

Dynamic Martial Arts



Student Handbook

태권도



Dynamic Martial Arts

2809 Liberty way, Liberty Boro., PA 15133
and

Pleasant Hills Community Presbyterian Church in the Chapel Lounge

199 Old Clairton Road, Pittsburgh, PA 15236

www.dynamicmartialartspa.com

412-673-0576

Dojang Rules

1. When entering the dojang, execute a bow of respect to the displayed national flags.
2. Execute a bow of courtesy to the instructor or any other black belt upon entering or leaving the dojang.
3. Remove shoes upon entering the dojang and place them on a provided rack.
4. Avoid bringing valuables to class, as the school is not responsible for lost or stolen articles.
5. Remove all jewelry (rings, earrings, bracelets, necklaces, watches, etc.) before getting onto the mat.
6. The dobok must be clean and neat at all times. Do not decorate or sew patches, etc. onto the dobok. Remember your belt for every class.
7. Observe a high degree of personal hygiene. Toe nails and finger nails should be kept neatly trimmed. Long hair must be pulled back.
8. Each class will have a ceremonial opening and closing consisting of a bow to the instructor.
9. Proper respect will be given to all persons holding higher ranks.
10. Strict attention is to be given to the instructor at all times.
11. Profanity, loss of temper, horseplay, loud laughing and talking, or any display of lack of self-discipline will not be tolerated.
12. There will be no smoking, gum chewing, eating, drinking, lounging or lying around the mat while wearing the dobok.
13. Be on time for all classes. Do not arrive too early. When you are allowed to come early, use this time to practice poomse.
14. Practice only those poomses which have been presented to you by the instructor. Do not skip ahead through observation of higher belts, books or videos.
15. Do not ask when you will be promoted. When the instructor decides that you are ready for a higher rank, he will invite you to test.
16. Do not complain about strenuous conditions. Do not ask to be excused for a drink or a restroom break unless it is an absolute emergency.
17. Do not use strange terminology. Learn the Korean terminology as quickly as you can.
18. NO sparring without permission from the instructor. Full gear must be worn at all times.
19. The title "MR." or "MS." followed by the appropriate last name will be used in addressing all instructors or black belts.
20. Tae Kwon Do techniques are not to be used outside the dojang unless circumstances involving your safety or the safety of others is at risk.

History of Taekwondo

Tae Kwon Do is a two-thousand year-old martial art form that originated in Korea. It is based on the premise that self-defense is an instinct. The study of Tae Kwon Do not only improves one's physical fitness and health, but also employs as its goal inner peace and serenity. In its earliest form, it was probably practiced as a means of protection from the attacks of wild animals. Since these attacks could originate from any direction, a series of self-defense movements was developed that allowed one to instantly and reflexively defend himself from any possible attack. Specific stylized forms were created for instinctive self-defense, and these patterns became a system of blocks, kicks and punches that was the ancestor of today's modern Tae Kwon Do.

Throughout the years, the martial art that is Tae Kwon Do has had many different names, depending upon who was the ruler of Korea at that time. After the liberation of Korea from Japan in 1945, many instructors saw the need to unify the various styles of martial arts present in Korea. Immediately after World War II, many masters returned to the traditional Korean forms of unarmed combat and combined them into a unified, organized, national sport. What they wanted was a return to a distinctly Korean form of unarmed martial arts skills, as free as possible from all foreign influences. Finally, after years of discussion and debate, the leaders of the six major schools were able to agree on a new, unified form, and standardized methods of instruction. The name chosen for this form was "Tae Kwon Do."

In the Korean language TAE means "to jump or kick or smash with the foot." KWON means "to punch or strike with the hand or fist." DO means "a philosophical way of life." In English, this translates as "The way of fist and foot fighting."

Tae Kwon Do has become more and more popular on an international level. However, Tae Kwon Do is much more than just a competitive sport. In addition to helping one's balance, speed, agility, strength and rhythm, it also encourages self-discipline, self-control, and inner peace. It encourages positive moral values such as trust and courage. It develops confidence and self-respect. It can, when practiced properly, stimulate and motivate our generation and future ones to seek to create a more peaceful society in which to live.

What is poomse?

Poomse consists of stances, blocks, punches, strikes and kicks arranged into a meaningful order in response to attacks from multiple imaginary assailants attacking from several directions. Through seemingly endless repetition of the poomse, the student learns the true nature and meaning of each poomse. In order to achieve this, each poomse needs to be practiced over 1,000 times. Balance, focus, coordination, proper breath control and self-discipline emerge as benefits of continued poomse practice.

Poomse practice is considered extremely important by Tae Kwon Do masters. It comprises 40-50% of testing requirement for promotion to a higher rank. It is impossible for the student to understand the art of Tae Kwon Do without thorough understanding of poomse.

Palgwe forms 1-8 plus Koryo are required for promotion to black belt. The student should never jump ahead to a more advanced form without first asking the instructor. A beginner who does this cannot fully understand the advanced poomse because he has not properly understood the one appropriate to his own level. Eventually, the student should be able to perform the poomse without conscious thought regarding sequence and timing. In short, the poomse helps coordinate the student's mind and body.

The Four Parts of Taekwondo

Poomse	Forms Training
Hoshinsul	Self-Defense Training
Kyuk Pa	Breaking
Kyorugi	Sparring

The Five Tenets of Taekwondo

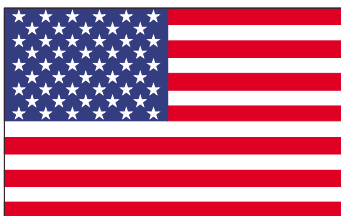
What is a Tenet?	A principle or belief held in common by members of an organization.
Courtesy	Deep, enduring respect and consideration for self and others. Politeness. Humility.
Integrity	Knowing right from wrong. Always attempting to do the right thing. Honesty. Loyalty.
Perseverance	Enduring determination to overcome obstacles and challenges. Persistence. Dedication.
Self-Control	Ability to exercise restraint over ones impulses, emotions, or desires. Patience. Discipline.
Indomitable Spirit	The will to do one's best, against all odds. An unquenchable desire to achieve. Unconquerable.

Our Flags - Our Pride and Respect

Why do we display both the American Flag and South Korean Flag in the Dojang?

The American Flag is displayed to show pride in our great country!

The South Korean Flag is displayed to show respect to Taekwondo's Korean origins.



The Name of the American Flag - "Old Glory"
The 50 Stars represent the 50 States of the Union
The 13 Stripes represent the 13 Original Colonies
The color Red symbolizes Courage
The color White symbolizes Innocence and Purity
The color Blue symbolizes Vigilance, Justice and Perseverance



The Name of the South Korean Flag - "Tae Guek Ki"
The center circle depicts the Yang (red) and the Eum (blue), the opposites of the universe in perfect balance and harmony.
The Trigrams in the corners depict the following conflicts:
Heaven (3 solid lines) and Earth (3 broken lines)
Fire (2 solid/1 broken) and Water (1 solid/2 broken)

Korean Terminology

Numbers:

Hanah	One
Dool	Two
Set	Three
Net	Four
Dasot	Five
Yosot	Six
Il gop	Seven
Yadol	Eight
Ahop	Nine
Yool	Ten
Yool-Hanah	Eleven (Ten + One)
Sumul	Twenty
Sumul-Hanah	Twenty one (Twenty+One)
Serun	Thirty

Miscellaneous:

Ahnyong Hasayo	Hello
Ahnyong Hashimnika	Hello (More Formal)
Ahnyounghee Kay Shipsayo	Good Bye (Stay in Peace)
Ahnyounghee Kah Shipsayo	Good Bye (Go in Peace)
Kahm Sa Humnida	Thank You
Chun Mahneyo	You are Welcome
Sah Bum Nim	Master Instructor
Kwan Jang Nim	Grandmaster
Black Belt	Dan
Dobok	Uniform
Dojang	Martial Arts School
Kyorugi	Sparring
Poomse	Forms
Kyuk Pa	Breaking
Kihap	Yell
Hoshinsul	Self Defense

Commands:

Cha Ryuht	Attention
Choon Bi	Ready Stance
Bah Roe	End
Shiu	Bow (rest)
Bal Bakwa	Switch Feet
Sohn Bakwa	Switch Hands
Kyung Ye	Bow

Parts of the Body:

Sohn	Hand
Bal	Foot
Mom Tong	Body
UI Gul	Face

Korean Terminology

Poomse:

Ki Cho Poomse	Beginner Form
Poomse Palgwe Il Chung	Form #1
Poomse Palgwe Yi Chung	Form #2
Poomse Palgwe Sum Chung	Form #3
Poomse Palgwe Sa Chung	Form #4
Poomse Palgwe Oh Chung	Form #5
Poomse Palgwe Yook Chung	Form #6
Poomse Palgwe Chil Chung	Form #7
Poomse Palgwe Pal Chung	Form #8
Koryo Poomse	Black Belt Form #1

Sparring:

Hong	Red
Chung	Blue
Shijak	Begin
Kalyeo	Break
Kaesok	Continue
Gomahn	End of match
Sum	Winner

Techniques:

Chigi	Striking
Jireugi	Punching
Momtong Jireugi	Single Center Punch
Du Bon Jireugi	Double Center Punch
Se Bon Jireugi	Triple Center Punch
Chagi	Kicking
Ahp Chagi	Front Kick
Ahp Cha Oligi	Front Stretch Kick
Yup Chagi	Side Kick
Bakkat Chagi	Inside to Outside Crescent Kick
Uhn Chagi	Outside to Inside Crescent Kick
Nakka Chagi	Hook Kick
Dwi Chagi	Back Kick
Nalia Chagi	Axe Kick
Dolrya Chagi	Round Kick
Makki	Blocking
Olgul Makki	Face Block
Ali Makki	Low Block
Momtong Bakkat Makki	Inside to Outside Center Block
Momtong Uhn Makki	Outside to Inside Center Block
Ahp Gubi	Front Stance
Dwi Gubi	Back Stance
Ju Choom Sohgi	Horse Stance
Kyorugi Gubi	Sparring Stance

The Ten Rules of Poomse Training

1. Memorize the line, direction, and sequence of movement.
2. Be calm, cautious, and courageous in the ready stance. Say your name with confidence, authority and pride.
3. Learn the movements slowly, accurately and precisely. As you practice, gradually speed up the movements, being careful to maintain good form and control.
4. The execution of each movement must be sharp. When a kihap (yell) is needed, always make it sharp and loud, to reflect confidence and strong spirit.
5. Maintain good focus. Look straight forward when executing a block, kick, or punch, but look with “ soft eyes” so that you may see things in your peripheral vision as well. Do not let your gaze wander.
6. Look first before you turn. You must see the direction an attack is coming from before you can defend against it.
7. When moving from one stance to another, hips and shoulders should not bounce up and down, but move on a smooth and even plane.
8. Relax until the moment the technique should impact your opponent. Do not be tense throughout the movement, as this inhibits the speed and effectiveness of the technique. Techniques should never look stiff.
9. Practice the forms from different angles, so you will not be confused when you do it in strange surroundings. Movements should be performed one per second.
10. Return to the ready stance calmly, gracefully and with satisfaction.

Requirements for Promotion

- Student must display proper attitude and good character.
- Student must have a good school report.
- Student must memorize rules and terminology for their level.
- Student must have recommendation from instructor.
- Student must have dues paid up to date.

The Four Technical Parts Of Taekwondo Promotional Testing

Poomse	Pattern / Form
Hoshinsul	Self-Defense Techniques
Kuyk Pa	Board Breaking Techniques
Kyorugi	Free Fighting / Sparring

Class Credit Scale

Regular Taekwondo Class.....	1
Seminars (for every hour).....	1
Out of class demonstrations.....	2
Interclub competition/Promotion.....	2
Local Open Tournament	3
State level competition.....	6
National competition.....	9

10th Gup - White Belt

Terminology	Counting 1-10
	Hello
	Thank You
	Martial Art School
	Martial Art Uniform

9th Gup - Yellow/White Stripe Belt

Class Time	30 Classes From Start Date
Poomse	Kicho Il-Boo
Hoshinsul	Right Hand Single Center Punch Right Hand Wrist Grab From Side Rear Bear Hug
Kuyk Pa	Student Must Demonstrate Techniques for Their Own Level
Kyorugi	Student Must Participate

8th Gup - Yellow Belt

Class Time	30 Classes From Last Promotion
Poomse	Taegeuk/Palgwe Il Chang
Hoshinsul	Right Hand Single Center Punch Left Hand Single Center Punch Right Hand Wrist Grab From Side Left Hand Wrist Grab From Side Rear Bear Hug
Kuyk Pa	Student Must Demonstrate Techniques for Their Own Level
Kyorugi	Student Must Participate

Requirements for Promotion

7th Gup - Orange Belt

Class Time 35 Classes From Last Promotion
Poomse Taegeuk/Palgwe Yi Chang
Hoshinsul Right Hand Single Center Punch
Left Hand Single Center Punch
Stepping Forward Two Hand Choke - Defend Before Contact
Right Hand Wrist Grab From Side
Left Hand Wrist Grab From Side
Rear Two Hand Shoulder Grab
Kuyk Pa Student Must Demonstrate Techniques for Their Own Level
Kyorugi Student Must Participate

6th Gup - Green Belt

Class Time 35 Classes From Last Promotion
Poomse Taegeuk/Palgwe Sam Chang
Hoshinsul Right Hand Hook Punch
Double Wrist Grab From Front
Right Hand Shirt Lapel Grab
Right Hand Shoulder Grab From Side
Left Hand Shoulder Grab From Side
Rear Right Arm Grab Around Defender's Throat
Kuyk Pa Student Must Demonstrate Techniques for Their Own Level
Kyorugi Student Must Participate

5th Gup - Blue Belt

Class Time 40 Classes From Last Promotion
Poomse Taegeuk/Palgwe Sa Chang
Hoshinsul Right Hand Hook Punch
Left Hand Hook Punch
Right Front Kick
Right Round House Kick
Side Head Lock
Rear Double Chicken Wing Grab
Kuyk Pa Student Must Demonstrate Techniques for Their Own Level
Kyorugi Student Must Participate

4th Gup - Purple Belt

Class Time 45 Classes From Last Promotion
Poomse Taegeuk/Palgwe Oh Chang
Hoshinsul Front Push
Right Hand Overhead Strike
Right Round House Kick
Left Round House Kick
Side Head Lock
Rear Bear Hug Under Arms
Kuyk Pa Student Must Demonstrate Techniques for Their Own Level
Kyorugi Student Must Participate

Requirements for Promotion

3rd Gup - Red Belt

Class Time	50 Classes From Last Promotion
Pre-Test	Perform All Previous and Current Poomses - 3 Mistakes are Permitted
Poomse	Taegeuk/Palgwe Yook Chang
Hoshinsul	Right Hand Shirt Lapel Grab w/Left Punch Attack Right Hand Hair Grab Right Side Kick Full Nelson Grab Push From Rear Right Arm Grab Around Defender's Throat w/Left Hand Wrist Grab
Kuyk Pa	Student Must Demonstrate Techniques for Their Own Level
Kyorugi	Student Must Participate

2nd Gup - Red Belt w/One Black Stripe

Class Time	55 Classes From Last Promotion
Pre-Test	Perform All Previous and Current Poomses - 2 Mistakes are Permitted
Poomse	Taegeuk/Palgwe Chil Chang
Hoshinsul	Front Tackle - Defend Before Contact Front Tackle - Defend After Contact Step Forward Two Hand Choke - Defend After Contact Simple Knife Attack From The Front Rear Push Bear Hug Under Arms
Kuyk Pa	Student Must Demonstrate Techniques for Their Own Level
Kyorugi	Student Must Participate

1st Gup - Red Belt w/Two Black Stripes

Class Time	60 Classes From Last Promotion
Pre-Test	Perform All Previous and Current Poomses - 1 Mistake is Permitted
Poomse	Taegeuk/Palgwe Pal Chang
Hoshinsul	Front Head Lock Right Round House Kick Left Round House Kick Bear Hug Under Arms
2 Attackers	Side/Side Attack Attacker On Each Side - Use Two Different Defense Moves Front/Rear Attack Attacker Front/Rear - Use Two Different Defense Moves
Kuyk Pa	Student Must Demonstrate Techniques for Their Own Level
Kyorugi	Student Must Participate

1st Dan - Black Belt

Class Time	80 Classes From Last Promotion
Pre-Test	Perform All Previous and Current Poomses - No Mistakes are Permitted
Poomse	Kicho Il-Boo Poomse, 1-8 Taegeuk/Palgwe Poomses and Koryo Poomse
Hoshinsul	Student Must Perform A Self-Defense Demonstrate That Consists of Their Personal Favorite Self-Defense Techniques They Have Learned Though Out Their Training. The Student Must Show A Wide Range Of Attack Situations Demonstrated Effectively and Efficiently. This Demonstration Should Reflect Their Beliefs In A Self-Defense Situation And Should Take 2 -3 Minutes.
Kuyk Pa	Student Must Demonstrate Techniques for Their Own Level
Kyorugi	Student Must Participate

Personal Promotion Record

Start date _____

White Belt _____

Yellow / White Belt _____

Yellow Belt _____

Orange Belt _____

Green Belt _____

Blue Belt _____

Purple Belt _____

Red Belt _____

Red Stripe I _____

Red Stripe II _____

Black Belt _____

Other Tournaments:

Date _____ Where _____

Awards _____

Date _____ Where _____

Awards _____

Date _____ Where _____

Awards _____

Date _____ Where _____

Awards _____

Date _____ Where _____

Awards _____

Date _____ Where _____

Awards _____

Date _____ Where _____

Awards _____