



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	<u>Patterns</u> 9:30 – 10:30
5:30 pm 6:15 pm	<u>Little Tigers</u> Beginner White-Green	<u>Little Tigers</u> Advanced Purple Stripe & Up <u>TEEN TKD</u>	<u>Little Tigers</u> Beginner White-Green	<u>Little Tigers</u> Advanced Purple Stripe & Up <u>TEEN TKD</u>	<u>Weapons</u> ALL Groups 5:15 pm 5:55 pm	<u>Strength & Conditioning</u> ALL Groups 10:30 am 11:45 am
6:30 pm 7:15 pm	<u>Little Tigers</u> Advanced Purple Stripe & Up <u>TEEN TKD</u>	<u>Little Tigers</u> Beginner White-Green	<u>Little Tigers</u> Advanced Purple Stripe & Up <u>TEEN TKD</u>	<u>Little Tigers</u> Beginner White-Green	<u>SPARRING</u> ALL Groups 6:00 pm 7:00 pm	
7:30 pm 8:20 pm	<u>Adults</u> Taekwondo	<u>Jiu Jitsu</u> Adult Combatives	<u>Adults</u> Taekwondo	<u>Demonstration</u> <u>Team</u>	<u>Adults/Teens</u> Taekwondo 7:00pm – 7:50pm	

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
...
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, University of Minnesota, Normandale Community College, Mankato State University and Carleton College