



KIM'S TAEKWONDO CENTER, INC.



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SCHOOL MOTTO

“Nothing Is Impossible, Once You Set Your Mind to It, With Enthusiasm and Persistence”

(JONG-SHEEN EEL-DOH HAH-SAH BOOL-SONG)

| Schedule | Mon | Tue | Wed | Thur | Fri | Sat |
|-----------------|--------------------------------|--|---|--|---------------------------------------|---|
| 12:15 - 1:05 pm | ALL BELTS | | ALL BELTS | | | Family Class 9:30 - 10:15 |
| 4:30 - 5:15 pm | Individual Attention | PRIVATE LESSONS | Individual Attention | PRIVATE LESSONS | PRIVATE LESSONS | PATTERNS 10:15 - 11am |
| 5:30 - 6:15 pm | Little Tigers Beginner | Little Tigers Beginner | Little Tigers ALL Groups PATTERNS | Little Tigers Beginner | WEAPONS ALL GROUPS 5:30 - 6pm | Sparring ALL GROUPS 11:15 - 12:20 |
| 6:30 - 7:15 pm | Little Tigers Intermediate | Little Tigers SPARRING Color belts | Adult Taekwondo 6:30 - 7:20pm | Little Tigers SPARRING Color belts | PATTERNS ALL GROUPS 6 - 6:30pm | Kettlebells 12:30 - 1:30 |
| 7:25 - 8:15 pm | Adult Taekwondo PATTERNS | Adult Taekwondo SPARRING | Kettlebells 7:30 - 8:30pm | Adult Taekwondo | Adult Taekwondo 6:35 - 7:25pm | |
| 8:20 - 9:10 pm | | | | Yong MooDo (Jiu-Jitsu, Judo) | Demo Open Classes 7:30 - 8:15pm | |

TAEKWONDO OATH

- I shall observe the tenets of Taekwondo
- I shall respect the instructor and senior belts
- I shall never misuse Taekwondo
- I shall be a champion of freedom and justice
- I shall build a more peaceful world

STUDENTS CREED

- To build myself physically and mentally
- To build friendships and be a strong group
- To develop might for right; never fight selfishly
- To show respect for black belt instructors and to aid junior students

RULES AND REGULATIONS

The purpose of these rules, which have been an inherent part of Taekwondo since its inception, is to ensure maximum benefit from the study of Taekwondo.

1. **Bow** to the flag and instructor when entering or leaving the gym.
2. **Do not enter** class late or leave early without permission.
3. **Loud conversation**, laughing, chewing gum, wearing watches, or jewelry have no place in Taekwondo training.
4. **Wear a clean** uniform, trim nails; clean hands and feet are important.
5. **Do not engage** in any activities which might degrade the code of Taekwondo ethics or the Center's reputation.
6. **Assume the position** of attention while speaking to the instructor or any black belt. Use words of consideration such as: Yes Sir, No Sir, or Yes Ma'am, No Ma'am.
7. **Students** are expected to be courteous and understanding. They are also expected to help fellow students whenever possible.
8. **Any substitute** teacher should be treated as you would your instructor.
9. **Students** must have the approval of the Center to enter any tournament, competition, or demonstration.
10. **Do not participate** in any activities held by a school or club other than Kim's Taekwondo Center, Inc. and affiliated clubs without permission of the instructor.

The Tenets of Taekwondo

- **Courtesy:**
*Be polite to each other; encourage the sense of justice; respect your instructor and help junior students.
- **Integrity:**
*To know right from wrong and have the conscience, if wrong, to feel guilt.
- **Perseverance:**
*To set a goal, e.g. higher rank, technique perfection, and work towards its achievement.
- **Self-Control:**
*Both inside and outside the Do Jang, this is important, whether sparring or in one's personal affairs.
- **Indomitable Spirit:**
*To have the courage of your principles against overwhelming opposition.

Terminology

| | | |
|--------------------------------|-----------------------------------|-------------------------------------|
| CHAR-RYAT – Attention | SOO-GO – Thank you (Good job) | KYUNG-NAE – Bow |
| HAI-CHO – Dismiss | SAR-BUM-NIM – Instructor | SHE-JARK – Begin |
| CHUN-BE – Ready stance | KEE-MAR-SAE – Horse riding stance | KI-HAP – Yell |
| BAR-ROW – Resume ready stance | AP-SEO-GI – Short, front stance | DOLE-RA – Turn around |
| KU-KIE – Flag | MARK-GI – Block | SHI-YUH – Rest |
| DOU-BOK – Uniform | KO-MAHN – Stop | AP – Front |
| JI-RU-GI – Punch | YUP – Side | CHAR-GI – Kick |
| AP-KOO-BI – Long, front stance | DWEI – Back | GUAN-JANG-NIM – Grand Master |

Numbers

HANA = 1
 TUUL = 2
 SET = 3
 NET = 4
 DA-SOUT = 5
 YO-SOUT = 6
 IL-GAUP = 7
 YO-DUUL = 8
 AH-HUUP = 9
 YUUL = 10
 YUUL HANA = 11
 YUUL TUUL = 12
 ...
 SEO MOOL=20

Patterns

White Belt Pattern

KI BON DON JARK

Tae Geuk Patterns

Tae Geuk **Il** Jang – Heaven and Light
 Tae Geuk **Yee** Jang – Joyfulness

Taek Geuk **Sahm** Jang – Fire and Sun
 Taek Geuk **Sahr** Jang – Thunder

Taek Geuk **Oh** Jang – Wind
 Taek Geuk **Yuk** Jang – Water

Taek Geuk **Chil** Jang – Mountain
 Taek Geuk **Parl** Jang – Earth

Black Belt Pattern

KORYO-KOREA

Meanings of the Belt Colors

White

Purity and Innocence

Gold – Earth and Foundation

Green – Growth

Purple – Ambition and Rapid Growth

Brown and Red – Are belts of Maturity

Black

Mastery

Additional Knowledge for Higher Belts

Theory of Power

Concentration - Mental and physical focus

Reaction Force - Equal and opposite forces

Equilibrium - Dynamic and static balance

Controlling Breathing - Exhaling on impact and kihap

Speed and Mass – Force equals mass times acceleration

What are the Taekwondo Mental Aspects of Life?

Honesty - Be honest to yourself first and everyone else second.

Loyalty - Be loyal to your family, your country, your friends, your school, and your teachers.

Respect - Respect yourself, for no one will respect you unless you show respect for yourself. Respect your parents, your family, and your teachers.

Patience - Show patience and understanding to all, to those you teach and to the teachers who teach you.

Perseverance - Persist in everything you undertake. Don't give up until you have accomplished the goals you have set out for yourself.

Discipline - Set standards and complete your goals. Have the discipline to complete your work and your studies.

Honor - Honor your family, your teachers, your country and the laws of the country.

Pride - Above all, be proud of yourself when you achieve your goals.

Locations include: Blaine (Main School), Chaska, White Bear Lake, St. Paul, Monticello, University of Minnesota, Normandale Community College, Mankato State University and Carleton College