



KIM'S TAEKWONDO CENTER, INC.



1425 129th Ave NE | Blaine, MN 55449

PH: 763-571-5540 web: www.tkd-kims.com email: kimstkd@gmail.com

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 - 1:00 pm	<u>ALL BELTS</u>		<u>ALL BELTS</u>			
4:30 - 5:15 pm	Private Lessons appt only	Private Lessons appt only	Private Lessons appt only	Private Lessons appt only	Private Lessons appt only	<u>Patterns</u> All Groups 9:30 – 10:30am
5:30 - 6:15 pm	<u>Little Tigers</u> Beginners white/gold/ stripe	<u>Little Tigers</u> Green & Up Teen TKD	<u>Little Tigers</u> Beginners white/gold/ stripe	<u>Little Tigers</u> Green & Up Teen TKD	<u>Sparring</u> All Belts 5:30 – 6:30pm	<u>Conditioning</u> ALL GROUPS 10:30 – 11:45am
6:30 - 7:15 pm	<u>Little Tigers</u> Green & Up Teen TKD	<u>Little Tigers</u> Beginners white/gold/ stripe	<u>Little Tigers</u> Green & Up Teen TKD	<u>Little Tigers</u> Beginners white/gold/ stripe	<u>Taekwondo</u> Adults & Teens <u>Demonstration</u> <u>Team</u>	
7:30 - 8:20 pm	<u>Taekwondo</u> Adults	<u>Demonstration</u> <u>Team</u>	<u>Taekwondo</u> Adults	<u>Weapons</u> All Groups	<u>Taekwondo</u> Black Belts (Every 3 rd Fri)	

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	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, White Bear Lake, University of Minnesota, Normandale Community College, Mankato State University and Carleton College