

## WELCOME PAMPHLET

**Welcome to the Original Taekwon-Do & Fitness Center. We have developed our program to provide the following benefits to all of our students.**

1. The emphasis of our program is on establishing *self-discipline* and *courtesy* in our students. The structure of *respect* is built into our Taekwon-Do instruction.
2. The program provides *confidence* and *character* building by assisting each student to accomplish his/her goals. Original Taekwon-Do also teaches students to have *self-control* over his/her body and develop the ability to stand up to peer pressure and other intimidating situations.
3. The movements of Taekwon-Do develop *coordination*, as well as increased *strength* and *flexibility*, which are important throughout all the stages of our lives.
4. The awarding of higher levels of Taekwon-Do belts gives students the sense of *achievement* and *accomplishment*. The length of time for achieving belts varies from student to student but averages from 2 to 6 months. We award stripes on the belts while students' progress through each particular belt. Training for these tests, enhance the ability to *concentrate* as well as plan for triumph over hurdles. This is an excellent reinforcement of study techniques for any student.
5. Original Taekwon-Do instruction also involves free-style competition. This helps to develop a sense of *fair play* and *sportsmanship* in a controlled competitive situation.
6. The foundation of Original Taekwon-Do is its self-defense value. We are very careful to teach our students to *use common sense before self-defense* and *never to be abusive or offensive*. The result of our program is a self-confident individual who does not need to bully or show off to others.
7. Finally, Original Taekwon-Do is *good clean fun* and it's a great way to burn off energy and extra calories.

**If you have any questions, please feel free to talk with any of the instructors or staff. We believe strongly in the values of our program for all age groups. Especially for the young, who can gain lifelong benefits from our instruction.**

**Congratulations on your decision to take the challenge toward personal excellence! The purpose of this pamphlet is to make your start with our center easy and comfortable. Included will be class times, people to call for information and rules and the structure of the school.**

### **CLASS TIMES**

Please refer to your class schedule for class times. We highly recommend you attend class at a rate of three times per week. We also recommend you attend class on consistent days and times each week to make attendance with our school part of your weekly schedule. If for some reason you are not able to attend class for a significant period of time we ask that you call and inform us.

**Parents dropping off children should do so 15 minutes before class and pick them up within 15 minutes of class ending. The school becomes very busy around class times and we cannot be responsible for watching unattended children.**

### **THE BELTS**

Students of Original Taekwon-Do show their progress in the art by the color of the belt they wear. Each color belt is a step toward the goal of black belt. Requirements for each belt differ for little dragons, children, teens and adults. We have requirement sheets available so you will know what is required for each promotion. Students must pass both written and physical tests in order to receive each promotion. We also have various books and videotapes for sale at the reception counter to further help you with your training.

**Students are required to have a Gup Testing Book before taking their 1<sup>st</sup> promotion [9<sup>th</sup> Gup]. These will assist with all the requirements for each belt testing.**

The progression towards black belt goes as follows: white [10<sup>th</sup> gup], white with yellow stripe [9<sup>th</sup> gup], yellow [8<sup>th</sup> gup], yellow with green stripe [7<sup>th</sup> gup], green [6<sup>th</sup> gup], green with blue stripe [5<sup>th</sup> gup], blue [4<sup>th</sup> gup], blue with red stripe [3<sup>rd</sup> gup], red [2<sup>nd</sup> gup], red with black stripe [1<sup>st</sup> gup], black belt [1<sup>st</sup> degree]. There are 9 degrees of black belt.

### **OTHER REQUIRED TEXT BOOKS**

**Students are required upon receiving their 9<sup>th</sup> Gup [High White belt] to have a STEP SPARRING SYLLABUS & PATTERNS WORKOUT BOOK.**

### **TESTING**

Your instructor will notify you when you are ready to test for a promotion and you will receive a promotion notice after you pre-test. Testing for belts is done on the **last FRIDAY** of every month at **6 P.M.** Please check the **“testing bulletin board”** for day and time of each month’s testing, as there will be classes canceled during that time. We also encourage family & friends to view the testing and support the students.

### **PAYMENTS**

Students can make payments based on monthly or yearly rates. Please refer to our Program Pricing to choose the payment option, which suits your needs. Payments can be made by cash, check or credit/debit card.

## I.T.F./O.T.F.A.

The **International Taekwon-Do Federation [I.T.F.]** is the first international organization overseeing all Taekwon-Do activities with millions of practitioners worldwide in over 100 countries. Formed by the late **Gen. Choi Hong Hi, 9<sup>th</sup> Degree Grandmaster & Founder of Taekwon-Do**. The **Original Taekwon-do Federation of America [O.T.F.A.]** is a national organization of I.T.F. schools. Its president is **Vincent A. Affatigato, 7<sup>th</sup> Degree Master Instructor**. It is mandatory to apply for membership upon becoming a green belt.

## DRESS

Student uniform consists of a white I.T.F. style **dobok** plus a belt with a school T-shirt or white T-shirt only underneath. Parents should put child's name in the **dobok** top and bottom as well as on all the gear in case it gets misplaced.

**PLEASE REMEMBER THAT DOBOKS MUST ALWAYS BE CLEANED PRIOR TO TRAINING.**

## VIEWING CLASSES

Parents and/or friends are encouraged to watch classes. **We only ask that you respect the class by remaining quiet and that if you are bringing young children that you keep them quiet and under control.**

## TOURNAMENT COMPETITION

We try to participate in at least 3 I.T.F. Style tournaments per year. They are usually in the Tri-state area, as well as throughout the U.S.. Students will be notified well in advance of the upcoming events in which we will be participating. Black belts also participate in the National and U.S. Trials for World Championships. **Please check bulletin board for tournament info.**

## SPARRING

For the sake of safety, students are allowed to start sparring only **after** they reach the rank of yellow tip [9<sup>th</sup> gup]. Please check your schedule for times of sparring classes. Students who attend sparring class must have a complete set of protective sparring gear. A complete set consists of hand, foot, headgear, mouthguard, & groin cup (for males). **This equipment is available at the reception counter.**

## **LOST AND FOUND**

If you have left something behind, we have a lost and found. Please see our staff, which will try to help you locate it. **All items are held for 2 weeks before being discarded.**

## **SPECIAL MERCHANDISE ORDERS**

To order supplies not in stock, please do so at the front desk. **Special orders must be paid for in advance and take 7 to 10 days to come in.**

## **EXTRA HELP**

If for any reason you fall behind and need extra help, see your instructor. Achieving goals at Original Taekwon-Do & Fitness Center is one of the most vital instruments used in building our student's confidence. Communication, teamwork and action are essential for the benefits to be obtained.

## **HOLIDAY SCHEDULE**

We are open most holidays; however, in the event that we need to modify the schedule we will do so by posting holiday schedules on the front door and on the school bulletin boards the week of the holiday.

## **VACATIONS or EXTENDED ABSENCES**

**If you will be missing class for vacation or illness for any extended period of time, please notify your instructor. Time you miss can then be added to the end of your program or made up on your return, with extra classes.**

## **FAMILY MEMBERSHIPS**

We offer discounts on tuition for additional family members who sign up for a Taekwon-do program. Please refer to our Program Pricing guide for discount information.

## LITERAL TRANSLATION OF TAEKWON-DO

**Tae:** Jumping, flying, to kick or smash with the foot.

**Kwon:** Fist, to punch or destroy with the fist.

**Do:** Art or Way

**Taekwon-do:** The mental training and techniques of unarmed combat for self defense as well as health. It involves the skilled application of punches, kicks, blocks, and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

## VOCABULARY

**Attention** - *CHARYOT*

**Bow** - *KYONG YE*

**Return** - *BARO*

**Sit or kneel-** *ANJ OH*

**At ease** - *SWIYO*

**Ready position** - *JUNBI*

**Begin-** *SI JAK*

**Finished** - *EE SANG*

**Stop** - *GOMAN*

**Turn around-** *TUI TORA*

**Training Hall-** *DOJANG*

**Uniform** - *DOBOK*

## NUMEROLOGY [COUNTING]

1. HANA

2. DUL

3. SET

4. NET

5. TAHSOT

6. YAHSOT

7. ILGHOP

8. YODUL

9. AHOP

10. YUL

# **THE TENETS [PRINCIPLES] OF TAEKWON-DO / JUNG SHIN**

## **Taekwon-do aims to achieve**

**Courtesy / Ye Ui**

**Integrity / Yom Chi**

**Perseverance / In Nae**

**Self-Control / Guk Gi**

**Indomitable Spirit / Baek Jul Bool Gool**

## **THE STUDENT OATH**

I shall observe the tenets of Taekwon-Do

I shall respect my instructors and seniors

I shall never misuse Taekwon-Do

I shall be a champion of freedom and justice

I shall build a more peaceful world