

Training Manual



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TESTING POLICY

1. All students must have a positive and respectful attitude toward all instructors and fellow students inside and outside the classroom. (Courtesy)
2. All students need to be respectful to The Works, the staff, and the members. All practicing is to be done in the classroom or the testing room, unless instructed by Mr. B. (Self Control)
3. All tuition, testing fee and gear bills must be paid in full before testing. (Courtesy)
4. White - High Blue Belt students **MUST** average 2 classes per week to qualify for testing. Red Belt and above **MUST** average more than 2.5 classes per week and are required to attend either the USAITF summer camp or a USAITF seminar every year to qualify for testing. (Perseverance) Make-up classes can be done in a class lower than your rank. No student is to attend a higher ranking class.
5. It is required that all students attend at **LEAST** one review class between tests. Review classes are now offered monthly. (Integrity)
6. Student will test only when Mr. B determines he/she is ready and all qualifications are met. Testing is offered three times a year. (Indomitable Spirit)
7. **ALL** students must know their current belt material and all their previous material at the school test. (Meaning Mr. B's test is the deadline for knowing your material - no exceptions!) Students must attend the test with Mr. B to qualify for the USAITF test. (All Tenets)
8. A proper and clean uniform must be worn to all testing events. (Sew all alterations- do not roll) (Courtesy and Integrity)



SPARRING RULES

GEAR:

- *Gear can be ordered at High White belt or Yellow belt.
- *All gear should be ordered through Mrs. B
- *All gear must have the Mr. B's TKD logo silk screened on it.
- *All gear must be red or blue for colored belts and black belts have the choice of black gear.
- *Head, chest, hand, foot gear, mouth guards and groin protectors for sirs are required for all sparring.
- *Shin and forearm guards are optional.

RULES:

- *All contact is to be light and controlled.
- *All strikes will be to the parts of the body protected by gear only.
- *There will be ABSOLUTELY NO contact to the face or throat allowed.
- *There will be ABSOLUTELY NO contact below the waist/belt line. This includes leg sweeps.
- *All Sparring will be done under direct supervision of a qualified black belt.
- *All students will participate in sparring as a learning tool and will remember Self Control and Courtesy with regards to their partners.
- *Open hand and closed hand techniques are allowed.
- *All foot techniques are allowed.

BASIC TIPS:

- *Use combinations: hands and feet, high and mid-section, different target areas.
- *Keep your guard and head UP!!
- *Keep eye contact with your partner.
- *Use a good L stance.
- *Keep stance changes quick and low to the floor.
- *Remember to move sideways as well as forward and backwards.
- *Everyone has a right to ask for lighter contact.
- *Always feel free to talk to Mr. or Mrs. B about any concerns or questions!!
- *Sparring should be a fun way to apply self defense techniques and strengthen the overall learning experience.



WHITE BELT

Taekwon-Do Jungshin

Ye Ui
Courtesy

Yom Chi
Integrity

In Nae
Perseverance

Guk Gi
Self Control

Baekjool Boolgool
Indomitable Spirit



WHITE BELT

Techniques

1. Front kick
2. Sitting stance punch
3. Guarding block
4. Walking stance
5. L stance
6. Attention stance
7. Ready stance
8. Grabbing the ear prep (inside cross)
9. Butterfly prep (outside cross)

Three Step Sparring

1. Low block with a punch defense (forward = walking; backward = L)
2. Outer forearm 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 Jurugi - 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 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.

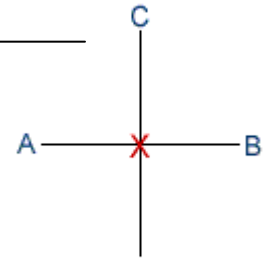


WHITE BELT

Saju Jurugi

Movements: 7

Ready Posture: Parallel Ready Stance



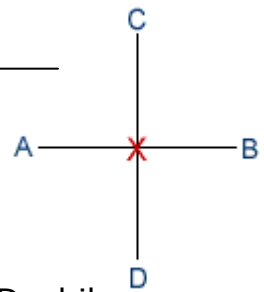
1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance 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.

Mr. B's
TaeKwon Do



WHITE BELT



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.

