

Training Manual

Volume I: Colored Belts



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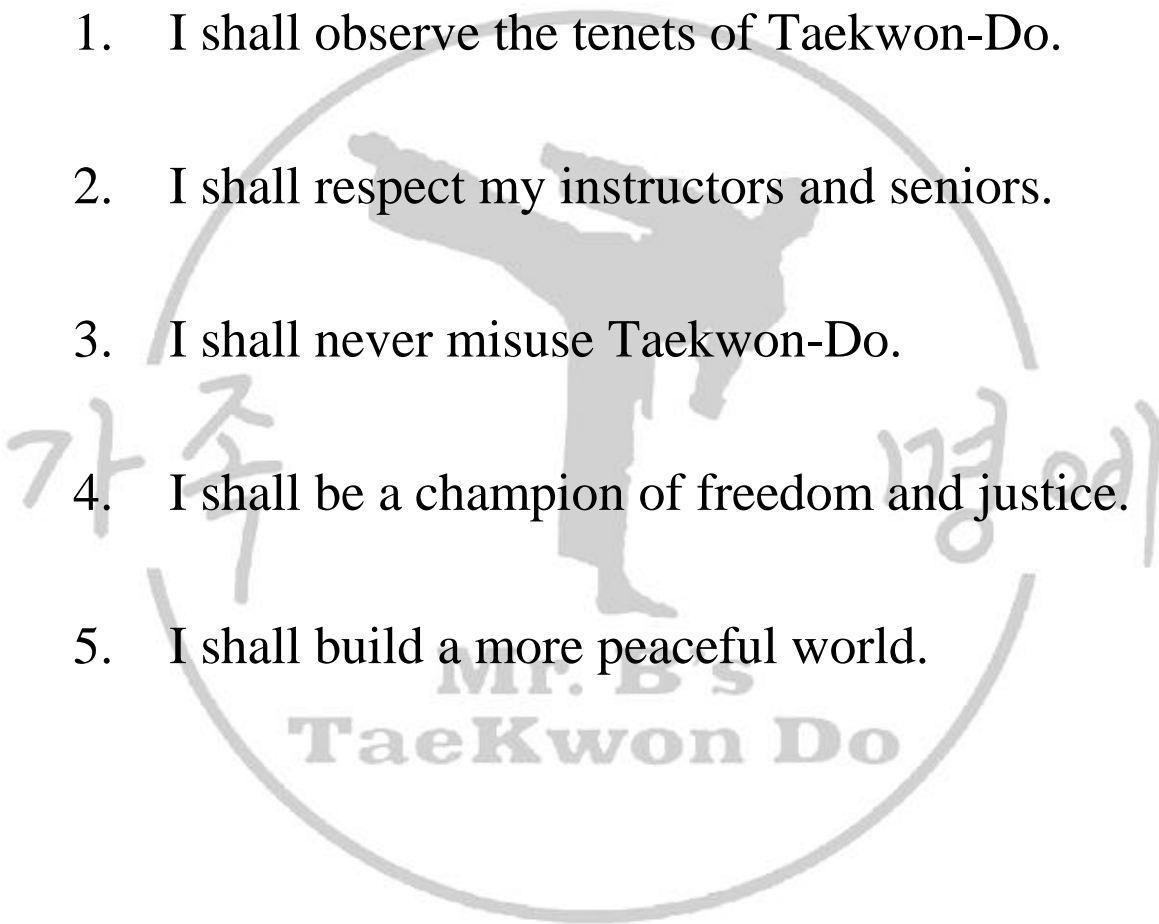
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White Belt (10th Grade)

Student Oath

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 be a champion of freedom and justice.
5. I shall build a more peaceful world.



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Taekwon-Do Tenets -- *Taekwon-Do Jungshin*

1. Courtesy -- *Ye Ui*
2. Integrity -- *Yom Chi*
3. Perseverance -- *In Nae*
4. Self Control -- *Guk Gi*
5. Indomitable Spirit -- *Baekjool Boolgool*

EXPLANATION OF TENETS

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

COURTESY (Ye Ui)

It can be said that courtesy is an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can be further defined as an ultimate criterion required of a mortal.

Taekwon-Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, contemning those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) To handle matters with fairness and sincerity
- 9) To refrain from giving or accepting a gift when in doubt

INTEGRITY (Yom Chi)

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have a conscience, if wrong, to feel guilt. Listed are some examples where integrity is lacking:

- 1) The instructor who misrepresents himself and his art by presenting improper techniques to his

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students because of a lack of knowledge or apathy.

- 2) The student who misrepresents himself by "fixing" breaking materials before demonstrations.
- 3) The instructor who camouflages bad technique with luxurious training halls and false flattery to his students.
- 4) The student who requests ranks from an instructor, or attempts to purchase it.
- 5) The student who gains rank for ego purposes or the feeling of power.
- 6) The instructor who teaches and promotes his art for materialistic gains.
- 7) The students whose actions do not live up to his words.
- 8) The student who feels ashamed to seek opinions from his juniors.

PERSEVERANCE (In Nae)

There is an old Oriental saying, "Patience leads to virtue or merit, One can make a peaceful home by being patient for 100 times." Certainly happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance. Confucius said, "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

SELF CONTROL (Guk Gi)

This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

INDOMITABLE SPIRIT (Baekjool Boolgool)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

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Techniques

1. Walking Stance
2. L Stance
3. Sitting Stance
4. Attention Stance
5. Ready Stance
6. Sitting Stance Punch
7. Walking Stance Punch
8. Grabbing Ear Prep (inside cross)
9. Butterfly Prep (outside cross)
10. Low Block
11. Low Knife Hand Block
12. Outer Forearm Block
13. Inner Forearm Block
14. Middle Section Knife Hand Block
15. Guarding Block
16. Downward Strike with Side Fist
17. Front Kick
18. Stomp Kick
19. Half Facing
20. Full Facing

Three Step Sparring

1. Low block with a punch defense (forward = walking; backward = L)
2. Outer forearm block with a punch defense (forward = walking; backward = L)
3. Knife-hand block with a punch defense (forward = walking; backward = L)
4. Inner forearm block with a punch defense (forward = walking; backward = L)

Vocabulary

1. White Belt -- Signifies innocence as that of the beginning student without prior knowledge of Taekwon-Do.
2. Saju Jirugi -- Four Direction Punch
3. Saju Makgi -- Four Direction Block
4. Daebi Makgi -- Guarding Block
5. Junbi -- Ready Stance

What to expect from this belt:

For most students, adults and children, this is a very awkward time in training. Getting used to kicking and punching takes time, as does getting used to saying “Sir” or “Ma’am”. For the most part, students adjust to being in class and doing the techniques, within the first month or so and

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get used to the Courtesy aspect within a couple of weeks. *Adults often times have an increase in the discomfort the first few classes they are wearing the uniform. Children usually love the uniform.*

As a white belt, the most important aspect of your training is to begin to learn the Tenets, basic techniques (stances, preps, etc.) and to have fun. Additionally, it is important to become friends with your peers.

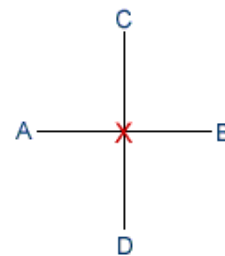


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Saju Jirugi

Movements: 7

Ready Posture: Parallel Ready Stance



1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
 2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
 3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
 4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
 5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
 6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
 7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
- END: Bring the right foot back to a ready posture.

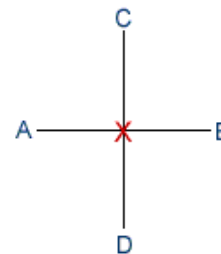
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Saju Makgi

Movements: 8

Ready Posture: Parallel Ready Stance



1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
 2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
 3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
 4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
 5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
 6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
 7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
 8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.
- END: Bring the right foot back to a ready posture.

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