

Taekwondo Rules, Ethics And Procedures

Besides the physical aspect of Taekwondo, we are learning an art which builds self-control, discipline and respect for other people. Such an attitude is developed by following certain martial art traditions and formal behavior while in the Dojang. All students are responsible for reading, understanding, and practicing all Dojang rules and regulations. Failure to adhere to the rules may result in suspension or termination from the Dojang.

1. Bowing is an Asian form of greeting and courtesy. Students bow upon entering the Dojang, then to Sabumnim, and always before entering the training floor. The same process is repeated (in reverse) before leaving the Dojang.
2. Students late to class shall perform the following 3 warm-up exercises before joining class: 50 jumping jacks, 50 push-ups, 50 sit-ups and 50 jump lunges. Upon finishing, student will wait for instructors' attention, bow to instructor, then fall into class line-up.
3. Students shall address black belts and instructors as "Mr", "Ms." or "Mrs." Students will answer "yes ma'am" or "yes sir" when spoken to by instructors and black belts.
4. Students shall attend 2-3 classes per week. Students who are absent for 1 month or more due to other recreational activities, extended leaves, etc. will be placed in a lower belt rank upon their return to Taekwondo. Students with medical excuses will be allotted a grace period according to physical condition.
5. Students are not to hold any demonstrations or teach Taekwondo outside the Dojang premises without the approval of Sabumnim.
6. Students will not "participate in" or be members of another martial art school, while holding membership at Dojang, unless permission from Sabumnim.
7. Students must maintain clean uniforms with correct school emblems. Remove all jewelry and watches before class.
8. Students are responsible for keeping Dojang clean. If the floor is dirty, sweep it. If the trash is full, empty it. If the mirror is foggy, wipe it.
9. Students are responsible for learning and maintaining knowledge of poomses, kicking sets and current belt abilities. Students who fall behind, due to excessive absences and commitment could be demoted to appropriate ranking.
10. Paying your tuition on time is as important to your Taekwondo training, as the Taekwondo Oath and Tenets. It is very disrespectful to be reminded to pay your Taekwondo tuition from Sabumnim. A student cannot have integrity and respect for the Dojang AND be delinquent with tuition payments.

Rules For Parents

The Dojang is a house of discipline for all. It is not a ballet studio, gymnastics hall or soccer field. Taekwondo continues to be the most effective way to create positive changes in the student.....more effective than any other extra-curricular activity or sport today. The Masters of the Dojang have trained over 20 years to bring the finest martial art practice and discipline to the Dojang. As such, it is important all students and parents follow certain rules and protocols for the benefit of everyone.

1. Parents are welcome to view their child's training, in designated seating area. The mats are for students only.
2. Parents, friends, and others will refrain from talking, shouting, coaching or correcting students during class time.
3. We are not a day care center Drop your child off 15 minutes **before** their session and not earlier. Pick them up **on time** as well.
4. Parents should not compare their child with another student, as all students are unique, and experience taekwondo benefits in different ways.
5. Parents that are Dojang members or Parents of children attending the Tots Program are welcome to assist instructors during class upon invitation of instructors in charge.
6. Special concerns or questions regarding the parents' child's training or other instructors should be addressed to Masters as soon as possible.
7. Do not use cell phones, video games, dvd players or any other distracting devices in the dojang.
8. Infants and small children who accompany parents are to be with parents **at ALL times**. Please do not allow your child to wander during training sessions. If your child cries, yells or throws a tantrum, please remove them from the dojang out of respect for students in class.

Taekwondo Tenets

Courtesy

“Treat others as you wish to be treated”. By practicing good manners and etiquette, the martial artist helps to promote a better environment everywhere. They are not arrogant, disrespectful, or a “showoff”. They are never ‘above’ being corrected or needing improvement. The martial artist attempts to practice courtesy by: a) Being polite to instructors, students, parents, etc. b) Giving thanks to those in service like teachers, waiters, store clerks. c) Offering assistance to those who need it or who are less fortunate.

Integrity

“To know the difference between right and wrong, and having a conscience if wrong, to feel guilt”. After the realization of wrongdoing, the martial artist of good moral integrity, does their best to make amends for any mistake. A true warrior is NEVER afraid to admit error. They also recognize and correct their own shortcomings and avoid criticizing other students. The martial artist strives to be sincere and live by honest principles.

Perseverance

If we have patience to overcome every difficulty, we have perseverance. When faced with a challenge, the student never gives up until the challenge is overcome. Through perseverance we finish every project and goal we start.

Self-Control

In sparring, the martial artist practices conscious control over their body so no one is injured. But self-control means more than being physically careful not to harm anyone. It means having control of ones’ speech: a) Avoiding profanity in the Dojang, and b) avoiding words and gossip that would offend or hurt another’s feelings or reputation. It also means being in control of ones’ temper, so no verbal abuse or violent outburst is possible.

Indomitable Spirit

A student with indomitable has courage regardless of their situation. In the face of many enemies, the courageous will react and respond as if the advantage is theirs. They are more concerned with the process, than with the outcome. They have the courage to stand up for something they believe in. And they will always defend the honor of others so deserving, even if opposed by many. Thus, the indomitable spirit is no coward, and maintains courage even to the death.

Taekwondo Pledge

Kwan-won Seon-seo

I realize the spirit of Taekwondo represents
Courage, Honor and Discipline;

I will demonstrate the spirit of Taekwondo
within my daily life,
and have a strong sense of justice.

I will, to the best of my ability,
develop my mind and body
thru Taekwondo
and encourage my fellow students.

I will follow all the rules
of Taekwondo
and the Instructor placed before me.

Taekwondo Oath

To train both mind and body through Tae Kwon Do

The martial artist must strive to develop himself mentally and spiritually. As we develop our body through our Taekwondo practice, we also improve our mind and Spirit through our commitment to the Taekwondo tenets and disciplined training.

To promote a friendly relationship among all people.

A martial artist holds no prejudice against anyone regardless of race, gender, age, financial status or physical abilities. A martial artist recognizes all people as individuals worthy of respect and courtesy.

To never initiate violence.

The martial artist should do everything within their power to avoid violent conflict. The martial artist will only use aggressive action in order to preserve ones life (self-defense), or the life of another. Verbal violence is always avoided.

To be a courageous opponent against all untruths.

The martial artist avoids gossip, rumors and slanderous behavior. These behaviors destroy reputations, whether intentionally or accidentally and are dishonorable. The martial artist opposes persons with such behavior.

To respect nature.

A martial artist is conscious of the environment and everything in it. Therefore they recycle, never litter, and are careful to respect and preserve Earth's natural resources. Abusing animals, or killing an animal for sport is dishonorable.

To follow all the rules of Taekwondo and my instructor.

Observance of Dojang rules by everyone is important. They are the guidelines for self-improvement, and students who adhere to all rules, set good examples for others.

To always strive for what is good, and not what is evil.

The martial artist looks for the good in all, and all the good that could be done. The martial artist has no desire to hurt, offend or humiliate anyone. They have a conscience, and strive to live an honorable life.

THE MARTIAL ARTS STUDENT:

1. Never tires of learning.
2. Recognizes the instructor 'is not a commodity that the student can buy', and is willing to sacrifice for his art and instructor.
3. Always sets a good example for the lower ranks.
4. Is never disrespectful to the instructor.
5. Is loyal and never criticizes the instructor or teaching methods to anyone.
6. Practices at home and attempts to utilize techniques taught by instructor.
7. Remembers that his/her conduct outside the Dojang reflects on the school and the instructor.
8. Understands the importance of balance between Spirit, Mind & Body.
9. Is eager to ask questions and accept corrections.
10. Never breaks a trust.

KOREAN TERMINOLOGY

Basic Terms:

School: Dojang
Uniform: Dobok
Master Instructor: Sabum Nim
Teacher: Kyo Sah Nim
Student: Hak Saeng
Belt: Dhee
Flag: Kuk-Ki
Grade: Gup
Degree: Dan
Chest Protector: Hogu
Sparring: Kyorugi
Pattern: Poomse
Yell—Ki Yap

Basic Counting:

1—Hana
2—Dul
3—Set
4—Net
5—Da Sut
6—Ya Sut
7—Il Gop
8—Ya Dol
9—A Hop
10—Yul

Basic Kicking:

Front Kick—Ap Chagi
Front Thrust Kick: Jillo Chagi
Side Kick—Yop Chagi
Round Kick—Dol-Yo Chagi
Hook kick - Dwi dollyo chagi
Axe Kick—Nehryuh Chagi
Crescent Kick—Ban dal Chagi
Back Kick—Dwi Chagi
Jump Round Kick— Pada Chagi
Turning Round Kick— Nah ra bond

Basic Commands And Phrases:

Attention: Charyot
Bow: Kyon-nae
Ready: Choom-Bi
Turn Around: Dwi Ro Dorah
Sit Down: Ahn Joe
Meditation: Myuk Num
Breathing: Ho Hyoop
Horse Stance Middle Punch: Ju-choom So-Gi Momtung Chirugi
Return To Ready Position: Ba-Ro
Thank you: Kahm sa hamnida
Excuse Me: Shill Ye Hamnida
I'm Sorry: Choesong Hamnida
Face The Flags And Bow: Kuk-ki deh ha yoh Kyon-nae
Face Instructor And Bow: Sabum-nim keh Kyon-nae
Class Dismissed: Hae Cho