

WELCOME!

I want to welcome you to our school, to the World Taekwondo Federation family, and to the 2000 year old tradition of Korean martial arts! Taekwondo is taught with the belief that everyone has the right to feel safe and it is the fastest growing style of martial art and sport in the world. Our philosophy is well-rounded, using 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.

We hope you share in the vision that where there is great power there should also be peace. In that spirit, our goal is to create powerful young people and help perpetuate that power in peace! In the spirit of the peaceful nature of Taekwondo, the first move in every form is a defensive move, further signifying our goal to fight only when necessary to defend ourselves.

There are many different reasons that people choose to practice Taekwondo and whether it is for the thrill of competition, the grace of the art, or the calm found in focus, we are happy that you have found a home here with us!

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Little Dragons Testing Requirements

Yellow Stripe Requirements

Attendance 12 classes minimum

The Hands

1) Low Block (open/closed) **2)** High Block (open/closed)

3) Middle Punch **4)** High Punch **5)** Jab/Cross

-must demonstrate making a proper fist

-punches must show focus (targeting), speed, snap and power

-back hand position must be on the belt, NOT the ribs.

The Feet

1) Front Leg/Back Leg Front Snap Kick **2)** Front Leg/Back Leg Axe Kick

-must demonstrate all four positions (up, out, back and down)

Board Break: Axe Kick

3) Attention stance **4)** Ready Stance **5)** Fighting Stance **6)** Horseback Stance

-stances must have proper knee alignment, width, depth, and bend

-must demonstrate balance

The Way:

1) Meaning of Taekwondo **2)** Best way to avoid fights **3)** Counting to 10 in Korean **4)** Keup

Green Stripe Requirements

Attendance	18 classes since last test
The Hands	1) Inner Block (open/closed), 2) Outer Block (open/closed) 3) Ridge hand, 4) Sword Hand, 5) Palm Hand Board Break: Palm Hand
The Feet	1) Front stance 2) Walking Stance <i>-stances must have proper knee alignment, width, depth, and bend</i> 3) Roundhouse Kick (front/rear) <i>-must demonstrate all four positions (up, out, in and down)</i> <i>-must demonstrate balance</i>
The Way	1) Part 1 of Student Creed 2) Two ways we show respect 3) 4 moves of Taeguek Il Jang

Blue Stripe Requirements

Attendance	24 classes since last test
The Hands	1) Forearm Block (open/closed) 2) Uppercut 3) Hook
The Feet	1) Outside Crescent Kick 2) Inside Crescent Kick Board Break: Inside Crescent Kick 3) Back Stance <i>-stances must have proper knee alignment, width, depth, and bend</i> <i>-must demonstrate all four positions (up, out, back and down)</i> <i>-must demonstrate balance</i>
The Way	1) Five Tenets of Taekwondo 2) Part 2 of Student Creed 3) 8 moves of Tae Guek Il Jang

Red Stripe Requirements

Attendance	24 classes since last test
The Hands	1) Back Fist (front) 2) Double Knife Hand (middle) 3) Eye Poke
The Feet	1) Tiger Stance <i>-stances must have proper knee alignment, width, depth, and bend</i> 2) Side Kick Board Break: Side Kick <i>-must demonstrate all four positions (up, out, back and down)</i> <i>-must demonstrate balance</i>
The Way	1) Spirit of the Eight Manners 2) 12 moves of Tae Guek Il Jang

Black Stripe Requirements

Attendance	36 classes since last test
The Hands	1) X-Block (high/low) 2) Palm Heel 3) Spear Hand 4) Chicken Beak <i>-must demonstrate all four positions (up, out, back and down)</i> <i>-must demonstrate balance</i>
The Feet	1) Basic Kick Combinations 2) Hook 3) Spinning Side Kick 4) Twist Stance <i>-stances must have proper knee alignment, width, depth, and bend</i> Board Break: Hook Kick
The Way	1) All 3 Parts of Student Creed 2) All 18 moves of Tae Guek Il Jang

Student Reference Guide

Student Etiquette

- Pre-tests will be given every few weeks to check progress at the belt levels – Award Tape will signify completion of “The Hand”, “The Feet”, and “The Way” pre-requisites. In order to test, you must earn all three levels of tape.
- Always use the 7 Courtesy Words: yes sir, no sir, yes ma’am, no ma’am, thank you, you’re welcome and please.
- Bow and wait to be recognized before asking an instructor a question.
- During class, please ask for permission prior to leaving the mat to use the bathroom, get water, or talk to your parents or to enter the mat if arriving late.
- Always bow before you enter or leave the mats.
- Shoes, jewelry, food, gum and beverages are not allowed on the mats.
- Keep your uniform clean and fingernails and toenails cut short.

Instructor Call:

“Cheriot”

“Fighting Stance”

Student Response:

Stand with feet together, hands at sides, shoulders back, head up, “I’m a winner, Sir/Ma’am!”

Stand with one foot forward, fists up in front, head up, Keup

Student Creed

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

Spirits of the Eight Manners

View Rightly	Order Rightly
Think Rightly	Conduct Rightly
Feel Rightly	Have Ability
Say Rightly	Contribute Rightly

Five Tenets of Taekwondo

Courtesy	Integrity
Self Control	Perseverance
Indomitable Spirit	

Counting to 10 in Korean

Hah-nah	(1)	Ya-Soot	(6)
Tul	(2)	Ill-Goop	(7)
Set	(3)	Ya-duel	(8)
Net	(4)	Ah-Hoop	(9)
Ta-Soot	(5)	Yool	(10)

Meaning of Taekwondo

Tae: *hand* **Kwon:** *foot* **Do:** *way*
The way of the hand and foot



Testing Information

- Cost of any Little Dragon test: \$20.00.
(This fee covers the cost of your belt, board and certificate.)
- Promotion Tests are held about every 12 weeks.

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, usually through email.

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. In order to test, you must have satisfied the attendance criteria as well as the "Hand", "Foot", and "Way" requirements at your current belt level.

Meanings of the Belts

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

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

GREEN - Growth as the young plant grows and 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!