



Tanny Academy Of Martial Arts

ITF Taekwon-do Student Handbook



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About Our Academy

Tanny Academy of Martial Arts (TAMA) is a traditional, yet progressive martial art training center that teaches traditional and authentic ITF Taekwon-do. In addition to our Taekwon-do classes, we also offer technical Muay Thai and MMA as well as fitness kickboxing classes. Our mission is to develop martial arts leaders in our community. We are committed to remain a family-oriented martial arts school that caters to the individual needs of our students in order to achieve their goals.

About Our Instructor

Kimberly Tanny is the owner and head instructor of Tanny Academy of Martial Arts. Sabum Tanny has been training in the martial arts since 2002 and started her Taekwon-do training as a college student. She soon found her passion in both training and teaching Taekwon-do. She earned her 1st and 2nd Dan Black Belts under Tran's Martial Arts and found her home with the International Taekwon-do Federation and Colorado International Taekwon-do studying and teaching under the guidance of Master Roberto Roena, where she earned her 3rd and 4th Dan Black Belts. She has also spent some time training in Muay Thai, Kung Fu (Southern Style) and Kendo and additionally, has also learned to use many martial arts weapons. Her mission in starting TAMA was to help her students, both young and old, to achieve all of their personal and martial arts and fitness goals and to spread the values and benefits of the martial arts to the community. Sabum Tanny is truly excited and grateful for the opportunity to teach martial arts.



Master Roberto Roena is an 8th Dan Black Belt and Senior Master Instructor in ITF Taekwon-do and the President of Colorado International Taekwon-do (CIT). Master Roena oversees the CIT and ensures that all of its member clubs (including TAMA) maintain the standards of the ITF. Master Roena has been training in Taekwon-do for over 37 years and has over 44 years of experience in the martial arts. He also holds the rank of 6th dan Black Belt in WTF Taekwon-do and 1st Dan Black Belt in Jujitsu. In addition to his extensive training in the martial arts, he also has over 16 years experience as a law enforcement officer. Master Roena teaches monthly Black Belt classes for our Black Belts and Black Belt candidates to regularly attend as well as advanced rank classes at TAMA.

TAMA Instructor Training Program: Our instructors are dedicated to continually better themselves and in turn all of the students at the academy. We have an instructor training program for students who are serious about their martial arts training and have the desire to help others improve. Students will not only enhance their level of training and comprehension of the ITF Taekwon-do curriculum but will also be able to learn and gain the knowledge and skills of a professional martial arts instructor, which includes leadership, motivation, discipline, confidence and more. The Instructor Training Program is open to Yellow Belts and above. Juniors must receive parental approval. Students must also receive an invitation to join the instructor team. To be eligible, you must attend class consistently (at least twice a week), display a positive Black Belt attitude in class at all times and be willing and able to learn and be committed to teaching/assisting in at least one class per week plus attending mandatory meetings and instructor training sessions. At each level, instructors get more responsibility and experience in teaching this art. Our instructors are trained to work with students and to help them achieve their goals. In Leadership and Instructor Training Seminars, instructors have a chance to hone their skills through different exercises, role-play drills, and seminar based teaching. While a student can join our instructor program at the Yellow Belt level as a Student Leader, Instructors cannot teach/assist in classes until they are well trained to do so and must pass our instructor boot camp first! Students/Instructors are not allowed to teach the TAMA curriculum whether at the dojang or outside without instructor approval first.

History of Taekwon-do

Taekwon-do is a way of life and is a universal art of unarmed combat designed for the purpose of self defense. Modern day Taekwon-do is practiced by millions of people around the world today. In Korean, Taekwon-do means the way of the hand and foot, as *Tae* is literally translated as “to smash with the foot”, *kwon* means “destroy with the hand or fist” and *do* means “the art or way of.”

On April 11, 1955, General Choi Hong Hi was credited with officially naming this martial art, calling it Taekwon-Do, which he had developed, initially based off of elements of Taekkyon (an ancient Korean martial art dating back 2000 years) and Shotokan Karate, which he studied while in Japan. General Choi was also credited with starting the spread of Taekwon-Do internationally by stationing Korean Taekwon-Do instructors around the world to promote and teach it. The ITF (International Taekwon-Do Federation) was officially formed on March 22, 1966. Modern day Taekwon-do has evolved and has been perfected over the years, encompassing philosophical values and goals which are rooted in the traditional moral culture of the orient. Taekwon-do is also a technical martial art and based off of principles of physics.



General Choi had developed the 15 Volume Encyclopedia of Taekwon-do in order to spread his teachings. His work can also be found in a condensed version.

About our Tenets and Student Oaths

Taekwon-do training not only incorporates the traditional military style discipline, but also places a strong emphasis on behaving outside of the class with the same principals that we learn in the Taekwon-do classroom. Merely saying the tenets is not enough. We want to live our 5 tenants or core values of:

1. Courtesy
2. Integrity
3. Perseverance
4. Self Control
5. Indomitable Spirit

Additionally, the Student oaths are important to remember and understand as well as to abide by:

1. I shall observe the tenets of Taekwon-do.
2. I shall respect my instructors and seniors.
3. I shall never misuse Taekwon-do.
4. I shall become a champion of freedom and justice.
5. I shall build a more peaceful world.

About our Website/Private Facebook Groups

Our Academy website is a great tool for our students. It is loaded with information, pictures, and videos. We also encourage students and parents to check out our Facebook page. Here you will see pictures and videos. You will also be kept up to date on the latest events and news about the academy. The website is also great for you to share our academy info with your friends and family. We always appreciate you helping us grow. www.tannymartialarts.com | Find us on Facebook at www.facebook.com/tannymartialarts

Additionally, we have private Facebook groups for our programs: Taekwon-do and Kickboxing where students/parents can receive up to date news/events, announcements, links to articles/videos that would help you or your child with training as well as a private area to share photos/videos and to ask instructors questions.

Join the *Tanny Academy of Martial Arts Families* Facebook Group—For all parents of kids in our Taekwon-do programs: bit.ly/TAMA-Families

Or the *Tanny Academy of Martial Arts Teens/Adults* Facebook Group—For all students/parents of students in our Teens/Adults ITF Program: bit.ly/TAMA-ITF-Adult

About our Curriculum

Our academy teaches traditional Taekwon-do based off of the Encyclopedia of Taekwon-do. Students train in each of the different curriculum units on their own rank level requirements in order to rank up.

1. Patterns (known as *Tul* in Korean) - Traditional *Chang Hon* (meaning Blue Cottage) Patterns
2. Fundamental Movements (stances, blocks, techniques)
3. Combinations (kicks, hand techniques)
4. Self Defense (*ho sin sul*)
5. Step Sparring: 1 step, 2 step and 3 step (*Ilbo, Ibo and Sambo Matsogi*), Pre-arranged sparring
6. Free Sparring
7. Breaking
8. Conditioning
9. Flexibility

About our Rank System

ITF Taekwon-do has 10 Colored Belt ranks (*Gup*) and 9 Black Belt Ranks (known as *Dan*).

Colored Belts are divided into various rank blocks:

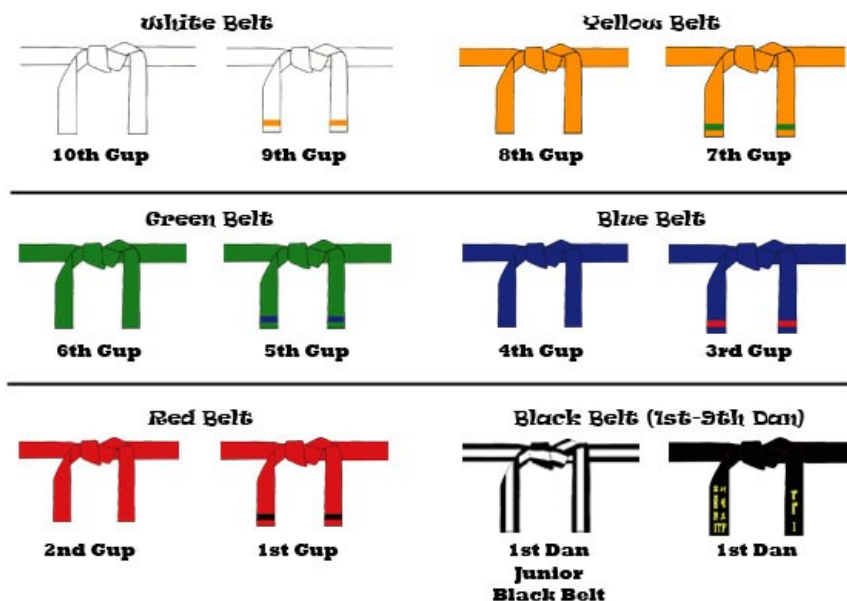
1. Beginner (White-Green Stripe)
2. Intermediate (Green-Blue)
3. Advanced (Red Stripe-Black Stripe)

Black Belt Ranks and Titles:

1. Assistant Instructor - *Boo Sabumnim* - 1st-3rd Dan
2. International Instructor - *Sabumnim* - 4th-6th Dan
3. Master Instructor - *Sahyunim* - 7th-8th Dan
4. Grand Master - *Sasungnim* - 9th Dan

Students may rank up every 3-4 months for White/

High White belts, every 4 months for Yellow to High Green Belts and every 6 months for Blue to High Red Belts. It takes approximately 4-5 years to earn the 1st Dan Black Belt.



JUNIOR PROGRAM - CURRICULUM STRIPES: Our Junior ITF Taekwon-do program utilizes a curriculum stripe system in which students earn colored stripes on their belts to signify proficiency in a particular curriculum area. The benefit of our Junior Rank System and program is that our kids learn authentic ITF Taekwon-do, not watered down techniques. Again, it is just taught in a systematic way that enables our junior students to learn and comprehend the techniques and curriculum and allow them to set attainable goals to promote to their next rank. Below are the curriculum stripes students are required to earn:

- | | |
|---------------------|---------------------|
| Black—Patterns | Green—Step Sparring |
| Blue—Combinations | Purple—Fitness |
| Yellow—Fundamentals | Brown—Breaking |
| Orange—Self Defense | Red—Sparring |

About Our Academy and Affiliations

Tanny Academy of Martial Arts is an official ITF Taekwon-do school, meaning that students who earn their Black Belt ranks will receive rank recognition by the International Taekwon-do Federation and will be recognized by any ITF school throughout the world. TAMA is affiliated with several organizations, which ensures that our teachings remain up to standards and that our students and instructors have continuing resources to better themselves. It's important to note that our instructors are still actively training and progressing.

Tanny Academy of Martial Arts (TAMA):
Head Instructor: *Sabum* Kimberly Tanny, IV Dan
Headquartered in Aurora, CO



Colorado International Taekwon-do (CIT):
President: *Senior Master* Roberto Roena, VIII Dan
Headquartered in Aurora, CO



American Taekwon-do Federation International (ATFI):
President: *Senior Master* Fabian Nunez, VIII Dan
Headquartered in St. Augustine, FL



International Taekwon-do Federation (ITF):
President: *Grand Master* Pablo Trajtenberg, IX Dan
Headquartered in Benidorm, Spain



Disclaimer

While we do take safety very seriously, Martial Arts training is a physical activity. TAMA is not responsible to any person for loss, damage, injury, or death due to Martial Arts training or related activities. We require that all students have a valid and active release form on file with the academy.

Disabilities and Injuries

There are many disabilities and injuries that allows a student to train on a regular basis without incident. However, we recommend that a student with a disability or injury get a doctor's approval before starting/continuing in Taekwon-do training. Once approved by a physician, you may need to modify your training to suit your situation. For example, if you are coming off of a break due to knee surgery, you may choose not to do certain stretches and drills until your knee has properly healed. If a student has any disabilities/injuries that would prevent them from performing any exercises or that require modification, he/she must first obtain doctor approval and then notify the instructors prior to training.

General Information and Policies

At Tanny Academy of Martial Arts, we do have a particular way in which we operate classes. It sometimes takes a few weeks/months to get acclimated with some of our policies or traditions. Please let us know if you have any questions.

Bowing

Bowing, in any martial art, is a sign of respect and focus.

How to bow:

- Stand at ATTENTION with heels together and feet turned out 45 degrees (forming a V) with the hands to the sides and raised slightly 30 degrees, but not touching the body and with lightly clenched fists. Elbows should be bent slightly
- Bow from ATTENTION, keeping eyes forward and bending at the waist just 15 degrees.
- As you bow, simultaneously lift both fists slightly and verbally say “*Taekwon.*”

It is important that you also know and understand the correct time to bow. When you bow to someone you are making a public gesture that you respect them. Also, bowing when you enter and leave the Dojang reminds you that you are there to learn and develop yourself into a Martial Artist. Think of yourself “emptying your cup” of all the normal life worries and concerns and instead, pledging to yourself that you will focus your class time on personal development.

When to bow:

- When greeting your instructor (whether at the dojang or outside, even at a restaurant) or another student
- Before you perform your form
- When entering and leaving the Dojang (training room)
- Before and after working with a training partner

Answering

Answering in Martial Arts is when a student responds back to a Black Belt/Instructor with a “Yes, Sir,” / “Yes, Ma’am.” This verbal reply demonstrates to the higher rank that you understand what they have just told you.

When to answer:

- When an instructor gives a class command (“Run to the back of the room”)
- When an instructor asks you to do something (“Switch feet, Johnny”)
- When a higher rank asks you a question (“Are you excited about your belt testing”)

Personal Benefits of Answering:

You may not have thought much about it, but each time you say “Yes, Sir or Yes, Ma’am,” you are teaching your mind to immediately respond in a positive way. You are also constantly reminding yourself to stay focused as you quickly respond to the instructor’s commands. Immediate Response Training is crucial to being able to defend oneself.

Yearly Events:

Each year there are certain events that you can participate in, compete in, volunteer to help for, or generally want to be at. Here is a list of some of those events:

Belt Testings: Colored Belt Promotions for our ITF Taekwon-do program are generally held the last Friday of the month, every other month. Students test approximately every 4-6 months depending on their rank, requirement and commitment to training. Junior Students also have a Curriculum stripe system in which they will earn curriculum stripes upon successful completion and demonstration of a curriculum area. Once they attain all the required curriculum stripes, they will then be eligible to promote to their next rank.

Students must train and test consistently in order to get the full effect of the program. If a student trains on a regular basis 2 times per week and tests on time, they will be eligible for black belt in roughly 4 years, however we cannot guarantee when or if a student will earn his/her black belt, only that we as instructors will be here every step of the way to guide our students to Black Belt and beyond as martial arts is a journey, not just a destination. Students should not skip tests if they are near ready. Instead, schedule a private lesson. Students who do not test consistently are susceptible to becoming complacent and wanting to quit. See the Belt Testing section of this manual for more details.

Competitions/Tournaments: Our academy offers a variety of competition opportunities. Look for upcoming events that you can participate in. Competing gives the student a chance to challenge themselves and have fun at the same time. We believe that competing forces the student to rise to the next level. If you are interested in joining our competition team to compete at local, national or international tournaments, please speak with an instructor.

Summer Camps: Every Summer, we offer a fun opportunity for families to attend our awesome summer camp. Summer camp is an overnight camping trip usually lasting from Friday afternoon to Sunday morning. The camps include Taekwon-do Training, martial arts weapons training, hiking, camping and more. These camps are great for students as well as non students. Don't miss out on a Kickin' Summer! We may also offer occasionally one day, day-time summer camps open for kids ages 5-12.

Kids Night Out: Several times per year we have a kids night out. These are usually held on Friday or Saturday night and are typically from 6:00pm-9:00pm. Depending on the time of year, we will do different games and watch a fun kid's movie or have the opportunity to train in martial arts weapons. So, go out and have a great night, and leave the kids to us!

Seminars and Training Camps: Our academy offers a variety of seminars and training camps. In order to keep fired up about your training, we recommend participating in as many as possible. Seminars and camp topics may include Hyper training, weapons training, leadership, bully defense, self defense, sparring, forms, and much more. Check out your academy calendar and sign up for your next TAMA event!

Picture Days: We generally do a martial arts picture day once a year. We highly recommend that you get yours taken, as it is a part of who you are. After several years of getting pictures, it is great to see where you are and where you have been. Our photographer offers a variety of backgrounds and special effects that make it even more fun. Start planning what moves you are going to do at the next picture day!

Holiday Super Sale: In conjunction with our annual picture day, we hold a once a year Holiday Super Sale. This is where we order, in bulk, all of the equipment you are required to have at every level and sell it at a discounted rate. This is the time to bulk up for the year on uniforms, patches, sparring gear, target pads, rebreakable boards, as well as great holiday gifts like belt racks, ornaments, kicking bags and more!

Class Attendance:

All students should train at least 2 times per week. Students may choose to train more often, however, be careful not to "burn out" from over training. If you miss a week due to illness, vacation, or other life events, you are encouraged to make up your classes and, perhaps, get a 1 on 1 private lesson. If you know ahead of time that you will be missing a week or more of classes, please let our staff know.

NOTE: IT IS ALMOST IMPOSSIBLE FOR A STUDENT TO GET BURNT OUT WHEN TRAINING CONSISTENTLY 2 TIMES PER WEEK!

What If My Child Wants to Quit?:

Commitment and tenacity are qualities we are proudly teaching through our programs. Sometimes training is difficult, however, allowing a child to quit teaches them to give up instead of how to overcome challenges. Everyone experiences a time when it is hard to stick with a commitment and may need some encouragement in order to push through the hurdles. We are more than happy to meet with you and your child to discuss why your child is finding their training difficult. We want to teach our students to never give up, even when things become challenging.

If absolutely you or your child must cancel your membership, we require a 30 day notice to cancel. Your account will be charged 1 more billing cycle and the membership cancels out 30 days from the time you notify us. If in the case that you move outside of our teaching area (more than 20-25 miles away, you must provide proof of new address and your membership will be canceled with no penalties.

Attendance and Check-in:

Students can check in on our iPad kiosk to ensure they receive proper class credit. Just find your name in the correct class roster and mark YES to check-in for class. If you have issues with the iPad, system or have any questions, please contact an instructor.

Lateness Policy:

In our classes we value every minute of class time. Please help us in our mission to serve you better by striving to be on time. Here is our official Lateness Policy:

- 1) If a student is late he/she must wait at the mat for the instructor to allow him/her to enter the mat and must quietly bow in and join class. If the class is already lined up, the student must line up at the end (even if his/her rank is higher than the other students.
- 2) The student will not receive class credit if he/she is more than 15 minutes late (10 minutes for LN/LD)
- 3) The student will not be allowed to enter class if he/she misses more than 20 minutes of class (15 minutes for LD/LN), as it is unsafe for the instructor to allow a student to train after the warm-up and stretches We are sorry if this causes an inconvenience, however I know you can see the need for such a policy.



Viewing Classes:

We are a family friendly martial arts training center. We encourage parents of all students to watch class at least one time each week. Please observe the following requests as it relates to watching classes:

1. The instructors are specially trained to teach your child, so please refrain from interacting with your child or coaching them from the spectator area during classes as this can cause distraction.
2. Remember that we work on building positive values. For this reason, we ask that you refrain from gossip, foul language, or inappropriate conversation while in our facility.
3. Please keep noise to a moderate level. We do not have a wall separating the lobby from the training room, so noise carries directly over and can be distracting to our students.
4. Keep an eye on young children (siblings or friends who are watching class). We don't want a child getting hurt while walking around the dojang.
5. If you are unable to watch classes, please observe the following requests:
 1. Do not drop off your child more than 15 minutes before class starts and do not leave child more than 10 minutes after his/her class has ended. (Please call if there is an emergency that will delay the child getting picked up or if you have a special request that the child needs to be there more than 10 minutes before class starts.)
 2. Please do your best to find out any upcoming events that we may have announced to the lobby during your child's class. This can be done by looking up our last academy e-newsletter, looking at our Facebook page updates, our events page on our website or emailing Sabum Tanny at ktanyn@tannymartialarts.com

Holidays & Special Events:

Our academy is closed for all major holidays. We are also closed for 1 week in July for our Summer Break as well as during the period between December 24th through New Year's Day for our Winter Break. Other classes may be canceled with prior notice for events, seminars, tournaments, etc.

Birthday Parties:

See our staff for more information on our awesome birthday parties. Martial Arts birthday parties are usually offered on Saturdays or Sundays. Our parties are generally 1 1/2 hours of TKD fun! We offer various Birthday Party Package or can customize our birthday parties for you and your child. Contact us for more information or to book your child's birthday party today!



Demonstrations, Group Presentations, and Self-Defense Clinics for your group:

Our academy is very community minded, and we enjoy giving back. If you have a large event (i.e. school festival, company picnic, etc.) where you would like our demonstration team to present, please call or e-mail to schedule. We also are happy to do presentations for Boy or Girl Scout Troops (or similar groups) as well as sports teams, office, church, or other group self-defense seminar.

Severe Weather Class Cancelations:

At times, weather emergencies force us to close the academy. This may be due to a snow storm or random power outage. We always try our best to get the word out via our Facebook Page, Website and/or via E-Mail. Always use your best judgment when it comes to weather conditions. We always try to make a decision by 2:00 pm on weekdays as to whether or not we will be closed that day. If we close, we will send out an E-Mail and post it on our Facebook page. Please note that we are not able to call each individual student, however if you are unsure if there is class, please give us a call. The quickest communication is via text message or to check our Facebook page/group. If we decide to close the academy but are unable to answer the phone, our voicemail message will be updated with the closure information.

Student Leave of Absence:

Through our experience, we have found that it is best to keep a consistent training schedule. However, we understand that there are times when a leave of absence is necessary. Tanny Academy of Martial Arts has set policies to help you through this process. Medical leave of absence is required when an injury has made training dangerous to yourself or others. We require a medical note from your physician. If this type of leave is necessary your membership will be frozen as well as your billing. When you are released by your doctor to participate again, your membership will resume and your payments will continue as scheduled. Your program will extend to cover all unused months and payments.

If you need to take a leave of absence and pause your membership for any other reason, we require a 2 week notice to pause your membership.

It is highly recommended that students train consistently, and we would like to see students make 1—2 classes per week.

Private Lessons:

Students should get all they need from training 2-3 times per week. However, if a student feels behind or feels like they just want a tune up, private lessons are available. We usually schedule these during non class times in order to have a focused atmosphere. Black Belts are encouraged to get a private lesson 1-2 times per year just to get and stay sharp. Private lessons can also be great for students who are getting bored. This will give them the opportunity to be challenged and make new goals. Please speak to our instructors about our Private lesson pricing and packages.



Referral Program:

“The highest honor and greatest respect you can show for your instructor is to refer others.” We are always offering our awesome trial programs that your friends are invited to enroll in. If they enroll in a full membership after the trial program, we give out referral bonuses. Students can earn cash incentives for referring others. Please ask our instructors for more details and invite a friend to join you for class!

Belt Promotion Fees:

The instructors at Tanny Academy of Martial Arts serve as the testing board for all colored belt students testing towards their next rank, up through 1st Gup High Red Belt. At the Black Belt testing, Sabum Tanny as well as the CIT Senior Black Belts, including Senior Master Roberto Roena, serve as the testing board. Rank Certificates will be awarded through Colorado International Taekwon-do once a student passes and earns their next rank.

Belt Promotion Fees: \$30/Rank for 10th Gup White to 5th Gup Blue Stripe; \$40/Rank for 4th Gup Blue to 2nd Gup Red

Family Discounts are offered for Colored belt testing fees: \$5 off each member for 2 or more members testing at the same time.

Black Belt Testing Fee: \$200 (\$50 goes to TAMA to cover extra training/prep classes, study guide and breaking materials; \$150 goes to CIT)

Membership Fees:

COLORADO INTERNATIONAL TAEKWON-DO (CIT) - CIT is our local ITF body organization and is led by Senior Master Roberto Roena, VIII Dan. All active students in our ITF Taekwon-do program are required to pay an annual membership fee to the CIT. Fees are: \$15/year for 7-12 years and \$20/year for 13+ years. The first membership fee is due at the first belt promotion and is included in your first belt promotion fee. The CIT Membership Fee allows a student to be in good standing with TAMA and CIT and will allow a student to be able to test for their next ranks as well as to attend classes and seminars taught by Master Roena or any of the CIT Black Belt Instructors.



AMERICAN TAEKWON-DO FEDERATION INTERNATIONAL (ATFI) - ATFI is our national ITF body organization headed by Senior Master Fabian Nunez, VIII Dan. The ATFI Membership is \$25 (one-time, life-time membership fee) and is due at the 8th Gup Yellow belt testing. The membership fee includes the ATFI and ITF Uniform patches and the ATFI lapel pin. Membership signifies that the student is in good standing with the ATFI and ITF organizations and will be allowed to rank up through the colored belts and eventually towards their black belt ranks.



Uniforms:

The uniform (dobak) at Tanny Academy of Martial Arts is all white and includes the uniform pants, top and belt. An undershirt (t-shirt or tank top) is required for females and optional for males. Full uniform is also required at all Testings, Competitions, Seminars, and other special events. Beginner students may start out with a plain white dobak, but are required to purchase an official ITF Uniform once they are at the 6th Gup Green Belt level, signified by the ITF Taekwon-do tree logo on the back and ITF lettering on the pant legs. All students 16 years of age and older are required to wear an official ITF uniform. Uniforms must always be kept cleaned and pressed and free of odors.



Patches:

ITF Patch - The insignia of the International Taekwon-do Federation is worn on left chest (close to the heart).

ATFI Patch - The national patch, ATFI, is worn on the right chest.

CIT Patch - The state level organization patch is worn on the right inside of the uniform (bottom center).

TAMA Patch - The school patch is worn on the right sleeve approximately one inch below the seam

Instructor Rank Patches - Instructor Rank patches are specific to TAMA and are worn on the left sleeve.



How to Tie Your Belt:

Traditionally ITF Taekwon-do Belts are single wrap, meaning that they are wrapped only once around the waist to symbolize:

1. Pursue **one** goal.
2. Serve **one** master with unshakable loyalty.
3. Gain a victory in **one** blow.

Note - when tying, make sure there are no twists. Also white belts will be double wrap. For double wrap belts, start wrapping in front then pulling around back and follow directions below. In step 2, make sure you tuck the right side through the first wrap as well.

1. Wrap belt around waist from back towards the front.
2. Put right side over left side and tuck the right side up to create a half knot.
3. In half knot, make the ends equal length. Adjust if necessary until they are equal.
4. While in half knot, put left side over right side and push left side through to create the final knot.
5. Tie the final knot tightly while making sure that the ends of the belts end up equal in length. If not equal, start over.



How to Properly Fold the Uniform:

1. Lay the jacket out flat, front side up.
2. Fold the pants neatly in thirds on top of the jacket and lay it at the chest of the jacket.
3. Fold one side of the jacket across the pants and fold the sleeve back even with the pants.
4. Fold the other side of the jacket the same way.
5. Fold the bottom of the jacket up over the sleeves.
6. Fold in half upward once more and turn the folded uniform over.
7. Tie your belt around your uniform using a square knot.



School T-shirts:

During warmer months, students are able to wear our TAMA logo T-shirts to class in place of their uniform jackets. They must still wear their uniform pants and belt. Please check our Pro-Shop for pricing and availability. Please note that when wearing T-shirts in class, they must be tucked in neatly.



General Information on Sparring

Gear:

- Sparring Gear is required at the 8th Gup Yellow Belt Level.
- Sparring Gear must be ordered/purchased from TAMA to ensure it meets our requirements and also helps support our dojang.
- Sparring Gear must be brought during sparring weeks (generally every other week on Wednesdays and Thursdays), during any specialty sparring classes, seminars, advanced training classes, competition and testing.
- Be sure to try gear on to ensure that pads fit properly.
- Please make sure gear is in good, safe condition for sparring (i.e. gear has no rips or tears or is not taped up, which can cause injury to others).
- Please write your name on your gear and/or bag
- Please practice putting your sparring gear on in 2 minutes or less.

Students must have:

- Head Gear
- Hand Pads
- Foot Pads
- Shin/Instep Guards (Optional but recommended)
- Mouth Piece
- Males are required to wear a groin protector to all sparring classes (not included in sparring package)



How to mold the mouth guard: *(Parents, help your child mold the mouth guards for safety reasons. Please guide them through the steps or you may explain it first.)*

- Boil water in a small pot.
- Take mouth guard out of plastic bag and drop into boiling water for 7-8 seconds.
- Remove with TONGS. *(Please do not put your hands into boiling water).*
- Place mouth guard IMMEDIATELY around upper teeth. *(Mouth guard will be warm, but will not burn)*
- INSTANTLY secure mouth guard by pressing tongue against back of upper teeth.
- While holding mouth guard into position, SUCK OUT all the air and water until guard molds to a tight fit around the upper teeth.
- If you do not get a tight fit, repeat procedure.

How to Wash Sparring Gear:

- Take all pads out of bag and place the vinyl pads into a shower. Rinse with warm water and use gentle soap if desired. Hang dry and allow 1 day to fully dry.
- Mouth piece can be placed in a glass of mouthwash to clean. Soak for a minimum of 1 hour.

Students participating in National/International Tournaments are required to purchase official ITF Sparring Gear. Please see an instructor for more details.

The Class:

Each class is specially designed to deliver the necessary Curriculum in a fun, unique, and high energy fashion. Each week, the class focus is on a different topic, which is why it is important to train at least 2 times each week. The week topic may be Forms, Sparring, Targets, Self-Defense, etc. If a student misses a week or two in a row, a private lesson may be needed.

Sections of the class:

Pre-Class Activity: Before class begins, it is imperative that the students and instructors get mentally focused on the upcoming workout. During this time, students are encouraged to go to the restroom, get a drink, fix their belt, etc. Junior students will then take a seat in the prep zone (wall area on the mat on the same side as the water dispenser and cubby holes) with their legs crossed, hands in lap and ID cards in front of them as they wait for class to begin. Teen/Adult students may do some controlled warm-up drills and pre-class stretching.

Bow-In and Opening: The instructor or senior student (*Sunbaenim*) will call out “*Chul-sa*” to command students to line up. Students should line up shoulder to shoulder (but with space between, enough to stretch, on the edge of the first blue ring, with the highest ranking student towards the right. If there are more than 6 students, everyone must form two lines with the higher ranking students in front and lower ranking students directly behind someone. Once lined up, the assistant instructor or *Sunbaenim* will bow the class in. He/She will say, “*Charyot*,” (students answer “Yes, Sir/Ma’am!”) Next, the *sunbaenim* says, “*Guk gi e tae hae. Kyong ye*,” which means “Face the flag. Bow.” (Students say, “Yes, Sir/Ma’am,” and bow). He/She then says, “*Barro*,” meaning “return to position.” The instructor will then turn around and the students may assume attention position. The *Sunbaenim* will then call out for everyone to kneel and meditate, saying: “*Anjo*.” The instructor kneels followed by the next highest ranking instructor or student and so on until everyone kneels. To kneel properly, start in attention stance and shift your feet and body slightly to the right. Drop to your knees and shift your body back towards the front. Kneeling position should be on the ball of the feet, however depending on injuries or disabilities, students may need to adjust position to kneel on their instep or may sit cross legged. The *Sunbaenim* will say “*Muk-nyeom*” asking everyone to close their eyes and meditate. During this time, students should make an effort to focus on their breathing and to clear their minds, preparing themselves mentally for class. Meditation is ended with two quick claps and a verbal command of “*Barro*.” Again, the instructor rises first, then the students. Stand up with your left leg then right, right up to attention stance. The *Sunbaenim* will then bow the students to the instructor. “*Sabumnim ge, kyong ye*.” Command must be adjusted according to title of the lead instructor.

Warm Up Drill: The instructor will have the class warm up with an energetic warm up drill. Adult class warm ups will be more strenuous and challenging than Kids classes.

Stretches: Students go through our academy stretching routine. These should be done 3 times per week in order to gain flexibility. When stretching, students should not allow their minds to wander. Instead, he/she should remain focused on improving his/her overall flexibility.

Technique Development: Instructors put the day/weekly theme into action by having students perform techniques on targets, with partner drills, floor drills, etc... The curriculum includes Patterns, Fundamentals, Combinations and Techniques, Self Defense, Step Sparring, Sparring and Breaking.

Water Break: Students will receive a specific water break approximately half way through class, however if at any time, a student needs a water break or restroom break, they must ask permission, unless it's an emergency.

Mat Chat: The mat chat is typically done right after the water break. The mat chat is as important as any other part of the class. Instructors talk to the class about specific topics relating to the cycle tenet or that day's curriculum.

Theme of the Day Drills: If the class topic is timing in the form, then the instructors will break up into groups and work on that specific topic. Each class, students will work on a drill highlighting what was generally taught in the first curriculum section. The drills help students to better understand and demonstrate the curriculum.

End of Class Drill: (2nd Curriculum) The class may spar, do conditioning drills, flexibility work, etc.

Final Challenge/End with a Win: The Final Challenge is the activity to wrap-up class. The Final Challenge may be dodgeball, obstacle courses, relays, black belt says, or any other challenge that the instructor wishes (within safety guidelines). For Adult classes, this time may be used to do a conditioning or flexibility challenge. Generally, in our children's classes, the Final Challenge is more game based, allowing the students to learn an important lesson, but also have fun at the same time.

Closing and Bow-Out: The instructor may review with the class what they have learned. Students are encouraged to relay the information to their parents. The bow-out procedure follows closely to the bow-in procedure, except there is no meditation. The lead instructor will end class and have students face the flag and also bow/show respect to the General. *Choong Shi Jang Nim ge, kyung-ne* (meaning face the founder, bow). The lead instructor then directs the students to bow at him or her and bows them to the next highest ranking instructor. The next highest ranking instructor then ends and dismisses the class by saying, "*Hae-san*." Everyone responds with thank you, "*Komapsumnida*" and proceeds to clap and wait until the instructor(s) make their rounds to high five all the students, which the students will then follow in line to high five everyone. Students then must bow off the mat to allow the next class to start.

Technical/Curriculum Section

Belt Color Meanings

WHITE	Signifies innocence of the beginner who has no knowledge of Tae Kwon-Do.
YELLOW	Signifies the earth in which the seed of Tae Kwon-Do is planted as the foundation of Taekwon-Do is laid.
GREEN	Signifies the plant's growth as the Tae Kwon-Do skills begin to develop.
BLUE	Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses
RED	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
BLACK	Opposite to white and therefore signifies proficiency and maturity in Tae Kwon-Do. Also signifies the wearer's imperviousness to darkness and fear.

Training Secrets of Taekwon-Do

General Choi Hong Hi mentions 9 training secrets of Taekwon-Do in the Taekwon-Do Encyclopedia.

Students should keep in mind the following secrets:

1. Study the Theory of Power thoroughly.
2. Understand the purpose and meaning of each movement clearly.
3. Bring the movement of eyes, hands, feet and breathe into a single coordinated action.
4. Choose the appropriate attacking tool for each vital spot.
5. Become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. Create a sine wave during the movement by utilizing the knee spring properly.
9. Exhale briefly at the moment of end of each technique, except a connecting motion.



Technical Points

Kihap

The 'Kihap' is a loud shout made upon executing a technique. There are many explanations as to what a Kihap is. These range from the physical and scientific fact that the short, sharp explosive exhalation of breath tenses the abdominal muscles increasing power to the major muscle groups and preventing impacts from 'winding' you. Any sports person knows this, just watch weight-lifters shout or tennis players grunt on a serve. More spiritual explanations say it is a focusing of the body's 'life-force' or 'shout from the soul'.

Whatever you believe (or don't!), the Kihap makes your techniques stronger and is a good way to perform correct breathing. A proper Kihap is a sound, which cannot be spelt and is best described as a grunting shout. Many people feel unsure about what they should say or feel a little silly so few people Kihap properly to begin with. Just look to the senior grades... they felt just as silly at first too but now they just get on with it because they realize it makes sense.

Theory of Power

Power is generated in a combination of ways and is attributed to the utilization of a person's full potential through the mathematical application of Taekwon-Do techniques. Taekwon-Do training will increase a student's reaction force, concentration, equilibrium, breath control and speed. These five factors make up the Taekwon-Do Power Theory and result in a high degree of physical power.

CREMBS (Acronym) - Concentration, Reaction Force, Equilibrium, Mass, Breath Control and Speed

Concentration (*Jip Joong*) – In the Orient, this force is sometimes called 'Chi'. Basically it is the act of concentrating on the task at hand and not worrying about if anybody's looking at you, or what you're going to eat later, or if you've remembered to set the video etc. With proper focus you can 'channel' all your efforts into the technique and show greater power than you probably thought you could. By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect.

Reaction Force (*Bandong Ryok*) – This is using another part of the body as an opposite force. For example to pull the other hand back to the waist when punching. According to one of Newton's Law, every force has an equal and opposite force. The two forces will combine to generate more power.

Equilibrium (*Kyun Hyung*) – Balance is imperative in Taekwon-Do. By keeping the body in equilibrium (well-balanced), a strike is more powerful and effective. In contrast, an unbalanced person will topple easily and not be able to execute proper technique and power. To maintain good equilibrium, it is important to position your bodyweight in the correct place as you strike. The heavier you make yourself, the harder you can hit.

Breath Control (*Hohup Jojul*) – Controlled breathing affects one's stamina and speed. It also conditions the body to receive a blow and augment the power of a blow directed against an opponent. Exhale at the moment of impact while you stop the breath during the execution of a movement. Tense your abdomen to concentrate the maximum effort and slowly inhaling will help you prepare for the next movement. Never inhale while focusing a block or strike. Learn to control (disguise) your breathing as this will minimize fatigue.

Mass (*Zilyang*) - The maximum kinetic energy or force is obtained from maximum body weight and speed. It is important that the body weight be increased during the execution of a blow. Maximum body weight can be applied with the motion of turning of the hip. Another way to increase body weight is by using proper knee spring in which the hip is slightly raised at the beginning of the motion and lowered at the moment of impact to drop the body weight into the technique.

Speed (*Sokdo*) – Speed is the most important factor of force or power. Force equals mass multiplied by acceleration ($F=MA$) or ($P = MV^2$). According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. This principle is applied to Taekwon-Do. At the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air. This is also one of the reasons why we do the sine wave, as the downward movement increases your speed and power. Reaction force, breath control, equilibrium, concentration and relaxation of the muscles all contribute to the speed and all the factors combined together with flexible and rhythmic movements produce the maximum power in Taekwon-Do.

With a great deal of practice the Taekwon-Do student can learn to instinctively combine all of the above elements. True power is fluid and almost effortless. Tensing up and trying to hit hard will probably mean that you have the opposite effect and your muscles work against each other making your techniques less powerful. The common misconception with Power is that generally people believe that the bigger you are, the stronger you are and that you'll be able to break more boards. This is not always true. Power is more in technique than physical size, but it takes time, be patient!

Sine Wave (*HWALDUNG PAHDO*)

The sine wave movement is unique to ITF Taekwon-Do. Its purpose is to maximize the power in each technique by maximizing body mass and kinetic energy. Sine wave permits greater control over body movements enabling smoother changes in direction and transition from one movement to another.

There are 3 stages to the sine wave motion:

Stage 1

The body drops slightly by bending the knees. At this stage the body is relaxed and moves into a balanced position while keeping the arms in a neutral position (the arms move slightly to a natural relaxed position but should not drop or make unnecessary movements)

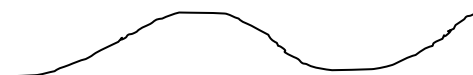
Stage 2

The body rises up but the knees must not straighten completely. The arms extend to prepare for the technique, but must not extend fully (approximately 80% is sufficient). This stretches the muscles that will be used to execute the technique. The whole body should still be relaxed at this stage.

Stage 3

The body drops quickly to maximize the acceleration of the technique. This dropping motion helps the muscles in other parts of the body to remain relaxed (like in freefall), while the muscles used for accelerating the arms work more freely and effectively. At the end of the movement the muscles are tensed to stop the body's dropping motion, to stop the arms moving (usually ending with a twisting motion), and to end the breath control all at the same time.

The secret to a good sine wave motion is to perform the 3 stages in a continuous flowing motion without stopping.



Sine Wave

Patterns (Tul)

Patterns (Tul) are the bread and butter of ITF Taekwon-Do. Regardless of the location of the Taekwon-Do club or school, all ITF Taekwon-Do practitioners demonstrate the 24 Chang Hon or “blue cottage” patterns the same way. Chang Hon is the pen name of General Choi.

What is the purpose of a pattern?

Patterns are practiced in order for students to train the fundamental movements of their body. Patterns are the foundation of Taekwon-Do and enable the student to develop various techniques like improved mobility and flexibility, improved body shifting, increased muscle tone, enhanced breath control and improved sparring techniques with the blocks, strikes and counters learned. Although free sparring is random and non choreographed and exercised at a much faster pace than patterns, patterns are critical to developing the necessary skills that a Taekwon-Do student needs in order to master sparring with their movements, balance, flexibility and ability to determine which block and counter is appropriate.

Reason for 24 Patterns

There are a total of twenty four patterns in ITF Taekwon-Do.

Per General Choi from the Encyclopedia of Taekwon-Do:

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an eon in a day.

It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

*Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century.
The 24 patterns represent 24 hours, one day, or all my life.*

Essential Information about Patterns

1. The following points should be considered while performing patterns:
Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next .
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

24 Chang Hon Patterns:

Chon-ji, Dan-gun, Do-san, Won-hyo, Yul-gok, Joong-gun, Toi-gye, Hwa-rang, Choong-moo, Kwang-gae, Po-eun, Ge-baek, Eui-am, Choong-jang, Juche, Sam-il, Yoo-sin, Choi-yong, Yong-gae, Ul-ji, Moon-moo, So-san, Se-jong and Tong-il.

We also practice Saju Jirugi and Saju Makgi as fundamental training exercises as well as the original Ko dang pattern, which was replaced by Juche. In addition, we practice the “forgotten or lost” pattern, U-nam.

Fundamental Techniques and Movements

As a beginner in the ITF Taekwon-Do program, students are expected to work on fundamental techniques and movements including stances, blocks, strikes, kicks, etc. These fundamental techniques are the building blocks and foundation for Taekwon-Do. The techniques and drills may seem repetitive, but as Anthony Robbins says, "Repetition is the mother of skill." This means that the more you repeat and practice something, the more proficient you get at it. Remember, practice makes perfect. So while the basic techniques seem boring when done over and over, these basic techniques are what will form a strong Taekwon-Do foundation for the student to be able to perform more advanced (and fun) techniques like the 360° Back Kick or the Flying Side Kick.

Conditioning

Students in the ITF Taekwon-Do program will not only be learning traditional Taekwon-Do as they progress through the belt ranks, but they will be improving their fitness level and conditioning at the same time. Students who attend class regularly and make an effort to also keep up their training and practice outside of the dojang will find that their flexibility, strength, agility, balance, and fitness level greatly improves. In order to execute the techniques properly, the body will, over time, condition itself with the patterns, techniques and other drills practiced over and over.

TANNY ACADEMY OF MARTIAL ARTS requires students to demonstrate specific push up and sit up requirements in order to challenge the students to constantly strive for physical improvement. Drills in class will also include cardiovascular conditioning, strength training, flexibility training and more through both traditional martial art methods and fitness drills.

Theory

TANNY ACADEMY OF MARTIAL ARTS teaches the original ITF Taekwon-Do curriculum, which includes study of Taekwon-Do Theory. In order to fully understand the applications of Taekwon-Do and be able to effectively execute the techniques, the student must understand the theory of the techniques and movements. Theory will include learning about the tools of attack (strikes, kicks and blocks), stances, sine wave, Theory of Power, meaning of patterns and belts, etc. Students will also be required to learn the appropriate Korean terminology for various techniques.

Belt Gradings include a section on Theory in which students must pass in order to receive their next belt. Colored belts (White through Black Stripe) gradings will have an oral theory test where the instructors verbally ask students questions, while Dan tests (black belt gradings) include a written theory test along with a required essay/thesis paper.

Receiving a Black Belt is similar to earning a college degree. Students don't earn a college degree by just showing up to class. They have to consistently attend classes, learn, pass exams and generally write a Senior Thesis paper and pass the final exams in order to graduate and earn their college degree. Earning an ITF Taekwon-Do Black Belt is the same. It requires the same hard work, study and understanding of the concepts and theory of Taekwon-Do along with physical demonstrations of the techniques learned.

Kicking:

Combination Kicks are two or more kicks using alternating feet against a single or several opponents in succession. The kicks may be the same kick or different kicks. At higher levels of rank the number of kicks increase and the kicks are performed to different targets and directions.

Consecutive Kicks are two or more kicks using the same foot against a single or several opponents in succession. The kicks may be different kicks or the same kick to different directions. At higher levels of rank the number of kicks increase and the kicks are performed to different targets and directions.

Double Kicks are two of the same kick with the same foot. The kicks may be performed to different heights, but must be performed to the same direction.

Triple Kicks are three of the same kick with the same foot. The kicks may be performed to different heights, but must be performed to the same direction.

Quadruple Kicks are four of the same kick with the same foot. The kicks may be performed to different heights, but must be performed to the same direction.

Sliding Kicks are kicks where the supporting foot is slid toward the opponent (usually behind the lead leg) while the kick is being executed. The supporting foot stops sliding the moment the kicking foot makes contact. Sliding kicks are usually performed from a rear foot stance and never from a long stance (L, Guarding, etc).

Skipping Kicks are kicks where the opponent is pursued with a skipping motion while the kick is being executed. The supporting foot contacts the ground the moment the kicking foot makes contact.

Flying Kicks are performed with either one motion from the spot or several motions while running.

Power Test / Board Breaking:

An important part of the ITF Taekwon-Do curriculum is the power test. The misconception that the bigger the person, the more power they have, thus, the more boards they can break is not always true. With the Power Test, students will come to understand the Theory of Power more in depth as they utilize the five factors to increase their power and effectively break a board or brick.

Adult students age 13 and older will begin breaking as an integrative part of the curriculum at the 10th Gup level. For safety reasons, younger students will not begin breaking until the 8th Gup Yellow Belt level and will be breaking junior boards. This is to ensure the student can demonstrate proper technique and form while maintain a high level of safety for their training. All adult students will use the standard pine boards 1"x12" cut to 10" width for their belt tests. Essentially, the boards are in actuality 3/4" thick and slightly less than 12" long. Re-breakable boards and kicking shields may be used in class for training purposes.

Step, Semi and Free Sparring

This is a form of sparring which is a very useful training tool and is an important part of training. Techniques from the patterns can be practiced here on a partner and close quarter timing, distancing, and movement can be honed. These techniques can be directly transferred to Self-Defense. Each partner stands at arms' length apart facing each other. One partner attacks using a kick or punch, (often a front obverse (same side) punch into walking stance). The defender simultaneously defends and counters. Techniques should be appropriate for the grade with lower grades perfecting their distance, timing etc. and higher grades being more flamboyant and technical.

As students advance to the higher belt ranks, they are expected to develop their own freestyle 1 or 2 step sparring routines. Beginner students will have set step sparring routines they need to learn.

3-Step Sparring – (Sambo Matsogi) This is the most basic type of step sparring where the attacker does 3 attacks (all the same) while moving towards the defender. The defender either moves back or forward and blocks each attack and then follows up with a counter. 3-step sparring is introduced at the 10th gup (White) belt level. As a beginner, students first learn how to do 3-Step Sparring without a partner, which is called Solo Step Sparring. Then they will face a partner and one partner demonstrates the offense and the other the defense techniques.

Initially, distance is measured by the attacker for beginning belt levels. Measuring is done by having the attacker step forward in a right walking stance (Gunnun Sogi) at a comfortable distance. The student then steps back to Junbi. As they initiate the 3-step sparring, the attacker will step back with their right leg into a left walking stance and execute a low outer forearm block and kihap. The defender will kihap to commence the attacks and defense sequence. As students progress to higher ranks, they are expected to be able to know the distance they should stand from their partner without pre-measuring.

2-Step Sparring – (Ibo Matsogi) This is an intermediate level of sparring. Students will also have set 2-step sparring routines they are required to memorize. Higher belt rank students will be required to make up their own freestyle 2-step sparring routines. Attackers will execute two predetermined techniques in which the defender will have to block, and then counter. Emphasis for 2-step sparring will be on timing and reaction of the counter techniques.

1-Step Sparring – (Ilbo Matsogi) This is a more advanced level of sparring in which the attacker does only one predetermined technique, like a step through obverse punch. Defenders are required to block and counter and will be expected to demonstrate a variety of techniques as well as speed, power and control. More advanced students, as mentioned above, should demonstrate more flamboyant and technical movements.

There is no contact in 3, 2 or 1 step sparring other than the actual blocking of the techniques. When the students execute the counter, they should not make contact with their partner at all. This demonstrates control as well as good close quarter timing and proper distancing as all mentioned above.

Prearranged Sparring – This is an advanced style of sparring but movements are still predetermined and controlled. This is a routine created between two partners sort of like a choreographed fight scene from a movie.

Free Sparring – There is no choreographed or set movements in free sparring. All the techniques, blocks and counters are performed randomly with an opponent. Beginner students demonstrate little to no contact when first starting free sparring. As they progress to higher belt ranks, it is expected that their level of control improves.

Free sparring is done with required padded safety equipment. For students under the age of 16, hand and foot pads, head guard, and a mouth guard are required. Male students are also required to wear a groin protector. Students aged 16 and older will be required to wear hand and foot pads and the head guard is optional. Students will be required to perform free sparring during various rank tests to demonstrate knowledge, skill and understanding of sparring applications, techniques, combinations, foot work, conditioning, etc.

Foot Sparring (Taek Kyon) – Advanced students will be required to free spar with foot techniques only. As Taekwon-Do is known for its kicks, students should be able to improve their speed, control, balance and technique while sparring with basic and advance Taekwon-Do kicks.

Self Defense (Ho sin sul)

In Self-Defense the format is similar to One Step sparring; however, the attacks can be any technique and come from any direction, e.g. a grab from behind. Techniques to defend and counter are more direct and not flamboyant. The primary aim of self-defense is not to get hurt. Firstly that means avoidance but if necessary it means doing just enough to ensure you can get away.

For each belt level, students will be shown different self-defense techniques and variations. They will be expected to learn how to defend themselves against specific attacks like a wrist grab, lapel grab, choke, bear hug, punches, kicks, etc. Students will not necessarily have to memorize specific movements but will be expected to understand the basics of how to get away from various holds and grabs and how to defend themselves properly as needed.

Red belt (2nd gup) students are required to create a 1 to 1 1/2 minute self-defense routine while red with Black stripe belt (1st gup) students are required to create a self-defense routine that is 2 to 2 1/2 minutes in length utilizing various Taekwon-Do self defense techniques (strikes, kicks, takedowns and releases from different holds).

Patterns Analysis/Applications (Tae Ryon/Hae Sul)

Our Senior students (ages 13 and older), as well as more advanced students in our Junior program, will be able to apply the Chang Hon patterns to a partner sequence, known as Tae Ryon or Hae Sul. This allows our students to understand real life applications of the techniques specifically taught in each pattern and apply them to a “partner form/pattern”.