



# 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 pm 1:00 pm	ALL BELTS		ALL BELTS			
4:30 pm 5:15 pm	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Patterns 9:30 – 10:30
5:30 pm 6:15 pm	Little Tigers White-Green Adults & Teens White-Gold	Little Tigers Purple & up Adults & Teens Green & up	Little Tigers White-Green Adults & Teens White-Gold	Little Tigers ALL Levels PATTERNS Self-Defense	Weapons ALL GROUPS Kickboxing Room II	Conditioning ALL GROUPS 10:30 – 11:45
6:30 pm 7:15 pm	Little Tigers Purple & up Adults & Teens Green & up	Little Tigers White-Green Adults & Teens White-Gold	Little Tigers Purple & up Adults & Teens Green & up	SPARRING ALL Groups 6:30 pm 7:30 pm	Taekwondo Adults & Teens Advanced Tigers	
7:30 pm 8:15 pm	Demonstration Team	Jiu Jitsu Adult Combatives	Board Breaking Class *by announcement*	Demonstration Team		

### 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.*

- Bow** to the flag and instructor when entering or leaving the gym.
- Do not enter** class late or leave early without permission.
- Loud conversation**, laughing, chewing gum, wearing watches, or jewelry have no place in Taekwondo training.
- Wear a clean** uniform, trim nails; clean hands and feet are important.
- Do not engage** in any activities which might degrade the code of Taekwondo ethics or the Center's reputation.
- 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.
- Students** are expected to be courteous and understanding. They are also expected to help fellow students whenever possible.
- Any substitute** teacher should be treated as you would your instructor.
- Students** must have the approval of the Center to enter any tournament, competition, or demonstration.
- 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	<b>GUAN-JANG-NIM – Grand Master</b>

#### 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  
 ...  
 SOO 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

Tae Geuk **Sahm** Jang – Fire and Sun

Tae Geuk **Sahr** Jang – Thunder

Tae Geuk **Oh** Jang – Wind

Tae Geuk **Yuk** Jang – Water

Tae Geuk **Chil** Jang – Mountain

Tae 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 & physical focus

**Reaction Force** – Equal & opposite forces

**Equilibrium** – Dynamic & static balance

**Controlling Breathing** - Exhaling on impact & 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, Fridley, University of Minnesota, Normandale Community College, Mankato State University and Carleton College**