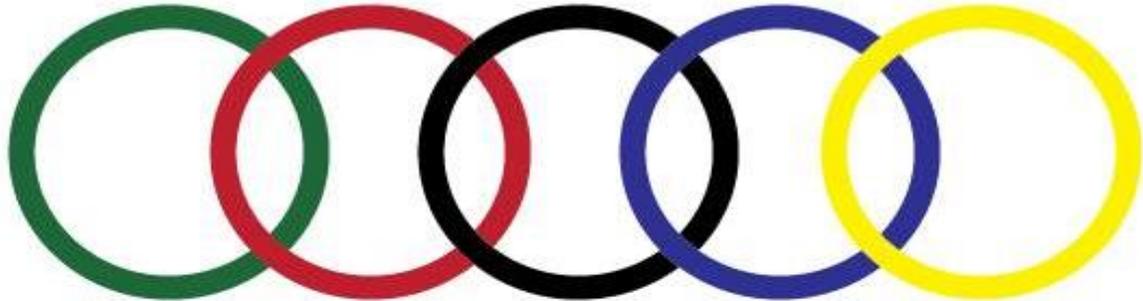


STUDENT HANDBOOK

FiveRingsMA@Gmail.com

More resources available at: <https://fiveringsma.weebly.com>

Current list of Classes available at: <https://fiveringsma.zenplanner.com>



FIVE RINGS MARTIAL ARTS

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WELCOME!

I want to welcome you to our school, to the Five Rings Family, and to the 2000 year old tradition of Korean martial arts! At Five Rings, our foundational belief is that the best way to avoid fights is to have no enemies; However, we also stress everyone has the right to feel safe! Taekwondo is the fastest growing style of martial art and sport in the world.

The style we practice is called the Jidokwan style, which stresses systematic training techniques and is known for superior sparring ability. It is commonly referred to as the 'Olympic Style.' The Jidokwan style is directed at optimizing each student's strengths and minimizing their weaknesses. Our school philosophy is well-rounded, and our goal is to use both the mind and the body to become the best you can be. We accentuate the positive and help students see and utilize their potential. Five Rings Martial Arts is the *only* Olympic style taekwondo studio in the area!

An ancient tradition of the Korean military is that warriors are NEVER to commit an act of aggression against another. It should be noted that Korea (South) has not waged a single aggressive war against another country in her 2000+ year history. We hope you see that there is great power in peace. In that spirit, it should be noted that the first move in every Taekwondo form is a defensive move, further signifying our goal to fight only when necessary to defend ourselves.

Five Rings Martial Arts is affiliated with USA-Taekwondo (USA-T) and World Taekwondo Federation (W.T.F.). USA-T is the National Governing Body of Taekwondo for the United States and is a Class-A member of the U.S. Olympic Committee. The W.T.F. is responsible for governing the art and sport of Taekwondo world-wide and their headquarters, called the Kukkiwon, is located in Seoul, South Korea.

Five Rings Martial Arts promotion requirements and tests are established and certified by the W.T.F. As a W.T.F. school, our black belts are awarded through the Kukkiwon and are accepted and respected by ALL legitimate Taekwondo schools worldwide. What that means to you is that wherever you may go in life, you can take the rank you earn with us to any other Taekwondo school and know that there is no starting over!

There are many different reasons that people choose to practice Taekwondo: whether it is for the thrill of competition, the grace of the art, or the calm found in focus, we hope you will find a home here with us, and we would like to again welcome you to the Taekwondo family!

Master Stephen Decker

5th Degree Black Belt, Kukkiwon (2017)
5th Degree Black Belt, Jidokwon (2017)
USA-T Certified Associate Coach (2009)
USA-T Certified Level 1 Coach (2013)
USA-T Certified Level 2 Coach (2014)
P.A.T.U. Certified Intercontinental Coach (2015)
World Taekwondo Certified Intercontinental Coach (2017)
Certified A-2 International Referee (2017)
US National Team Coach (2016)
US National World Championship Team Coach (2017)



Mrs. Brooke Decker

Dragon Trainer
Dept. of Public Instruction Certified Teacher

Frequently Asked Questions

Question. What is Taekwondo?

Answer. Taekwondo is a modern Korean martial art, characterized by fast, high, jumping and spinning kicks paired with dynamic footwork. It is an all-around style that offers self-defense training, physical exercise, competition, and artistic expression. Literally translated, Taekwondo means the Way of the Hand and Foot. Taekwondo is the most popular martial art in the world and is also an Olympic sport!

Taekwondo is an Olympic sport, but not all Taekwondo can be considered “Olympic”. There are as many different kinds of taekwondo, as you can imagine, but being Olympic means that you have instructors who are dedicated to staying current with the state of the sport. Olympic sports are dynamic, progressive, and constantly changing, staying current with the rules, up to date with training methods, and supportive of the sport are what makes a school Olympic. Five Rings Martial Arts is the only school in the area that offers this.

Question. Is Taekwondo dangerous?

Answer. Like basketball, football, and soccer, Taekwondo is a contact sport and it is possible to become injured; however, serious injuries are very rare since all training is constantly supervised and conducted with safety in mind. The number and severity of injuries in Taekwondo are much less than compared to other contact sports. Training areas are well-equipped (absorbing mats, padding, etc.) and protective gear is required to be worn by all students during partner drills, which further reduces the chances of injury. If the proper protective equipment is worn and fighters exhibit control of their techniques, then injuries are infrequent and minor. Most injuries are self-inflicted.

Question. Is sparring necessary to learn Taekwondo?

Answer. Some martial arts such as Tai-chi-Chuan and Aikido do not require sparring, but most martial arts do. Since Taekwondo teaches techniques for sport and self-defense, it IS necessary to practice in conditions similar to an actual confrontation, thus sparring is required. There is no better real life application of the skills applied to a self-defense situation than participation in competitions. Sparring helps students learn reaction, timing, speed, and the physical conditioning required for an actual self-defense situation. Sparring is also often found to be the most fun part of Taekwondo!

Question. Does Taekwondo foster aggression?

Answer: NO! Taekwondo training and philosophy, though physical and combat related, stress non-aggression. Students learn their capabilities and have the opportunity to prove them in a controlled classroom environment. Taekwondo teaches that aggression should be channeled into assertiveness to increase self-esteem and build discipline and character. Since Taekwondo practitioners do not have the desire to prove themselves outside class, they learn to resist those personal challenges. Taekwondo practitioners can stand equally against any opponent, but their code of conduct forbids unfair assaults or unnecessary use of force. Instructors stress non-aggression and students who continually exhibit aggressive behavior are banned from classes.

Rules and Expectations

- If you engage in an avoidable fight or bullying outside of class – Your membership with Five Rings Martial Arts can be terminated and your rank revoked.
- Come to class prepared, with all necessary gear. If you arrive early, practice, or sit quietly while you wait for class to begin. No horseplay, as it is disrespectful to others.
- Dressing in the full uniform – Dobak top and bottom – is preferred, however, ONLY FRMA or Taekwondo T-shirts are allowed to be worn instead of the dobak top.
- Uniforms and belts should be kept clean and wrinkle-free. Learn how to tie your belt! Do not wash your belt. The way you look represents you and the way you feel about taekwondo.
- Bow into the dojang to show respect for the gym, do the same when leaving.
- Bow to and address Master or Mr. Decker, school black belts as well as anyone else assuming the instructor role as “sir” or “ma’am”. Inside and outside of class.
- Face away from the instructor when adjusting your uniform.
- When called to line up or when called on directly, answer confidently with “yes sir” or “yes ma’am” and follow the instructions respectfully by being upright and attentive. Attention is the preferred stance.
- “Attention” is achieved by having your feet very close together, hands closed and at your sides, body upright and eyes fixed forward. There should be no motion when at attention. Your weight should be balanced and centered.
- Turn around smartly when instructed to, and bow respectfully to the flags.
- When instructed to, turn around again, smartly, and stand attentively awaiting the command to bow to the instructor. Bow respectfully and deeply.
- Participate in warmups with focus and respect, keep side conversations to a minimum and keep your focus on yourself. Make yourself better; let your instructor worry about others.
- Participate actively in drills, combinations, and be respectful of the instructor’s time as well as the other students who came to learn. Don’t be overly silly, use ridiculous moves or motions, and refrain from being lazy. Have FUN – Learn as much as you can – Pihl Sung!
- Show you want to be here through your actions, your respect, and your attitude.

Meanings of the Belts

WHITE - Innocence, as that of the beginning student who has no previous knowledge.

YELLOW - Earth, from which a plant sprouts and takes root as TKD foundation is being laid.

GREEN - Growth as the young plant flourishes so does the skill and strength of this Taekwondo student.

BLUE - Sky, towards which the plant matures into a towering tree just as this students training and experience progresses in Taekwondo.

RED - Danger, like the flashing red light sends out a warning to all who see it. This is the student who has black belt technique, but not black belt wisdom, knowledge, or control.

Black - Impervious to the darkness of fear. As the darkness we come from at birth, so the black belt is born into a world of wisdom. A NEW BEGINNING!

Belt-Level Requirements

Everyone is responsible for:

Testing for High-White Belt

1. Meaning of Taekwondo
2. When can you use TKD
3. Best way to Avoid fights
4. Reasons for bowing/examples of respect
5. Meaning of your belt
6. Count to ten in Korean
7. Uniform etiquette
8. Your assigned kick techniques

Testing for Yellow Belt

1. Meaning of your form - (Heaven/Light)
2. Spirit of the eight manners
3. Meaning of Jidokwan
4. Student Creed
5. 18 Classes Attended at previous belt level
6. Your assigned kick techniques

Testing for High-Yellow Belt

1. Meaning of your belt and form - (Joy)
2. The fundamental rule
3. Why we spar
4. The criteria for judging breaking (Technical superiority, accuracy, speed and power, balance, rhythm and manner.)
5. The basic tenants of Taekwondo
6. 18 Classes Attended at previous belt level
7. Your assigned kick techniques

Testing for Green Belt

1. Meaning of your form - (Growth)
2. Creed of Jidokwan
3. Pledge of the member
4. Concentration, coordination, balance, control, timing, power, breathing, and rhythm are important in board breaking
5. 18 Classes Attended at previous belt level
6. Your assigned kick techniques

Testing for High-Green Belt

1. Meaning of your belt and form - (Fire)
2. Code of the Hwa Rang Do (Hwa Rang Code of Conduct, "History of Taekwondo")
3. Description of the Hwa Rang
4. 24 Classes Attended at previous belt level
5. Your assigned kick techniques

Testing for Blue Belt

1. Meaning of your form (Wind)
2. Kiyap
3. The 5 original kwans of Taekwondo
4. The 4 additional kwans
5. Know the FRMA Answer
6. 24 Classes Attended at previous belt level
7. Your assigned kick techniques

Testing for High Blue

1. Meaning of your belt and form (Water)
2. Description of the Korean flag
3. 24 Classes Attended at previous belt level

Testing for Red Belt

1. Meaning of your form (Mountain)
2. History prior to 20th century.
3. 24 Classes Attended at previous belt level

Testing for High-Red Belt

1. Meaning of your belt and form (Earth)
2. Tournament/sparring procedures and rules
3. Permitted techniques
4. Half and full point deductions
5. 20th century history
6. 36 Classes Attended at previous belt level

Testing for Black Belt

1. Testing for Deputy/Black Belt you should know it all.
2. You must organize and participate in a community service project that is approved by your instructor. A verbal report of the project will be a part of your black belt test.
3. 96 Classes attended

Testing Information

- Cost of any Colored Belt Test: \$40.00, paid to your instructor. *(This fee covers the cost of your belt, board and certificate.)*
- Promotion Tests are held ~ every 12 weeks. Please refer to the Testing Schedule for specific questions, or ask your instructor.

Testing day is an exciting time for all Taekwondo practitioners. Testing is an opportunity to show your skills and be recognized for your hard work. In order to be able to go to this celebration; however, you must first be ready. About one week prior to the official testing date, you will be given approval by your instructor. Your instructor's invitation for promotion is a BIG deal. It will be earned. Just because you are a student does not entitle you to test. Just because you test, does not mean you pass. If you do not pass, you will be offered a makeup test to cover the material or skills that will need additional work. I fully expect people to struggle with belt testing – they should be difficult – struggle builds character and is healthy.

Meaning of Taekwondo and 'The Rule'

TAE-foot KWON-hand DO-way . Or literally - "the way of the hand and foot"

FUNDAMENTAL RULE- To use the minimum force necessary to defend oneself.

USA-Taekwondo (USA-T) Membership

Five Rings Martial Arts (FRMA) provides competition opportunities through USA-T. Students who are interested in higher-level competition may also need to register for membership with USA-T.

The United States Olympic Committee (USOC) recognizes USA-T as the National Governing Body (NGB) for the sport of Taekwondo in the United States. USA-T is a 501c3 non-profit and its primary purpose is to foster national and international amateur sports competition in the sport of Taekwondo: Specifically to field athletes that will bring home Olympic and Paralympic medals.

USA-T Membership is \$45.00 annually and is good for 12 months.

5 Basic Tenets of Taekwondo

- | | |
|-----------------|-----------------------|
| 1. Courtesy | 4. Self Control |
| 2. Integrity | 5. Indomitable Spirit |
| 3. Perseverance | |

Spirit of the Eight Manners

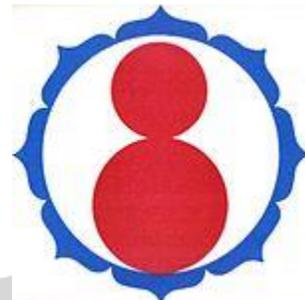
- | | |
|------------------|-----------------------|
| 1. View Rightly | 5. Order Rightly |
| 2. Feel Rightly | 6. Contribute Rightly |
| 3. Think Rightly | 7. Use Ability |
| 4. Speak Rightly | 8. Conduct Rightly |

FRMA Answer

Through knowledge in the mind, honesty in the heart, strength in the body, and effort in all things

Jidokwan

Jidokwan, loosely translated, means 'The Way of Wisdom'. The symbol of Jidokwan is above. The large outer circle represents the universe holding inside all we know and all we need around us within its mighty aspect. The larger circle inside represents our earth. The smaller circle represents the life on earth. This 'dancing doll' is akin to the modern day Weeble Wobble. This figure is balanced and will not stay down if knocked over, it will right itself automatically. A traditional Jidokwan saying is "Seven times down, eight times up."



The outer eight pedals are the Buddhist lotus flower. There are eight pedals that represent the Eight Fold Path and each represents a Spirit of the Eight Manners.

Creed of Jidokwan: Taekwondo for myself, Taekwondo for Jidokwan, Taekwondo for our Country

Pledge or Oath of the Member

1. I will observe the rule and absolutely obey the order of Jidokwan.
2. I will attain physical and mental discipline in the spirit of Jidokwan
3. I will devote myself to the creation of new tradition and achievement of Jidokwan.

Korean Flag



The Korean National Flag, the symbol of the Republic of Korea South Korea, is named "Taeguk-ki." The name was derived from the taeguk circle in the center.

The circle is divided into two equal parts in perfect balance, representing the yin and yang. The red upper part is the yang and the blue lower part is the yin. In the Orient, the two parts represent the great cosmic forces which collide and depart in perfect balance and harmony.

The taeguk circle stands for the eternal principle that everything in the universe is created and develops through the interaction between yin and yang, thus symbolizing creation and development.

The four trigrams surrounding the circle denote the process of yin and yang going through a spiral of change and growth. That means heaven (ko'n) ☰ at the upper left, earth (kon) ☷ at the lower right, water (kam) ☵ at the upper right, and fire (I) ☲ at the lower left.

The white background of the flag represents purity of the Korean people and their peace-loving spirit. The flag as a whole is symbolic of the ideal of the Korean people to develop forever together with the universe.

Counting in Korean

| | | | |
|---------|---|------------------|----|
| Hana | 1 | A-Hup | 9 |
| Tul | 2 | Yuhl | 10 |
| Set | 3 | <u>Yuhl-Hana</u> | 11 |
| Net | 4 | <u>Yuhl-Tul</u> | 12 |
| Ta-Sot | 5 | Somul | 20 |
| Ya-Sot | 6 | Sorun | 30 |
| Il-Gohp | 7 | Mah-Hun | 40 |
| Yo-Dohl | 8 | Schwin | 50 |

Student Creed

- I will develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.
- I will develop self-discipline in order to bring out the best in myself and others.
- I will use what I learn in class constructively and defensively; to help myself and my fellow man and never to be abusive or offensive.

History Prior to the 20th Century

Taekwondo has been influenced by Chinese and Japanese martial arts, but is distinctly Korean, both in character and in origin. Korean martial arts began some 2000 or more years ago. Different writers use different names for them, but two early names most commonly used are subak (or soo bak do) and taekyon. The major difference between subak and taekyon seems to be this: subak, which appears to have come first, emphasized the use of the hands and head more than the feet; while taekyon, which appears to have come later, emphasized to a greater extent the use of the feet.

It is sometimes claimed that martial arts first arose in India and were carried to China by a Buddhist monk named Bodhidharma. However, this cannot be entirely true since there is evidence of ancient Korean art works, both murals and stone carvings, which show warriors practicing subak, or taekyon 500 or more years before Bodhidharma's arrival.

From the first century BC until the seventh century AD, Korea contained three major kingdoms (as well as two minor ones): these three were Silla (Sh ee la), Paekche (Peck a chat) and Koguryo.

Silla joined with China to defeat Paekche in 660, and to defeat Koguryo in 668. But only three years later, in 671, Silla itself began warring with China and within only a few years Silla's forces drove the Chinese out of Korea. In this way Silla unified almost all of the land and people of Korea within a single state. The period of Sillian dominance which began in 668 continued until 935. It witnessed the spread of Silla's culture throughout Korea as a whole and thus witnessed the rise of a distinctive, uniquely Korean culture.

Silla's military successes - first against rival Korean kingdoms, then against China - owed much to the Hwarang ("flower knights," or "flower of manhood"). The Hwarang, who were sometimes only fourteen or fifteen years old, belonged to aristocratic families. Legendary for their courage and skill, they are often described as forerunners of the Japanese samurai. They dedicated themselves to serving their state and they studied both martial arts and literature and philosophy.

To harden their bodies in training to defend their homeland, they climbed mountains, swam rivers in cold months and drove themselves unmercifully. They utilized subak and also practiced postures resembling taekyon jujitsu.

Many of the Hwarang teachers were Buddhist monks. One such monk, named Won Gwang Popsa, was the author of the "Five Commandments" or Code of Conduct (**Hwa Rang Do**) of the Hwa Rang warriors:

1. To serve the king loyally
2. To honor your parents
3. To be faithful to friends
4. To stand fast in battle
5. To kill (fight) only when justified.

After the mid-eighth century, Silla's power declined as a result of the aristocratic feuds and rebellions. One of the rebellions resulted in the end of the Silla kingdom and dynasty, and the establishment of the Koryo kingdom and dynasty. It is from the name Koryo that the modern, western name "Korea" derives. The Koryo dynasty ruled Korea from 935 to 1392. In the middle of this dynasty, in the reign of King Uijong (1147-1170), Korean martial arts (under the name subak) seemed to have peaked. In at least one case, King Uijong is known to have admired a soldier's ability in subak so much that he promoted the soldier in rank.

With the coming of the Yi Dynasty in 1392 AD, however, the strong emphasis placed on military training, physical fitness and the ability to defend the nation was weakened. King Taejo, founder of the Yi Dynasty, replaced Buddhism with Confucianism as the state religion. The ruling class adopted Confucian guidelines in their political and cultural outlook as well as in their personal lives. Confucian thinking advocated classical Chinese learning and played down physical activity.

According to the Confucian way of thought, the "superior man" spent his time reading the Chinese classics, composing poetry or learning to play musical instruments. Only "inferior men" engaged in strenuous physical activities such as the martial arts. The martial arts gradually declined in popularity. But even so, the martial arts were for a long time so important that persons who desired careers in the army were required to pass a government test, part of which was a test in the knowledge of subak.

One Yi Dynasty ruler, King Chongji took an active interest in the native martial arts in Korea. In 1790, he ordered the publication of an illustrated textbook on the martial arts. This textbook was intended for use by military personnel and it focused on subak, which it presented as one of the most important of the martial arts.

Military training and national defense continued to be neglected in Korea during the eighteenth and nineteenth centuries. No organized instruction was available and the forms were handed down from father to son, or teacher to disciple, always in the greatest secrecy. Thus, even in this period when Korea's martial arts declined, they were not ignored. The same is true of Korea's martial arts in the early part of the twentieth century, when Korea was controlled by the Japanese.

History in the 20th Century

As the Yi Dynasty came to a close in 1909 AD with the Japanese occupation of Korea, the practice of military skills declined even further. The Japanese colonial government banned all cultural activities, including team sports and the practice of martial arts, in an attempt to destroy the Korean identity. Some martial arts instructors continued to practice their skills in secrecy, especially in Buddhist monasteries, in remote, mountainous regions, and in this way the Korean martial arts were kept alive. Other Koreans, studying or working in Japan or China, became familiar with karate and kung fu and began to blend them with their own martial arts. (Despite the ban on Korean martial arts, Japanese karate and Chinese kung fu, following judo, were introduced into Korea in 1943).

With Korea's liberation from the Japanese in 1945, five original Kwans (schools) were established: Chungdokwan, Moodukwan, Chosun-Yonmukwan founded by Chun San-sup (who was kidnapped by North Korea in the early 1950's), Changmookwan, and Songmookwan.

In 1950, Chosun-Yonmukwan's name was later changed to Jidokwan under the leadership of Gae Byang Yun.

Later in the 1950's, four additional Kwans were added to create the current total of nine. Hanmookwan, Ohdokwan, Kangdukwon and Jungdokwan.

In 1955, at a conference of Kwan masters, historians, and Taekyon promoters, the name Taekwondo was adopted: the name was coined and formally suggested by General Hi. It was adopted because it describes both foot and hand techniques which the Korean martial art employs, and because it is similar to the name taekyon, and therefore stresses continuity in Korean martial arts. Not all of the major kwans joined together at this time, nor have they since.

In 1961, the Korean Taekwondo Association (KTA) was formed, with General Hi elected to be its first president. Most of the major kwans, but not all, were--or are now--members.

In 1965, the KTA was recognized by other associations and by the Korean government. It was chosen to be the organization to bring different groups and schools into unity.

In 1966, General Hi established the International Taekwondo Federation, becoming its president.

In 1971, construction began on the Kukkiwon (the World Taekwondo Center) in Seoul and was completed in 1972. The Kukkiwon is a center for the study and promotion of Taekwondo. It also conducts black belt tests, issues certificates, and conducts world championships (which are held every other year the first being held in 1973). The Kukkiwon's first president, Dr. Un Yong Kim (elected president of the KTA In 1972), dissolved the ITF connection with the KTA. In the next year, following the first world championships at the Kukkiwon (1973), officials representing their countries created the World Taekwondo Federation, and elected Dr. Un Yong Kim to be its president for a four year term. The connection between the KTA and the WTF is very close, and the KTA oversees the WTF'S activities.

In 1980, the International Olympic Committee (IOC) granted official recognition to the WTF; and in 1981, the IOC gave approval for Taekwondo to be part of the 1988 Olympic Games, held in Korea. After being an Olympic demonstration sport in 1988, 1992 and 1996, Taekwondo became a full medal sport in the 2000 summer Olympic Games held in Sydney, Australia.