeo
Black Belt Ranks	Dan	Red	Hong
Uniform	Dobok	Blue	Chung
Belt	Ti	Win	Seung
Chest Protector	Hogu	Continue	Kaesok
Block	Makki	Referee	Joo Sim
Kick	Chaggi	Time	Shigan
Front	Ap	Return to Ready	Baro or Paro
Back	Dwi	Minus 1 Point	Gamgeom
High	Ol-Gool	Minus 1/2 Point	Kyung-go
Middle	Mom-Tong	Warning	Joo-eui

Example of Record Book

Every student must begin a record book. This book will capture a complete martial arts record of all activity from white belt on. This information is critical for all promotions and is especially important if you ever move and have to start in a different school. It will be the record that will be needed to validate your rank.

The book can be a small spiral notebook, a calendar, a computer file, or any other method you create to keep a record of your activities in Taekwondo.

It is so critical that this book is started, that it must be presented at your first testing. After testing twice the student will be required to show they have earned the required to test so the record book becomes a crucial tool to submitting the request to test form.

Below is an example of the information recorded in your book.

Began Taekwondo 1/4/2000

Class Attendance

1/04, 1/11, 1/18, 1/25, 2/1, 2/15, 2/22,
3/1, 3/8, 3/15, 3/22

Demos & Tournaments

2/16/00 – Willow in-house tournament-2
points

Forms 3rd place

Sparring Didn't place

3/19/00 – Demonstration – Hixson
School – 1 Point

Promoted to Yellow Tip 3/22/2000

Class Attendance

Demos & Tournaments

Tenets of Taekwondo

Tenet: (n) one or more principles or doctrines held in common by members of an organized group.

In Taekwondo, we honor five fundamental tenets of living. These should serve as a guide to students both inside and outside of the classroom.

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

Courtesy – Students must show respect to their instructors as well as other students in the class. This courtesy should extend past the classroom to parents, teachers, and friends. Students must be polite and encourage a sense of justice. Students must constantly look within themselves and not be quick to judge others.

Integrity – Students must be able to define right and wrong and have the conscience and moral ethics to choose the correct path simply because it is the correct path regardless of the path being taken by everyone else. Within the dojang, one must honestly attempt to do whatever the instructor asks. If you are asked to do 20 pushups, do not do only 10 because the instructor is not watching you. Outside the dojang, students must show integrity by doing what they know is right even if it is not the “cool” thing to do.

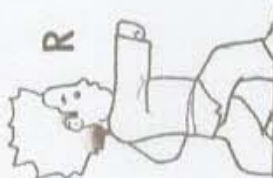
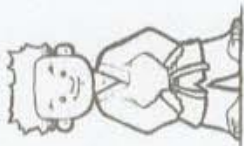
Perseverance – Nothing of any true value comes easy. Perseverance and patience are required to excel at anything. Perseverance means never giving up, especially on your dreams. If you fail the first time, or even the hundredth time, try again, confident that you will succeed as long as your purpose is worthy. Students should welcome challenge because challenges cause us to grow and improve and make us stronger. The definition of a Black Belt is a white belt who persevered.

Self-Control - Self-control means never having to say “I’m Sorry”. Whether controlling your kicks in sparring or partner drills, or controlling your temper with your classmates, self-control is critical to being successful and content in your life

Indomitable Spirit - Indomitable spirit means standing up for what is just, regardless of who tells you that you are wrong. It means having the courage to be yourself at all times, and to do what you think is right regardless of the pressures people put on you. Finally, it means having a strong spirit that is not crushed or swayed by adversity or obstacles.

Kicho IL Jang

Joon-Bi



Step #1 Left Low Block

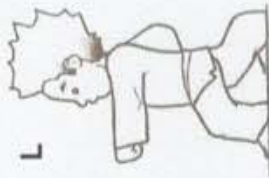
Drop the left foot back diagonally, pivot to the left into a left front stance and execute a left low block.

Step #2 Right Regular Punch

Step forward into a right front stance and execute a right regular punch.

Step #3 Right Low Block

Moving the right foot, turn 180 degrees to the right into a right front stance. Execute a right low block.



Step #4 Left Regular Punch

Step forward into a left front stance and execute a left regular punch.

Step #5 Left Low Block

Moving the left foot, turn 90 degrees to the left into a left front stance. Execute a left low block.

Step #6 Right Regular Punch

Step forward into a right front stance and execute a right regular punch.

Step #7 Left Regular Punch

Step forward into a left front stance and execute a left regular punch.

Kicho IL Jang

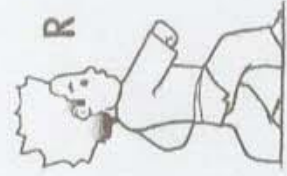
Step #8 Right Regular Punch

Step forward into a right front stance and execute a right regular punch and **Kihap**.



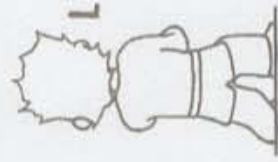
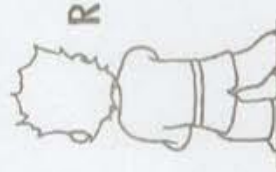
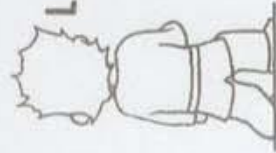
Step #9 Left Low Block

Moving the left foot, turn 270 degrees to the left into a left front stance. Execute a left low block.



Step #11 Right Low Block

Moving the right foot, turn 180 degrees to the right into a right front stance. Execute a right low block.



Step #12 Left Regular Punch

Step forward into a left front stance and execute a left regular punch.

Step #13 Left Low Block

Moving the left foot, turn 90 degrees to the left into a left front stance. Execute a left low block.

Step #14 Right Regular Punch

Step forward into a right front stance and execute a right regular punch.

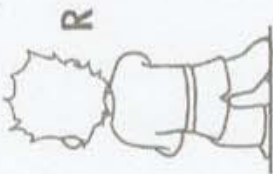
Step #15 Left Regular Punch

Step forward into a left front stance and execute a left regular punch.

Kicho IL Jang

Step #16 Right Regular Punch

Step forward into a right front stance and execute a right regular punch and Kihap.



Step #17 Left Low Block

Moving the left foot, turn 270 degrees to the left into a left front stance. Execute a left low block.



Step #18 Right Regular Punch

Step forward into a right front stance and execute a right regular punch.



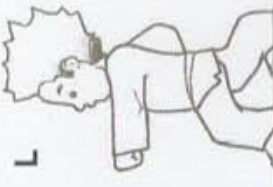
Step #19 Right Low Block

Moving the right foot, turn 180 degrees to the right into a right front stance. Execute a right low block.



Step #20 Left Regular Punch

Step forward into a left front stance and execute a left regular punch.



Return to Joon-Bi

