

School Rules

- *Students that leave the studio without permission are responsible for their own actions and should act accordingly. and will be subject to disciplinary action
- *Students are not allowed to leave the studio unless Mr. Harding or the Instructor present grants permission.
- *Restroom usage should be done before or after class.
- *An adult or Black Belt should accompany Students under the age of 7 when using the restroom.
- *Any abuse of the facilities will result in disciplinary action.
- *Students are required to wear the appropriate attire for training.
- *Students are responsible for His or Her personal equipment, gear, and other items brought to the studio.
- *Unnecessary noise from quests will not be appreciated while class is in session.
- *Although parent interest is encouraged, distractions to the training are not appreciated.
- *Parent/Student interaction during class is not acceptable.
- *Eating in the quest area should be kept to a minimum.
- *Wearing of jewelry is a hazard to the training and is not permitted.
- *Fingernails and toenails should be well manicured for the safety of all students.
- *Only the proper footwear will be allowed on the studio floor.
- *Unnecessary destruction and abuse of the studio and equipment there in, is subject to disciplinary action.
- *Inappropriate language and attitude will not be tolerated.

Requirements

Required Material

ITF/Harding Taekwondo

9th Gup



Patterns:

Saju Jurugi

(Int. Hand Pos.)
(Walking Stance)

Saju Makgi

(Int. Hand Pos.)
(Walking Stance)

Kicking:

Front Snap Kick:

Rear
Lead

Side Turning Kick:

Rear
Lead

HoSinSul:

2 Releases:

Str. Grab

Cross Grab

Step Sparring:

**Beginning 3 step
(no partner)**

Breaking:

None

Required Knowledge



White belt means: White signifies innocence as that of a beginner with no previous knowledge of Taekwondo

Student oath:

I shall observe the Tenets of Taekwondo
I shall respect my instructor & seniors
I shall never misuse Taekwondo
I shall be a champion of freedom and justice
I shall build a more peaceful world

Counting to 10 in Korean:

Hana	One
Dool	Two
Set	Three
Net	Four
Dasot	Five
Yasot	Six
Ilgop	Seven
Yodul	Eight
Ahop	Nine
Yol	Ten

Attention stance:

Heels together/ Toes out
Arms slightly bent at your sides
Back straight/ chin up/ chest out

Parallel stance:

Feet forward/ Shoulder width apart
Fists in front of belt (5cm,7cm,10cm)

Walking stance:

1 shoulder width wide
1 1/2 shoulder widths long
50/50 weight distribution

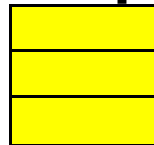
Color Belt System:

10th Gup-	White Belt
9th Gup-	Yellow stripe
8th gup-	Yellow Belt
7th Gup-	Green stripe
6th Gup-	Green Belt
5th Gup-	Blue stripe
4th Gup-	Blue Belt
3rd Gup-	Red stripe
2nd Gup-	Red Belt
1st Gup-	Black stripe
1st Dan-	Black Belt

Required Material

ITF/Harding Taekwondo

8th Gup



Patterns:

Saju Makgi

(Int. Hand Pos.)
(Walking stance)

Chon-ji

(L-stance)
(Int. Hand Pos.)
(Walking stance)

Kicking:

Side Piercing Kick:

Rear
Lead

Combination Kicking

HoSinSul:

Releases:

Dbi Lapel

Dbi Hand

Jnt. Attack
(Dbi Choke)

Step Sparring:

Beginning 3 step
(with Partner)

Breaking:

None

Required Knowledge



Chon-Ji Means: Chon-Ji means literally "the Heaven, the Earth." In the Orient it is interpreted as the creation of the World or the beginning of human history, therefore. It is the initial pattern played by the beginner. This pattern consists of two similar parts: one represents the Heaven and the other represents Earth.

Chon-Ji has 19 movements and its diagram is the shape of a "plus" sign.

Yellow Belt Means: Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwondo foundation is being laid.

Taekwondo originated from Korea.

The Father of Taekwondo is General Choi Hong Hi, 9th Dan Grand Master

The Literal Translation of Taekwondo:

Tae- Jumping, Flying: to kick or smash with the foot
Kwon- Fist; to punch, or to destroy with hand or fist
Do- Art or way

The Belt system:

10 ranks of ColorBelts
9 ranks of Black Belts (currently)

L-Stance:

1 1/2 shoulder widths long
2.5 cm (1 inch) wide
70/30 weight distribution
Front/Back foot 15% inward

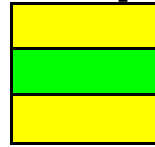
Sitting stance:

1 1/2 shoulder widths wide
Legs slightly bent
feet forward
50/50 weight distribution

Required Material

ITF/Harding Taekwondo

7th Gup



Patterns:

Chon-Ji

(L-stance)
(Int. Hand Pos.)
(Walking stance)

Dan-Gun

(Int. Hand pos.)
(High Punch)
(Twin outer
forearm block)
(Continuos Mot.)

Kicking:

Side Front Snap Kick

Rear
Lead

Turning Kick

Rear
Lead

Back Piercing Kick

Rear to D
Lead to C

HoSinSul:

Jnt. Attack Str

Jnt. Attack Crs

Jnt. Attack DH

Jnt. Attack Lapel

Break Fall Rear

Step Sparring:

Inter. 3 Step

Breaking:

None

Required Knowledge



Dan Gun means: Dan-Gun is named after the Holy Dan-Gun, legendary founder of Korea in the year 2333 B.C.

Dan -Gun has 21 movements and it's diagram is the shape of a capital "I"

Tenets of Taekwondo:

Courtesy	Ye-ui
Integrity	Yom-Chi
Perseverance	In-Nae
Self-Control	Guk-Gi
Indomitable Spirit	Baek-Jul-bool-Gool

The 4 Classes of Black belt:

1st-3rd Dan	Novice	Boo Sa-Bum
4th-6th Dan	Expert	Sa-Bum
7th-8th Dan	Master	Sa-Hyung
9th Dan	Grand Maste	Sa-Sung

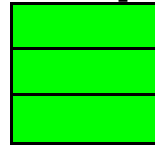
Pattern Directions:

A	C	B
	Student (Facing "D")	
E	D	F

Required Material

ITF/Harding Taekwondo

6th Gup



Patterns:

Dan-Gun

(Int. Hand pos.)

(High Punch)

(Twin outer forearm block)

(Continuos Mot.)

Do-San

(Rev. Heel)

(Spot Turn)

(Position 7)

(Wedging Block)

(Sine Wave)

Kicking:

High Kick

Rear

Lead

Pushing Kick (foot sword)

Thrusting Kick (ball of foot)

Combination Kicks

Consecutive Kicks

Skip Kicks

HoSinSul:

Capture-

Front Kick

Side Kick

Turn Kick

Back Kick

Break Fall Rear-

Right

Left

Step Sparring:

Adv. 3 Step

Breaking:

Dwnwrđ Hand

S.Piercing

Required Knowledge



Do-San means: Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and its Independence movement.

Do-San has 24 movements and its diagram is in the shape of one "stair step" up and to the right.

Green Belt means: Green belt signifies the plants growth as the Taekwondo skills begin to develop.

The Nine reason for practicing courtesy as listed in General Choi's encyclopedia:

- 1) **To promote the spirit of mutual concessions**
- 2) **To be ashamed of ones vices, contempting those of others**
- 3) **to be polite to one another**
- 4) **To encourage the sense of justice and humanity**
- 5) **To distinguish instructor from student, senior from junior, elder from younger**
- 6) **To behave according to etiquette**
- 7) **To respect others possessions**
- 8) **To handle matters with fairness and sincerity**
- 9) **To refrain from giving or accepting any gift when in doubt**

Opening ceremony for Taekwondo (Bowling in)

Attention	Charyot
Face the flag	Kuk-ki-yea tae-hae
Salute	Kyong-ye
Return to Attention	Baro
Kneel	Anj-oh
Meditate	Muk-nyom
Return to Ready	Baro
Attention	Charyot
Face the Instructor	Sa-Bum nim gae
bow	Kyong-ye

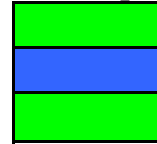
Cloisiing ceremony for Taekwondo (Bowling out)

Attention	Charyot
Face the flag	Kuk-ki-yea tae-hae
Salute	Kyong-ye
Return to Attention	Baro
Kneel	Anj-oh
Meditate	Muk-nyom
Return to Ready	Baro
Attention	Charyot
Face the Instructor	Sa-Bum nim gae
bow	Kyong-ye
Class is finished	Ee-Sang
Thank you very much	Ko-map sum-nee-da

Required Material

ITF/Harding Taekwondo

5th Gup



Patterns:

Do-San

- (Rev. Heel)
- (Spot Turn)
- (Position 7)
- (Wedging Block)
- (Sine Wave)

Won-Hyo

- (Closed stance A)
- (Bending Ready Stance)
- (Circular Block)
- (Attacking Tools)

Kicking:

Hook Kick

Downward Kicks-

Crescent Kick

Flying Kicks

Double kicks

Consecutive Kicks

Combination Kicks

(Attacking Tools)

HoSinSul:

Defend-

- Choke Front**
- Choke Rear**
- Throw Punch**
- Throw Kick**

BreakFall-

Front

Somersault-

Right

Step Sparring:

Beginning 2 Step

Breaking:

Dwnwrld Hand

S.Piercing

Required Material

ITF/Harding Taekwondo

4th Gup



Patterns:

Won-Hyo

(Closed stance A)
(Bending Ready Stance)
(Circular Block)
(Attacking Tools)

Yul-Gok

(Fast Motion)
(Hooking Block)
(Skip Backfist)
(Double Forearm Block)
(Attacking Tools)

HoSinSul:

Defend-

Choke Front
Choke Rear
Headlock

Throw Fingertip
Throw Back Kick
Throw from choke

Kicking:

Reverse Kicks-

Hook
Side Piercing
Turning

Hook Kick (Defensive)

Twisting Kick

Flying Kicks

2 Targets-

Double kicks
Consec. Kicks
Combo Kicks

Step Sparring:

Int. 2 Step

Breaking:

Dwnwrđ Hand
S.Piercing

Required Knowledge



Yul-Gok means: Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1526-1584), Nicknamed the "Confucious of Korea". The 38 movements refer to his birthplace on the 38th latitude and the pattern diagram represents the Chinese character for "Scholar"

Yul-Gok has 38 movements and its diagram is in the shape of a "plus" sign with a small line across and a small "V" at the bottom.

The Meaning of Blue Belt: Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwondo progresses.

The 5 disciplines of Taekwondo Moral culture:

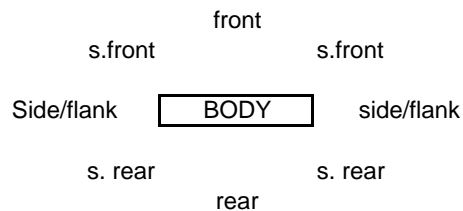
- Travel**
- Mountain climbing**
- Public service**
- Cold showers and baths**
- etiquette**

The 5 parts of the "Physical Composition" of Taekwondo

- Fundamental movements**
- Dallyon (conditioning)**
- Patterns**
- Sparring**
- Self-defense**

X-stance: Both legs bent
1 leg crossed in front/behind other
1 foot flat/ other on ball

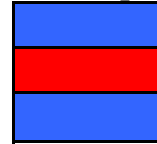
Relative directions:



Required Material

ITF/Harding Taekwondo

3rd Gup



Patterns:

Yul-Gok

- (Fast Motion)
- (Hooking Block)
- (Skip Backfist)
- (Double Forearm Block)
- (Attacking Tools)

Joong-Gun

- (Rear foot stance)
- (Vertical punch)
- (Upward X-block)
- (Shift stance)
- (Pressing Block)
- (U-shape Block)
- (Attacking Tools)

HoSinSul:

Defend-

Full Nelson

Bear Hug-

- Front
- Rear

Hair Grab

Ground escape

Foot Sweeps

Kicking:

Vertical Kick-

- Ft. Sword
- Rev Ft. Sword

Sweeping Kick

Mid-Air Rev. Kicks(180's)

Triple Kicks

3 Consec. Kicks

Combination Kicks

Step Sparring:

Adv. 2 Step

Breaking:

Outward Hand

Turning Kick

Required Knowledge



Joong-Gun means: Joong -Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this "Pattern" to represent Mr. An's age when he was executed at Lui-Shung prison (1910).

The 10 parts or the students responsibility with regard to the "Student-Instructor" relationship:

- 1) Never tire of learning. A good student can learn any time, any where. This is the secret of knowledge.
- 2) A good student must be willing to sacrifice for his/her art and Instructor. Many students feel training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching and working around the do-jang. An Instructor can afford to loose this type of student.
- 3) Always set a good example for lower ranking students. It is only natural they will attempt to emulate their seniors.
- 4) Always be loyal and never criticize the Instructor, the art of Taekwondo, or the teaching methods.
- 5) If an Instructor teaches a technique, practice and attempt to utilize it.
- 6) Remember that a students conduct outside the do-jang reflects on the art and the Instructor.
- 7) If a student adopts a technique from another gym and the Instructor disapproves of it, the student must discard it immediately or train at the other gym.
- 8) Never be disrespectful to the Instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
- 9) A student must always be eager to learn and ask questions.
- 10) Never betray a trust.

Rear foot stance:

Shoulder width from small toes of rear to small toes of front
90/10 weight distribution
rear leg bent slightly turned in 15%
front leg bent slightly ball of the foot slightly touching 255 inward
performed half facing

Low stance:

just like walking stance but 1 foot length longer

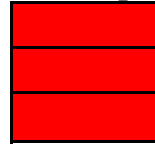
Closed Ready stance "B":

Both feet together and parallel
full facing with fist 15 cm in front of the navel

Required Material

ITF/Harding Taekwondo

2nd Gup



Patterns:

Joong-Gun

(Rear foot stance)
(Vertical punch)
(Upward X-block)
(Shift stance)
(Pressing Block)
(U-shape Block)
(Attacking Tools)

Toi-Gye

(Pos. 3,6 slow)
(Twin side elbow)
(W-shape block)
(Jumping Downward
X-block)
(Attacking Tools)

HoSinSul:

Throw Dbl Choke

Throw Sgl. Choke

Throw Bear hug

Throw Headlock

Escape Attacker-

(Front Mount)

(Back Mount)

Kicking:

Mid air- Front Snap

Turning

Side Turning

Side Piercing

Back Piercing

Twisting

Hook

Downward

Vertical

Triple Kicks 3 Dir.

3 Consec. 3 Dir.

Combination Kicks

Step Sparring:

Beginning 1 Step

Beginning Semi-Free

Breaking:

Outward Hand

Turning Kick

Required Knowledge



Toi-Gye means: Toi-Gye is the pen name for the noted scholar Yi Hwang, 16th century an authority on neo-confucianism. The 37 movements refer to his birthplace on the 37th latitude and the diagram represents the chinese character for "Scholar".

Toi-Gye has 37 movements and its diagram is in the shape of the "plus sign" with a small line across the bottom.

Red Belt means: Red signifies danger, cautioning the student to exercise control and warning the opponents to stay away.

Nine points to observe while performing a pattern:

- 1) Accuracy; a pattern should begin and end on the same spot.
- 2) Correct posture and facing should be maintained at all times.
- 3) The muscles of the body should be tensed and relaxed at the proper moments.
- 4) A pattern should be performed in a rhythmic manner with absence of stiffness.
- 5) Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
- 6) Each pattern should be perfected before moving on to the next.
- 7) students should know the purpose of each movement.
- 8) Students should perform each movement with realism.
- 9) Attack and Defense techniques should be equally distributed among left and right hands and feet.

Required Material

ITF/Harding Taekwondo

1st Gup



Patterns:

Toi-Gye

(Pos. 3,6 slow)
(Twin side elbow)
(W-shape block)
(Jumping Downward
X-block)
(Attacking Tools)

Hwa-Rang

(upward punch)
(Vertical stance)
(Pos 11,12)
(High Turning Kicks
Fast motion)
(Obv. Punch L-stance)
(Sliding rear elbow)
(Attacking Tools)

HoSinSul:

Pressure Points-

Attacking
Passive

Take Downs

Kicking:

Check Kick-

Front
Side

Press Kick-

Outward
Inward

Stamping kick

Back Snap Kick

Flying Dbl Motion Kicks

Quadruple Kicks

4 consec. Kicks

Combination Kicks

Step Sparring:

Intermediate 1 step

Beginning Semi-free

Breaking:

Inward hand

F.Snap Kick

Elbow strike

Required Knowledge



Hwa-Rang means: Hwa-Rang is named after the Hwa-rang youth group originated in the Silla dynasty in the early 7th Century. This group eventually became the driving force of the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry division, where Taekwondo developed into maturity.

Hwa-Rang has 29 movements and its diagram is a capital "I".

The 5 parts of the Hwa-Rang Warrior code:

- Be loyal to your king**
- Be obedient to your parents**
- Be honorable to your friends**
- Never retreat in battle**
- Make a just kill**

The 3 Kingdoms of Ancient Korea:

- Koguryo**
- Baek-Je**
- Silla**

The 6 factors of the Theory of Power:

- Reaction Force**
- Concentration**
- Equilibrium**
- Breath Control**
- Mass**
- Speed**

Vertical stance:

- Rear foot slightly behind front foot
- 1 shoulder width long
- measured from Big toe to Big toe
- 60/40 weight distribution
- rear foot 15% inward
- performed half facing

Required Material

ITF/Harding Taekwondo

1st Dan



Patterns:

Saju Jurugi

Saju Makgi

Chon-Ji

Dan-Gun

Do-San

Won-Hyo

Yul-Gok

Joong-Gun

Toi-Gye

Hwa-Rang

Choong-Moo

(Flying side piercing)

(Back Piercing)

(360 Knife Guarding block)

(Twin X-palm block)

(Attacking Tools)

Kicking:

Sliding Rev Kicks

Flying 360 Reverse-

Hook

Hook Defensive

Back Piercing

Side Piercing

Mid-Air 360-

Hook

Side Turning

Flying Twin Front Snap(1-2)

Flying Double Kicks

Flying Consecutive Kicks

HoSinSul:

2 minute Random

(1 opponant, need
to show 10 diff.

types of HoSinSul
techniques)

Step Sparring:

Advanced 1 Step

Adv. Semi-Free

Breaking:

Fly Hand

Flv Foot

Required Knowledge



Choong-Moo means: Choong-Moo is the name of the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which was said to be the precursor to the modern day submarine. The reason for this pattern ending in the left hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Sun-Sin was no chance in his lifetime to show his unrestrained potentiality.

Choon-Moo has 30 movements and its diagram is a capital "I".

Black Belt means: Black is the opposite of white, therefore, signifying the student's maturity and proficiency in Taekwondo. It also indicates the wearer's imperviousness to darkness and fear.

The 8 parts of "The Trainign secrets of Taekwondo"

To study the theory of power thoroughly

To understand the purpose and meaning of each movement clearly

To bring the movement of eyes, hand, feet and breath into a single coordinated action

To choose the appropriate attacking tool for each vital spot

To become familiar with the correct angle and distance for attack and defense

Keep both the arms and legs slightly bent while in motion

All movements must begin with a backward motion with very few exceptions

To create a sine wave during the movement by utilizing the knee spring properly