



Kim's Taekwondo Center, Inc.



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*With Instruction by Grand Master Il Keun Kim, a World Taekwondo Federation
Certified 9th Degree Black Belt*

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
Noon-1:00pm	Family Class All Belts	Open Classes	Family Class All Belts	Open Classes	Open Classes	Weapons Class and Family Class All Belts (Times vary throughout the year)
1:00pm-4:30pm	Open Classes	Open Classes	Open Classes	Open Classes	Open Classes	
5:30pm-6:20pm	Family Class All Belts	Family Class All Belts	Family Class All Belts	Family Class All Belts	Family Class All Belts	
6:30pm-7:20pm	Adult Class All Belts	Patterns, One-Steps All Belts	Adult Class All Belts	Sparring All Belts	Red Belts and Up	

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

Student's 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.

Lasting success rarely comes to those who do not first decide to succeed.

There is no royal road to learning.

Powerful spirit in the eyes transforms to powerful hands.

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.

Kim's Taekwondo Center, Inc.

Location include: Fridley (Main School), University of Minnesota, Normandale Community College, Mankato State University, White Bear Lake, Princeton, Chaska, West St.Paul, and Carleton College