

TAEKWONDO

Patricia Weseman

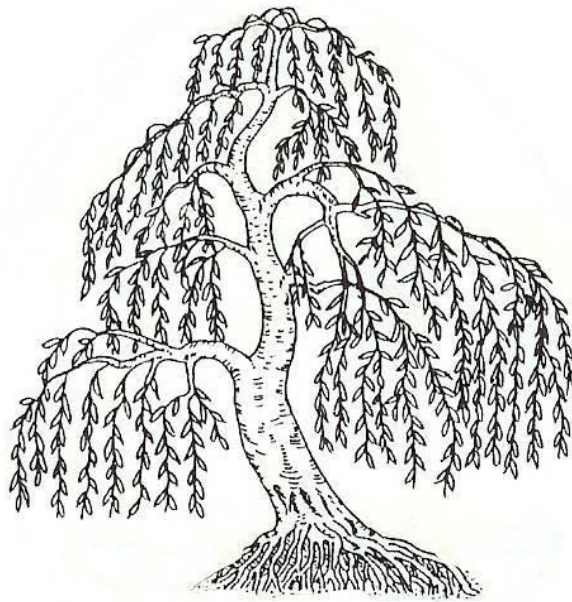
Instructor

7th Dan Kukkiwon, Nidan (2nd) Judo

314-620-1987 (Cell)

Email Address: pweseman@aol.com

Website: www.willowmartialarts.com



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**.

A Little About Willow Martial Arts Classes

Willow Martial Arts is a family based Taekwondo school. While the origins of martial arts use rigid and extreme discipline methods to teach, we strive to teach self-discipline, self-control, self-discovery and respect by motivating the student to want these things for themselves. We must all realize that there are different degrees of attainment in all aspects of life. In the martial arts not all who attain the rank of Black Belt have the same degree of ability, just like all professional basketball or baseball players do not have the same degree of expertise. We are limited somewhat by age, physical conditions, physical characteristics, and a natural apprehension of the unknown. Anyone can attain the level of Black Belt with enough desire, dedication and perseverance.

Forms of Address: Adults may address the instructors by first name in the classroom. Children should address the instructors as “Mr., Mrs., Ms., Miss or Master (for 4th Dan and higher rank)” and the instructor’s first or last name. When outside of the classroom, instructors should always be addressed by both youth and adult as “Mr., Mrs., Ms, or Miss” and the instructors’ last name.

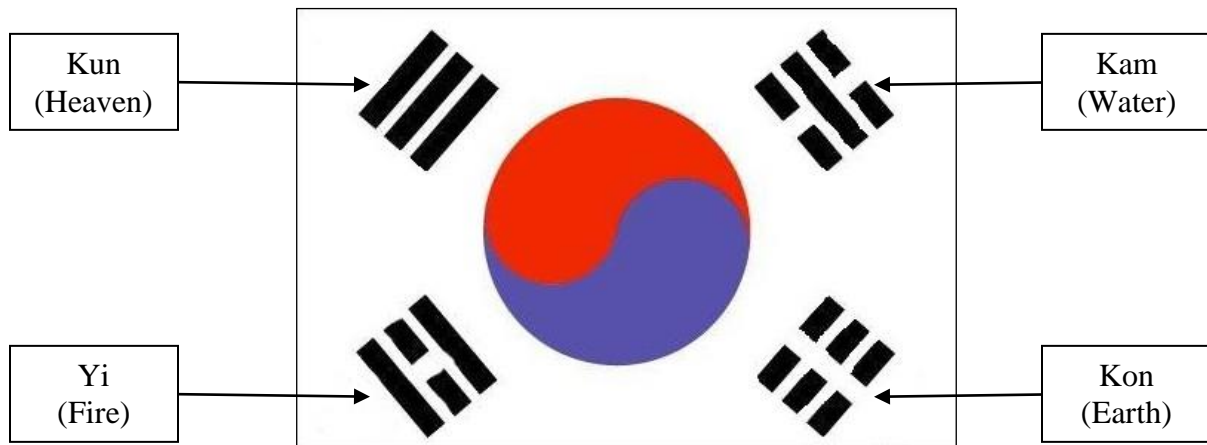
Bowing: When entering a room of study, it is proper etiquette to bow as a sign of respect and appreciation for the area in which you are learning Taekwondo. At the beginning and end of every workout, the class lines up in descending belt rank order and the ranking colored belt bows the class and instructors to each other. When meeting a fellow martial artist, it is common to shake hands and bow.

The Classroom: Any property not belonging to you should be treated with the utmost respect. The center is allowing us the privilege to work out in an area which most commercial schools which they had. Do not abuse this privilege or dishonor your instructors or sport by causing deliberate damage to the property. Do not act in such a way to cause dishonor to yourself, your fellow students, your instructor, your sport, or your school. Accidents will happen. If an accident has happened, tell someone immediately. Anyone caught deliberately causing property damage, acting continually in a unacceptable manner, or using their martial arts knowledge in a dishonorable way will be asked to leave classes.

Tardiness and Absenteeism: It is understandable that there will be occasions when a student will be late or will totally miss a class. However, tardiness and absenteeism, except on occasional, unavoidable instances, is unacceptable. Students are expected to make every effort to be at each class and arrive on time. An excess in either of these areas will delay your promotion. Develop the self-discipline necessary to honor your commitments and obligations.

Personal Hygiene: Uniforms or doboks should be washed regularly. Belts should be washed only if they become very soiled. Fingernails and toenails should be kept trimmed for safety reasons. Women should always wear some form of a shirt under the dobok top. Men can also wear a shirt under their dobok top, but it is not necessary. No jewelry of any kind should be worn in the classroom. If rings cannot be removed, they must be taped during sparring and self-defense. Absolutely no gum is allowed during class.

The South Korean Flag



T'aeGuk-Ki (the Korean Flag)

The meaning of Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called Um-Yang, in Chinese pronunciation Yin-Yang. In Korea, the symbol of 'Yin and Yang', and sometimes the flag itself, is called *Taeguk* and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'.

The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag.

The white background of the flag represents peace.

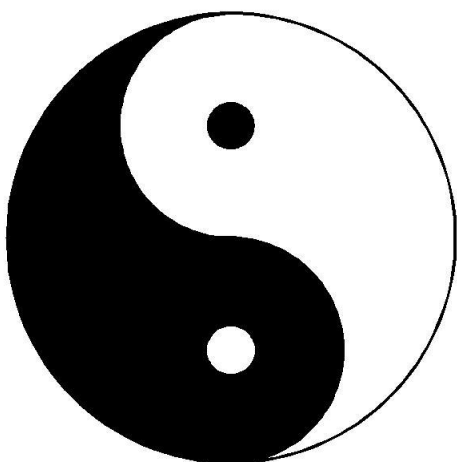
The red and blue circle in the center is called 'Taeguk', the origin of all things in the universe. The central thought is perfect harmony and balance: A continuous movement within the sphere of infinity, resulting in one unit. The blue part of 'Taeguk' is called 'Um' and represents all negative aspects of the balance that is typical for the symbol. The red part is called 'Yang' and describes all positive aspects.

The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper-left) and at the other corner earth, water (upper-right) and at the other corner fire. Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs. three broken bars (earth), etc.

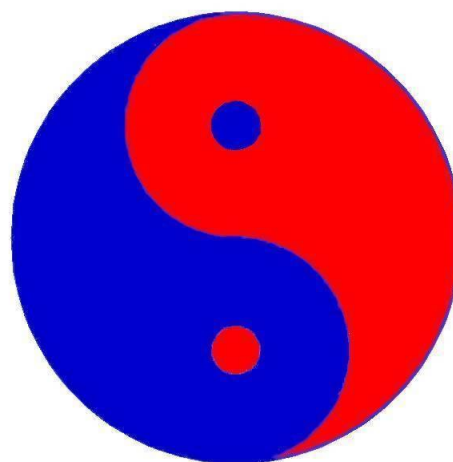
What is Taekwondo?

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.

Korean Vocabulary

The Korean language does not use letters as does the English language. They use symbols to make up their 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 word for “two” can be spelled “dool” or “dul”. Some interpretation of the sounds may even be totally different. For instance, the Korean word for “seven” can be spelled “il-kop”, “il-kup”, or “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 surrounded by 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 ‘o’	such as the sound in ‘no’ when used alone
‘OO’ sounds like ‘oo’	such as the sound in ‘smooth’
‘U’ sounds like ‘u’	such as the sound in ‘united’
‘YE’ sounds like ‘ra’	such as the sound in ‘ray’. The ‘r’ rolls.

Numbers

One	Hana	First	IL
Two	Dul or Dool	Second	Yi or EE
Three	Set	Third	Sam
Four	Net	Fourth	Sa
Five	Da Sot	Fifth	O
Six	Yo Sot	Sixth	Yuk or Yook
Seven	Il Kop or Il Gop	Seventh	Chil
Eight	Yo Dol	Eighth	Pal
Nine	Ahop	Ninth	Koo
Ten	Yol	Tenth	Ship

Basic Words

At Ease (relax) -----	Shio
Attention -----	Chariot
Back -----	Dwi
Begin -----	Shi-jak
Belt -----	Ti
Black Belt Ranks -----	Dan
Block -----	Makki
Blue -----	Chung
Bow -----	Kyung re
Bow In Words -----	Junbi, Chariot, Kyung re
Break -----	Kalyeo
Chest Protector -----	Hogu
Colored Belt Ranks -----	Gup
Continue -----	Kaesok
End of time-----	Kueman
Front -----	Ap
High -----	Ol-Gool
Instructor -----	Sa Bom Nim
Kick -----	Chaggi
Low -----	A-le
Middle -----	Mom-tong
Minus one half point -----	Kyung-go
Minus one point -----	Gamgeom
Pattern or form -----	Poomse
Ready -----	Choon Bi or Junbi
Red -----	Hong
Referee -----	Joo Sim
Return to ready -----	Baro or Paro
Round -----	Whea-Jeon or Hoe-jeon
School -----	Dojang
Sparring -----	Gyoorgi
Stop Time -----	Shigan
Thank You -----	Kam Sa Ham Nida
Uniform -----	Dobok
Warning -----	Joo-eui
Win -----	Seung
Yell -----	Kiai or Kihap
You are welcome -----	Chon Mahn Eh Yo

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 every 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.

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

Began Taekwondo 1/4/2000	Promoted to Yellow Tip 3/22/2000
<u>Class Attendance</u> 1/04, 1/11, 1/18, 1/25, 2/1, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22	<u>Class Attendance</u>
<u>Demos & Tournaments</u> 2/16/00 – Willow in-house tournament-2 points Forms 3 rd place Sparring Didn't place 3/19/00 – Demonstration – Hixson School – 1 Point	<u>Demos & Tournaments</u>

The 5 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.

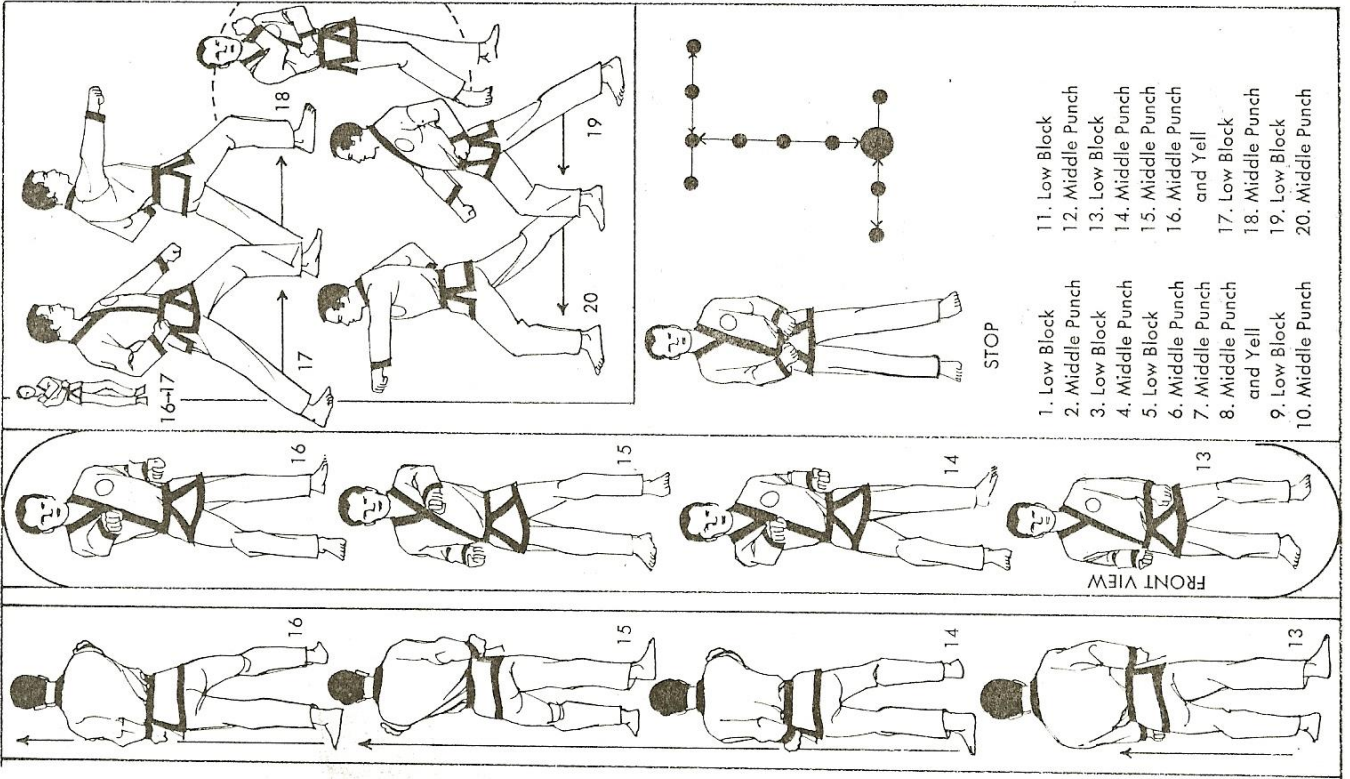
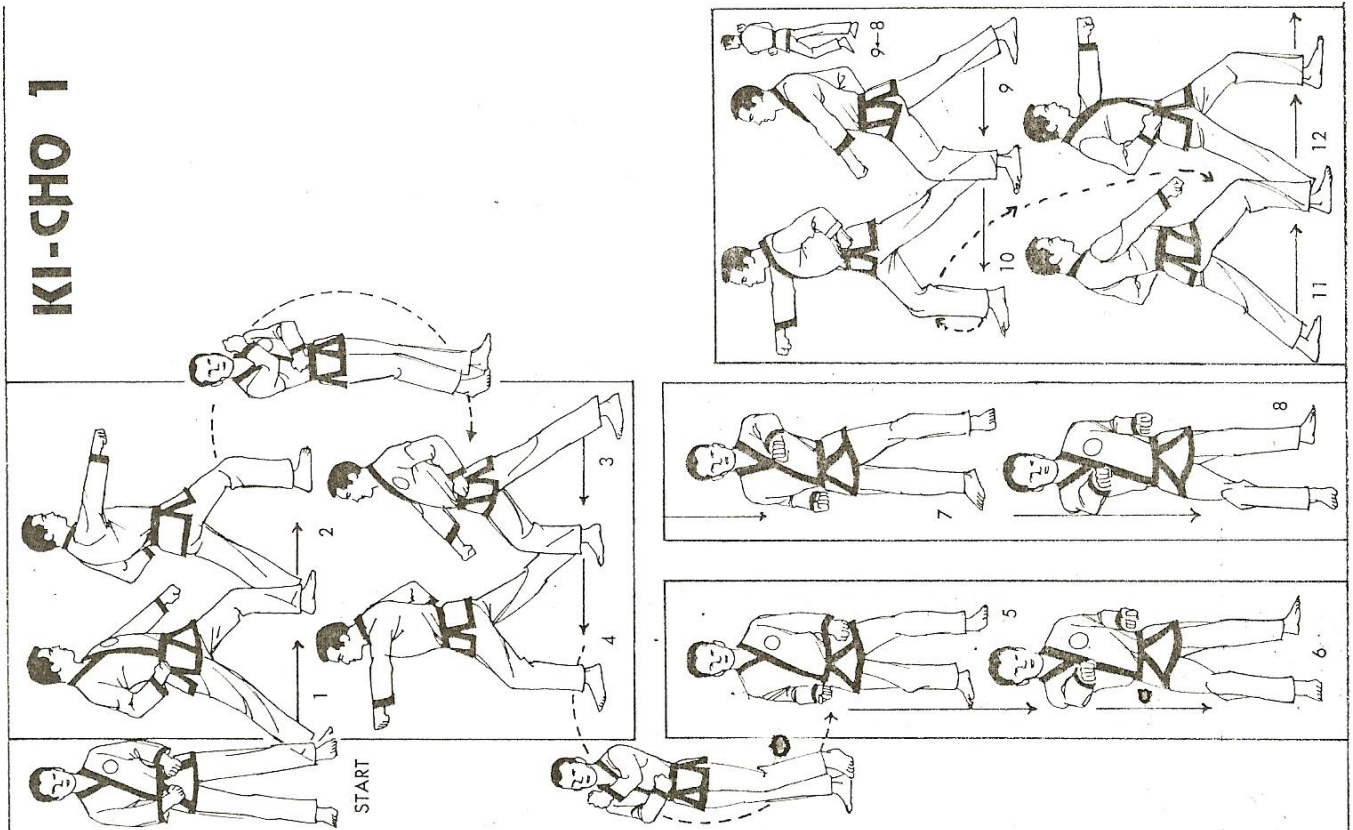
Integrity – Students must be able to define right and wrong and have the conscience and moral ethics to choose the correct path simply because it is the correct path regardless of the path being taken by everyone else. Within the dojang, one must honestly attempt to do whatever the instructor asks. If 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.

KI-CHO 1



- 1. Low Block
- 2. Middle Punch
- 3. Low Block
- 4. Middle Punch
- 5. Low Block
- 6. Middle Punch
- 7. Middle Punch and Yell
- 8. Middle Punch and Yell
- 9. Low Block
- 10. Middle Punch
- 11. Low Block
- 12. Middle Punch
- 13. Low Block
- 14. Middle Punch
- 15. Middle Punch
- 16. Middle Punch
- 17. Middle Punch and Yell
- 18. Middle Punch
- 19. Low Block
- 20. Middle Punch

Kicho Il Jang

1. Turn left 90 degrees, left **low** block in left front stance.
2. Step forward, right body punch in right front stance.
3. Turn right 180 degrees, right **low** block in right front stance.
4. Step forward, left body punch in left front stance.
5. Turn left 90 degrees, left low block in left front stance.
6. Step forward, right body punch in right front stance.
7. Step forward, left body punch in left front stance.
8. Step forward, right body punch in right front stance. **YELL! (Ki-Hap)**
9. Turn left 270 degrees, left **low** block in left front stance.
10. Step forward, right body punch in right front stance.
11. Turn right 180 degrees, right **low** block in right front stance.
12. Step forward, left body punch in left front stance.
13. Turn left 90 degrees, left low block in left front stance.
14. Step forward, right body punch in right front stance.
15. Step forward, left body punch in left front stance.
16. Step forward, right body punch in right front stance. **YELL! (Ki-Hap)**
17. Turn left 270 degrees, left **low** block in left front stance.
18. Step forward, right body punch in right front stance.
19. Turn right 180 degrees, right **low** block in right front stance.
20. Step forward, left body punch in left front stance.
21. Return to Joon-bi by pulling the left leg back.

Kicho Yi Jang

Replace the low block in Kicho Il Jang in steps 1, 3, 9, 11, 17, 19 with **outside middle blocks**.

Kicho Sam Jang

Replace the low block in Kicho Il Jang in steps 1, 3, 9, 11, 17, 19 with **high blocks**.