



Texas Martial Arts Academy

Student Information Packet

Welcome to the Texas Martial Arts Academy! We're glad to have you join us, and we look forward to training with you.

Martial Arts training is beneficial because it improves confidence, concentration and focus. It provides excellent exercise and stress relief. It promotes courtesy, discipline and self-control, and prepares the practitioner for self-defense.

The Martial Arts have been portrayed in movies and on television as aggressive and violent. Nothing could be farther from the truth. There's so much more to the Martial Arts than just the physical fighting aspects shown in the media. Our training gives us the ability to concentrate on a problem, overcome fear, control anger, and complete any task.

Once you apply Martial Arts principles to your daily life, you will discover that our training is not just a hobby; it's a way to realize your full potential through concentrated study and application -- both physical and mental. Through the study of the Martial Arts, you will develop skills that will help you achieve your personal goals, and have a positive impact on every aspect of your daily life. The Tenets of Taekwondo are:

Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit.

People usually begin to study Martial Arts as a way to get in shape, as a method of self-defense, out of curiosity, or as something that may enhance their lives in some way – like developing discipline, for example.

If you study for long enough, Taekwondo will become a way of life for you. In fact, “do” at the end of the name means “the way of.” No matter what your motivation is for starting Taekwondo training, stick with it until “the way” takes over. Taekwondo literally means “the way of the great fist,” but it’s more widely translated as “the way of punching and kicking.” Regardless of which definition you choose, **the Goal of Martial Arts training is to achieve true confidence**

by developing knowledge in the mind, honesty in the heart, and strength in the body.

Some Rules for Living and Training

Empty Your Cup

Once, a very strong young fighter went to a great master for instruction in the Martial Arts. At their first meeting the master prepared tea while the young man bragged of his great skill and all the men he had defeated. When the master served the tea, he filled the young man's cup, and kept pouring even after the cup was full. As the tea spilled over the table the young man jumped up and said, "What are you doing?"

The master said, "You are like this cup. You are so full of yourself that anything I might teach you will spill over and be lost. If you wish to learn, you must first empty your cup."

Bring an empty cup to every class. Bringing an empty cup means you come with no preconceived ideas. When presented with new thoughts, philosophies, and techniques, keep an open mind, absorb the information, process it, and determine if it is useful to you.

Rules of the School:

- For everyone's safety, follow all rules and instructions.
- Bow when entering and leaving the Dojang.
- Use "sir" or "ma'am" when addressing instructors or senior students.
- Be attentive in class. Listen to the instructor closely.
- We are training together in friendship. Poor sportsmanship will not be tolerated.
- Everybody is responsible for the appearance of the Dojang.
- You must train and attend classes regularly before attempting to test.
- No free sparring or grappling without permission of the instructor.
- Have a clean uniform at all times. For safety, jewelry should not be worn in class.
- No profanity, no loud talking and no horseplay.
- Report all injuries to the instructor.
- No food, drinks or chewing gum in the Dojang.
- Maintain discipline, know the Tenets of the Art and the Student Oath.
- Anyone who cannot follow the rules will be reduced in rank or asked to leave.
- Tuition payments must be current in order to test for rank promotion. (Tuition is payable on the first of each month, and past due after the tenth.)
- Students whose tuition is 30 days past due will not be allowed to work out.

- Practice at home!

Some Terms or Commands You'll Hear in Class

Mok-Nahm – Meditate.*

Guk Ki Yeta Hao -- Face the flags.

Charyeot [“chedit”] – Come to attention.

Kyeong Ye [“koong-yay”] – Bow.

Kia Sam Nimge [“key-a-so-nimgay”] – Face the instructor.

Hae Sahn -- Class dismissed.

Kahm Sa Hamnida – Thank you.

Cheon Maeneyo [“choo-minao”] – You're welcome.

Diro Dora [“deedo-doyhup”] -- About face

Joonbe [“jun-bay”] – Assume ready position.

Deryon Jase [“dareon-jahssay”] -- Assume fighting stance.

Kiap [“kee-yop”] – Spirit, or spirit yell.

Go Mahn – Stop and return to your starting position.

Shijak [shee-jak] – Begin.

Sho -- At ease.

Counting:

Hana – One

Dul – Two

Set – Three

Det – Four

Dasut – Five

Yasut – Six

Ilgup – Seven

Yodul - Eight

Ahop - Nine

Yeol - Ten

*Mok-Nahm means “Clear the Mind.” When you hear this command, sit down, close your eyes, and clear your mind for the training ahead. It is good to clear your mind before training so you are not distracted. On a physical level, this will lower the risk of injury to yourself or others due to your not paying attention. On a technical level, you will not miss any information you may need to perform a technique properly. If you practice a technique improperly, you will just have to learn to do it properly at a later time. Also, clearing your mind of any outside problems during training may give you a new perspective on the problems after the training.

During Class

- Bow when entering or leaving the Dojang.
- Before class, warm up, stretch, play bag tag, etc.
- The instructor or head belt will call “Line up!” When you hear this, line up in belt order.
- The head belt may call “Mok Nahm.” When you hear this, sit quietly and clear your mind.
- We will then bow in for class, following commands given by the head belt.
- During class, train with intensity, remain focused, and have fun!
- When it is time to end class, the instructor will call “Line up!” again, and we will bow out, following commands given by the head belt.
- After class dismissal, please clear the Dojang for the next class.

Student Oath (Kwan Won Sun Suh):

Hana: I shall observe the **Tenets** of Taekwondo: **Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.**

Dul: I shall respect the Instructor and Fellow Students.

Set: I shall never misuse the Martial Arts.

Net: I shall be a worthy representative of the Martial Arts Academy.

Dasut: I shall strive for self-improvement, and always be eager to learn.

Grading

Rank promotions are based on student attitude, attendance and practice. Your attitude should be respectful, positive and open-minded. Your attendance should be regular, and you should practice at home to improve between classes. With a proper attitude and good attendance, you will soon become eligible for promotion.

Eligibility for promotion is achieved by having a minimum number of classes and being current on your tuition. However, eligibility alone does not guarantee promotion. You can only advance in rank when you are ready. Each rank has certain requirements. Rank-appropriate skills and knowledge must be mastered before you are ready to move to the next level. These consist of:

- Mental knowledge, like memorizing the Student Oath, or the name and meaning of your pattern.
- Physical skills, like performing all the techniques in your pattern. For adult students, you must also memorize your patterns.
- Belt level step-sparring – a formal, stylized method of fighting that teaches balance, timing, and control.
- Belt level self-defense – a series of practical self-defense moves designed to give a useful response to various physical threats.

Rank is given by the instructor when the student is ready. Each student is an individual, and everyone progresses at a different rate. Remember, the study of Martial Arts is a journey, not a race. Keep trying, and you'll earn your black belt in time!

“It does not matter how slowly you go so long as you do not stop.” – Confucius

Once you've been promoted you'll receive a new belt or new stripes. You'll also be given the requirements for your next step, which you will add to this binder.

To ask for a rank promotion is considered disrespectful because it implies that your instructor is not qualified to properly judge your progress. If you feel you are ready, and you're certain you've satisfied all the requirements for eligibility, you may ask the instructor to test you. The instructor may elect to test you at that time, or explain to you why you're not ready, and what preparation you still need.

You are always welcome and encouraged to discuss any problems or concerns with the instructor – even matters outside the Dojang. If there isn't time before or after class, please feel free to call or email.

Texas Martial Arts Academy
1002 N. Water, Suite 3
Burnet, TX 78611
512-756-0728
young@westernthunder.com

Curriculum materials that aren't in this packet may be found on our website:

www.westernthunder.com/tmaa.html.



Texas Martial Arts Academy

White Belt Requirements

Knowledge:

The Goal of Martial Arts training is to achieve true confidence by developing knowledge in the mind, honesty in the heart, and strength in the body.

The meaning of Taekwondo – “The way of the Punching and Kicking.” Taekwondo is a method of self-defense through unarmed combat.

The meaning of Ju-Jitsu – “The Gentle Art.” This Japanese art is where we get our grappling (ground fighting) techniques. It is considered a “soft” or “gentle” art because it emphasizes holds and locks as opposed to striking and kicking.

Why We Bow -- To show respect.*

You must be able to count to ten in Korean.

Techniques:

You must be able to identify and perform:

Ready Stance	Fighting Stance	Front Snap Kick	L-Stance
Straight Punch	Reverse Punch	Diagonal Kick	

Belt level step-sparring and self-defense.

*Courtesy may be especially difficult for a beginner student. Many times, on the streets, in schools, and in the workplace, assertiveness is considered a personality strength, and courtesy is considered a weakness—no one wants to be considered weak. Oriental traditions, such as bowing, seem subservient to many Americans. However, if one considers the bow as a greeting and sign of respect, similar to a handshake, it will seem more natural. If you are respectful and courteous toward Martial Arts, the Dojang, the instructor, and fellow students of all ranks, it will lead to your demonstrating more respect and courtesy at home, on the streets, in school, and in the workplace. This in turn will make you more respectful and courteous in class—forming a circle of courtesy. As you become more confident in your abilities, you will find it easier to be courteous. When you do not have a personal need to “prove yourself,” you will be more courteous, and less assertive. You will come to associate courtesy with self-confidence.



Texas Martial Arts Academy

Yellow Stripe Requirements

Knowledge:

Your pattern is Chon-Ji, which means literally "the Heaven, the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern learned by the beginner. It has 19 movements.

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

The Tenets of Taekwondo – Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit.

Courtesy is showing respect for yourself and others.

Integrity means doing the right thing with honesty and trustworthiness

Perseverance means never giving up.

Self-Control means controlling yourself in all things.

Indomitable Spirit means not showing fear in the face of adversity.

The meanings of the Belt Colors:

White: Represents innocence. The white belt has no knowledge of the Martial Arts.

Yellow: Represents the earth, which is the ground from which your knowledge grows.

Green: Represents a growing plant, and reflects your growth in the Martial Arts.

Blue: Represents the sky. This means your knowledge is reaching new heights.

Red: Represents danger. Red is a reminder to the wearer, and a warning to the opponent.

Black: The opposite of white. Black represents maturity, and power under control. It also means the wearer is impervious to darkness and fear.

Which Flags are in the DoJang:

The American flag because we're Americans first. The South Korean flag because South Korea gave us Taekwondo. The Japanese flag because Japan gave us Ju-Jitsu.

Techniques:

You must be able to identify and perform:

Walking Stance

Sitting Stance

Step Behind Side Kick

Low Section Block

Inner Forearm Block

Palm Strike

Belt level step-sparring and self-defense.

You must break one board with a step behind side kick.



Texas Martial Arts Academy

Yellow Belt Requirements

Knowledge:

Your pattern is **Dan-Gun**, named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C. It has 21 movements.

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

Student Oath – (Kwan Won Sun Suh):

Hana: I shall observe the Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

Dul: I shall respect the Instructor and Fellow Students.

Set: I shall never misuse the Martial Arts.

Net: I shall be a worthy representative of the Martial Arts Academy.

Dasut: I shall strive for self-improvement, and always be eager to learn.

The Five times you can use your Martial Arts:

1. In the DoJang, during class.
2. When practicing at home, in private.
3. In a tournament or other officially sanctioned competition.
4. When performing a public demonstration with your instructor.
5. In self-defense against a true threat.

Any other use of your Martial Arts training is considered misusing the Art, and is grounds for dismissal from the Academy.

Techniques:

You must be able to identify and perform:

Back Kick	Turning Kick	Knife Hand Guarding Block
High Section Block	Knife Hand Strike	

Belt level step-sparring and self-defense.



Texas Martial Arts Academy

Green Stripe Requirements

Knowledge:

Your pattern is **Do-San**, named for the patriot and educator Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and its independence movement.

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

Theory of Power* (5 Parts):

1. **Speed** – stay relaxed to make your techniques fast.
2. **Hip Twist** – all power comes from your hip, so all techniques must originate there.
3. **Breath Control** – inhale before the technique, and exhale at the instant of impact.
4. **Increase Body Weight** – bend your knees slightly at impact to increase relative weight.
5. **Timing** – make the other 4 parts happen at exactly the same time for full power.

*The beginning student may ask; “Where does one obtain the power to create the devastating results attributed to Taekwondo?” This power is attributed to the utilization of a person’s full potential through the mathematical application of Taekwondo techniques. The average person uses only 10 to 20 percent of his potential. Anyone, regardless of size, age, or sex who can condition him or herself to use 100 percent of their potential can also perform the same destructive techniques. Though training will certainly result in a superb level of physical fitness, it will not necessarily result in the acquisition of extraordinary stamina or superhuman strength. More important, Taekwondo training will result in obtaining a high level of reaction force, concentration, equilibrium, breath control and speed; these are the factors that will result in a high degree of physical power.

Techniques:

You must be able to identify and perform:

Spear Finger Thrust
Outer Forearm Block
Wedge Block
In Place Turning
Grab-Release
Back Fist

Belt level step-sparring and self-defense.



Texas Martial Arts Academy

Green Belt Requirements

Knowledge:

Your pattern is Won-Hyo, who was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D. It has 28 movements.

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

Paragraph:

Write a brief paragraph describing how Martial Arts training has improved your life. (If the student is too young to write, then he or she may express this verbally to the instructor.)

Techniques:

You must be able to identify and perform:

Closed Ready Stance
Fixed Stance
Bending Ready Stance
Twin Forearm Block
Fixed Stance Punch
Upset Knife Hand Strike
Circular Block
Guarding Block

Belt level step-sparring and self-defense.



Texas Martial Arts Academy

Blue Stripe Requirements

Knowledge:

Your pattern is Yul-Gok, which is the pseudonym of a great philosopher and scholar Yi li (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude, and the diagram represents "scholar".

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

Techniques:

You must be able to identify and perform:

Sitting Stance Punch
Hooking Block
Elbow Strike
Twin Knife Hand Block
Sliding X-Stance
Double Forearm Block

Belt level step-sparring and self-defense.



Texas Martial Arts Academy

Blue Belt Requirements

Knowledge:

Your pattern is Joong-Gun, named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

Techniques:

You must be able to identify and perform:

- Reverse Knife Hand Block
- Upward Palm Block
- Upset Elbow Strike
- Twin Fist Punch
- Double Upset Punch
- X-Block
- Pressing Block
- Swing Punch (or Hooking Punch)
- U-Block

Belt level step-sparring and self-defense.



Texas Martial Arts Academy

Red Stripe Requirements

Knowledge:

Your pattern is *Toi-Gye*, which is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th latitude, the diagram represents "scholar".

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

Techniques:

You must be able to identify and perform:

- Low Section Upward Palm Strike
- Low Section Block/Back Fist
- W-Block (or Mountain Block)
- Pushing Block (or Shovel Block)
- Head Grab/Knee Break
- Ridge Hand Strike (or Reverse Knife Hand)
- Low Section Knife Hand Guarding Block

Belt level step-sparring and self-defense.



Texas Martial Arts Academy

Red Belt Requirements

Knowledge:

Your pattern is Hwa-Rang, named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the South Korean Army's 29th Infantry Division, where Taekwondo developed into maturity.

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

Techniques:

You must be able to identify and perform:

Closed Ready Stance with Knife Hand (Closed Ready Stance C)
Downward Knife Hand Strike
Vertical Stance
Grab Side Kick
L-Stance Punch
Sliding Elbow Strike
Inner Forearm Block/Low Section Block

Belt level step-sparring and self-defense.

You must break one board with a jump 180° back kick.



Texas Martial Arts Academy

Black Stripe Requirements

Knowledge:

Your pattern is Choong-Moo, which was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to realize the full potential of his loyalty to the king.

Full pattern descriptions and videos are online at <http://www.westernthunder.com/dojang.html>

Techniques:

You must be able to identify and perform:

"Sunrise" Strike
Jump Knife Hand Guarding Block
Jump Side Kick
Jump 360° Knife Hand Guarding Block
Front Inner Forearm Block
Twin Upward Palm Block

Belt level step-sparring and self-defense.

In order to test for Candidate Black Belt, you must also know all patterns and techniques from White Belt through Blue Stripe.



Texas Martial Arts Academy

Candidate Black Belt Requirements

Knowledge:

Pattern: There is no new pattern for this belt level, but you will need to know all the patterns from White Belt through Black Stripe.

Essay: This time is spent in reflection and preparation for your Black Belt test. Write a brief essay describing what the Martial Arts mean to you, and how your training has changed your life.

Leadership: You will be required to teach one class, or assist in several classes, under the supervision of the instructor.

Techniques:

In order to test for Black Belt, you must know all techniques and step-sparring from White Belt through Candidate Black Belt. You will also be tested in practical self defense.*

Finally, you must also break one board with a hand technique, and break two boards with a kick.

*You will not be required to memorize the entire self defense curriculum by belt level, but you will need to have a practical response to any physical threat. Because of the nature of practical self-defense, it is more important that you are able to respond quickly with techniques that are second nature to you, rather than have you stop and think about what to do next.