

FOCUS

The Power of Concentration



White Belt Curriculum Manual

Master Shin's World Class Tae Kwon Do



Our Mission

- *Provide* the highest quality martial arts instruction
- *Empower* our students with valuable skills for daily life
 - *Contribute* to a safe and peaceful community

We can make a difference!!



Dear Students and Parents,

It is my pleasure to welcome you to our school, and wish you the best on your journey through the exciting art of Tae Kwon Do.

Tae Kwon Do has a rich and varied history. It began 2,000 years ago as a form of military training, developed into an Olympic sport, and has become popular throughout the world as a unique form of fitness and self improvement. Millions of students of all ages have benefited from practicing this fascinating Korean martial art.

The system of Tae Kwon Do taught at our school is the result of many years of study and experience. I continue to train and research so that our school will offer the most beneficial and effective instruction to our students.

I am very proud of our school. I hope your interaction with us will be pleasurable and beneficial. We are committed to providing you with a “World Class” experience every time you walk through our doors.

I am certain that you will find Tae Kwon Do to be tremendously rewarding. It will provide you or your family with greater self confidence, increased self discipline, and improved physical health. Attaining these benefits requires time, effort, and dedication. At times it can be challenging. We are here to help you with your commitment to excellence, and offer our knowledge to assist you. So please feel free to discuss any questions or concerns you have with us.

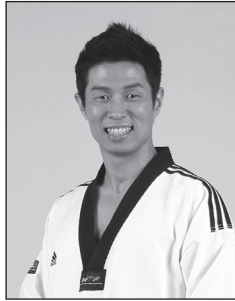
I am confident that your involvement in Tae Kwon Do and your selection of our school will be a wise decision with life long rewards. Once again, welcome and enjoy your Tae Kwon Do experience to the fullest.

Sincerely,

Master Dongkwan Shin



What to Expect as a White Belt New Student



Dear New Student,

Welcome to Master Shin's World Class Tae Kwon Do! Your decision to become a member of our school was a wise choice that will provide you with a lifetime of rewards. We are excited to help you to experience maximum enjoyment and benefits from our program. This letter is the first in the series Curriculum Books that you will receive as you progress through our belt system. Each book has been designed to answer common questions and point out important elements of each new belt rank.

The white belt level is a very exciting one. There is a lot to learn and a lot to enjoy. Not only will you begin learning an exciting variety of techniques, but you will also come to look and feel your best through our energetic workout and the self confidence boost that comes from gaining new skills. In addition, you will be training alongside a great group of people who will provide additional motivation and support. Our members develop new and meaningful friendships with their fellow classmates. Be prepared to work hard and to have fun!

Master Dongkwan Shin

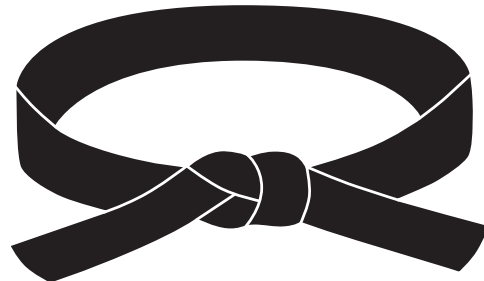
Help After Classes

At times, the instructors may ask a student to stay after class either to provide them with extra help or to check their readiness for a tip. If a child does not earn a tip after working with an instructor after class, the instructors may assign "home work" to enable the student to improve. If you are uncertain what your child needs to work on, please clarify it with an instructor.

Our experience has shown communication is the key to developing a strong student and teacher relationship. In fact, it is vital to long term success with our program. We look forward to providing your family with martial arts instruction for many years to come. Along the way it is not unusual for questions to arise. When this happens please remember, **if you ever have concerns about progress or any other matter within our school, please ask an instructor. We are here to help.**

Progress

On average it will take approximately 2-4 months (depending on age, attendance, effort level and learning rate) to advance from a white belt to a yellow belt. Progress towards a new belt rank is marked by colored stripes of tape or "tips" that are placed on your current belt. More detailed information on the specific tip system can be found on page 12. As a beginner it is not unusual to feel awkward as you start learning. However, with consistency and a positive attitude, these feelings will quickly pass. Remember, no one is expecting you to master your requirements overnight. You have plenty of time and will receive personalized guidance and encouragement throughout your training. The road to Black Belt is a long one so it's important to enjoy the journey!



OTHER IMPORTANT INFORMATION

Share Tae Kwon Do with Friends and Family!!

At the beginner level you will have a level of excitement and enthusiasm that is sure to be infectious. You will likely tell many people about the new and exciting activities and progress that you are experiencing at our school. You may think that as a beginner you don't know enough about Tae Kwon Do to encourage others to get involved. On the contrary, being a beginner is an advantage in many ways. First, friends and family will be more likely to understand and consider the possibility of learning the beginner material you show them. Second, if they are a close friend or family member they are likely interested in trying alongside with you or your child. The earlier that they get started the easier it will be for them to train side by side with you, so don't wait, share Tae Kwon Do with someone you care about today! **V.I.P. passes are available and make it easy for you to encourage a friend to give us a try. If you ever need additional passes just ask at our front desk. We appreciate your referrals!**

Consistent Attendance/Pre-class Routine

When learning any new skill consistency is an important factor. Make a commitment to attend classes regularly. Attendance 2-3 times per week is ideal to create and maintain regular progress. Please note that arriving on time is crucial to create the mindset necessary for successful class participation and avoids disruption to others. Students should plan to arrive five minutes early, find their attendance card, place shoes and jackets in the appropriate storage areas, bow to the instructors, and sit quietly in the on-deck area of the classroom.

Spectators and Guests

Parents are always encouraged to watch their child's classes. This will allow you more frequent opportunity to see for yourself the material the instructors are sharing with your child and their progress.

Younger brothers and sisters and guests are welcome as well. Please remember that all of us need to work together to ensure a good learning environment for our students. Talking should be kept to a minimum while classes are in session, voices kept low, and younger children given quiet activities. Please also turn cell phones on vibrate mode. We appreciate your understanding in these areas.

Special Events / Announcements

Our school will host special events throughout the year. These include a range of activities including picnics, holiday parties, and competitions. Flyers and sign-up sheets are provided in advance of each event. If, as a result of any event we will not be holding classes, you will see this information posted on our announcement television.

Share Your Enthusiasm

Applauding students for in class performances and applauding the entire class for a job well done are two important requests to our audience. Please join in and share your enthusiastic support at these times.



World Class Staff

Our goal is to have the right attitude, skill, and sincere desire to help students gain the maximum benefit from our program. Feel free to ask questions of us at any time. Referring to instructors by their titles ie. "Master Shin and Mrs. Shin" helps to reinforce respect in front of our students. Please note that as a rule, staff will refer to all parents as Mr. _____/Mrs. _____. We believe this sets a good example of the courtesy and respect for others that we strive to instill in our students.

What does “Tae Kwon Do” mean?

태

TAE

means

Kicking Technique

권

KWON

means

Hand Technique

도

DO

means

Art or Way

Literally translated, the Korean word, “**TAE**” means “to kick with the foot.” “**KWON**” implies “a hand or fist to block, punch, or strike.” “**DO**” means an “art” or a “way”. Thus, “Tae Kwon Do” means, “the art of kicking, blocking and punching”. However, Tae Kwon Do is not merely a physical fighting skill, it is also a way of thought and life.

Through disciplined training, Tae Kwon Do improves both the mind and body, placing great emphasis on the development of personal character. Students are taught that self control, self discipline, kindness and humility must accompany their increased physical strength and ability.

Belt Colors

The Meaning Behind the Color of Each Belt Rank in Tae Kwon Do

The belt that a Tae Kwon Do student wears carries a lot of meaning. It indicates their length of training and level of knowledge. Each color is also symbolic of a stage of growth and development as a martial artist. The meaning of each belt color is as follows:

White Belt Representative of purity, a new beginning and no prior knowledge of Tae Kwon Do.

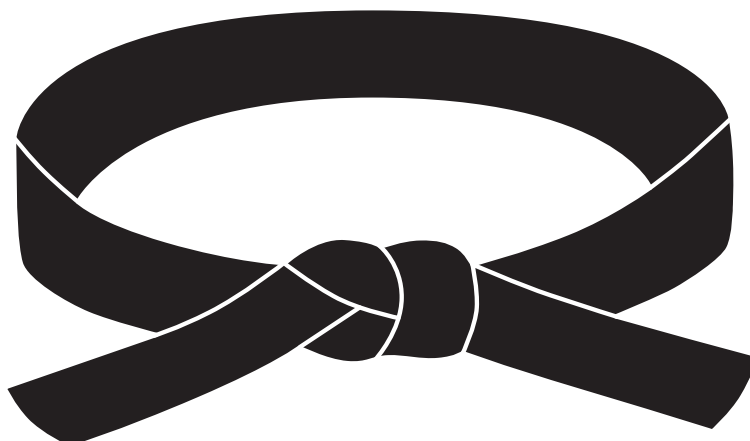
Yellow Belt Signifies the Earth from which plants grow. Similarly this stage is the foundation and beginning growth stage of the Tae Kwon Do student.

Green Belt A green plant is one that is already reaching up and out, growing in strength and maturity. The green belt level symbolizes a more solid level of skill and ability.

Blue Belt Represents the sky and new heights. The blue belt student continues to progress in skills both physical, mental and emotional.

Red Belt Represents the sun, a source of tremendous power and energy. The color red is also universally symbolic of danger and caution. At this level a Tae Kwon Do student should have great strength and confidence. This must be balanced with self control and humility.

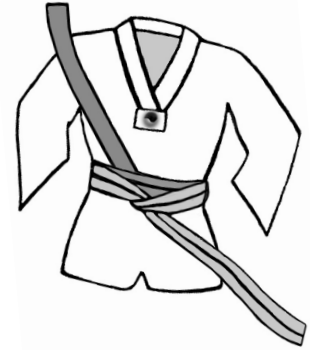
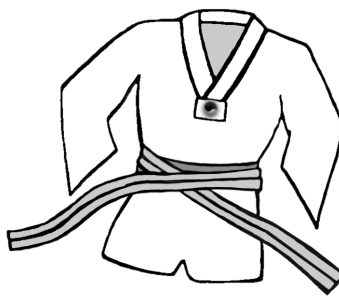
Black Belt The opposite of white, it represents proficiency and maturity. It also marks the end of one path (the color belt ranks) and the beginning of a whole new level of training (the pursuit of advanced Black Belt ranks).



Instruction on Tying the Belt

Your “dee”, or belt, is a symbol of your learned knowledge of Tae Kwon Do. Always keep your belt tied properly. After class, when you take off your uniform and belt, fold your belt and uniform neatly, this is a sign of respect for our uniform and our training in Tae Kwon Do. Try not to let your belt touch the ground, and do not wash it in the washing machine, spot wash if necessary.

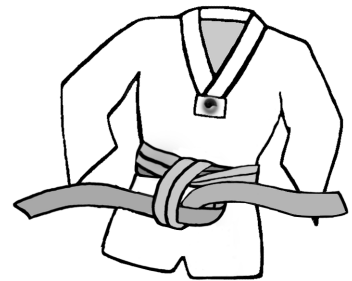
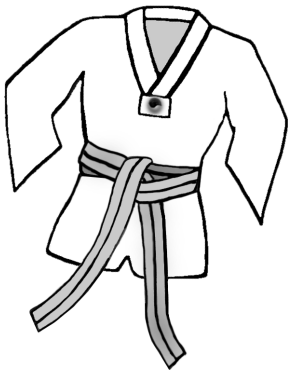
1. Locate the center of the belt and place it on the middle of your stomach.



2. Wrap the belt around your waist, bringing both ends to the front.

3. Make sure the ends are even. Put the left end over the right end.

4. Now take the left end and pull it up under both of the other layers.



5. Make sure it is neat and snug, and then lay the top end down.

6. Curve the bottom end to make a loop.

7. Now pull the top end back up through the loop.



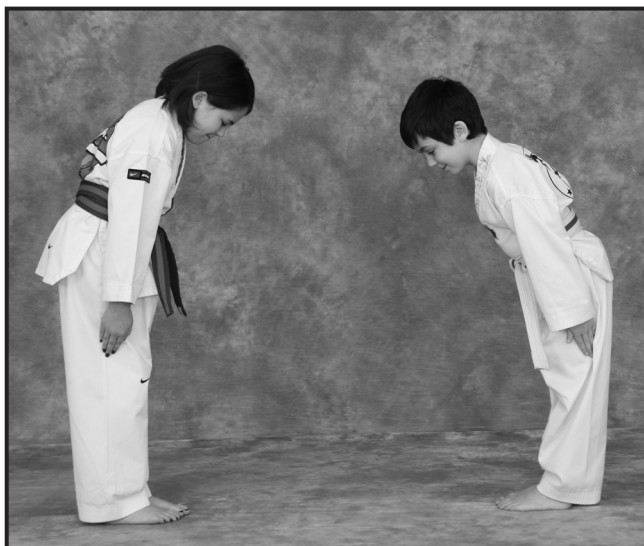
8. Pull both ends horizontally, tightening your knot.



Bowing and Its Purpose

Bowing is a form of body language in Asian countries. A bow can be used to say “hello”, “good-bye”, “thank you”, and “you’re welcome”. Bowing is also a way of showing courtesy and acceptance. When two people bow to each other they are showing mutual respect.

Traditionally, Tae Kwon Do students demonstrate respect by bowing to the flags before entering



or leaving the training floor, to the instructor, to senior belts at the beginning and the end of class, and to a partner before and after each interaction. It is a part of Tae Kwon Do to bow whenever and wherever you see each other.

Over time, you will find that bowing has become a natural form of expressing the special relationship you have with your fellow Tae Kwon Doists.

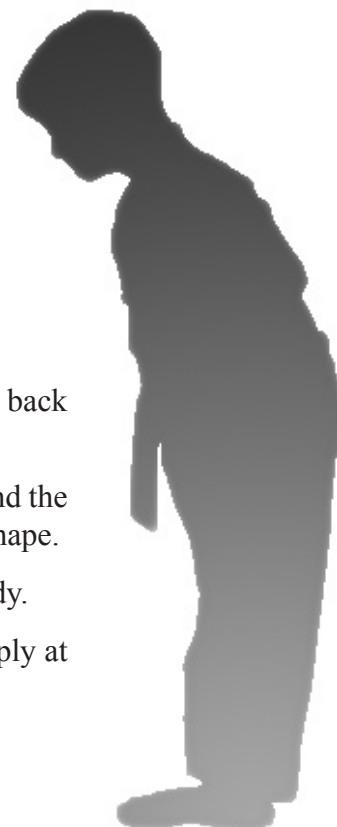
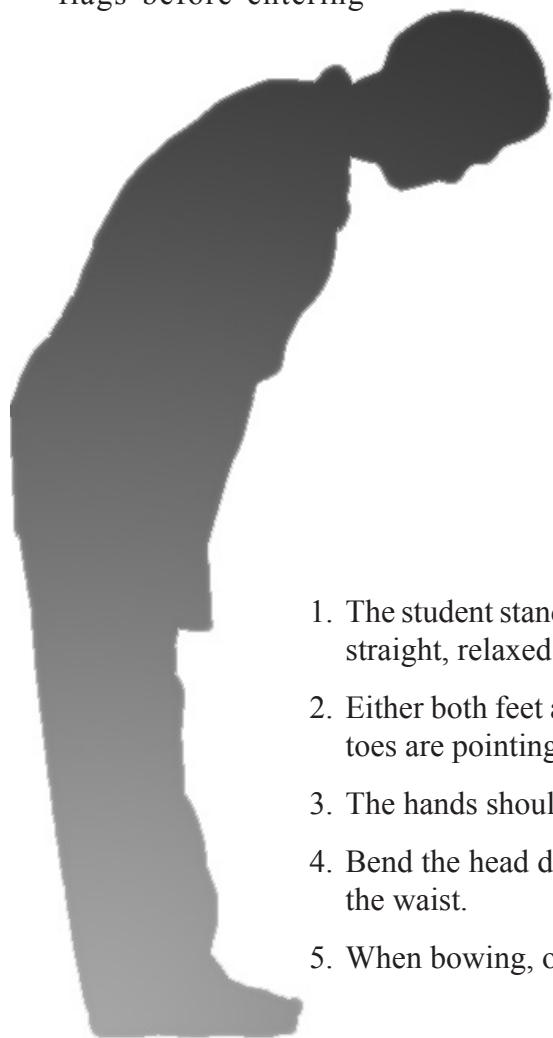
**Bowing is a two-way street,
a shared expression.**

**Students learn that
to earn respect
and to give respect
are very much the same thing.**

**An Old Saying:
“When in doubt, bow!”**

HOW TO BOW

1. The student stands at attention, head up, shoulders down, back straight, relaxed.
2. Either both feet are together, or the heels are touching and the toes are pointing outward at a 45 degree angle, in a V-shape.
3. The hands should be held straight at the sides of the body.
4. Bend the head down to a 45 degree angle and bend deeply at the waist.
5. When bowing, one’s eyes look downward.



Kihap: The Energy Yell

The *kihap* (pronounced “key hap”) is a very important part of Tae Kwon Do training. When properly practiced, this special kind of yell combines sound with breathing in one explosive burst. The *kihap* should not come from the throat, but from deep down in the stomach, using the diaphragm to forcefully push air up and out through the mouth. The *kihap* is one of the most distinctive elements of Tae Kwon Do practice; no two students’ *kihaps* are identical. You will find that as your Tae Kwon Do skills change and grow, so will your *kihap*.

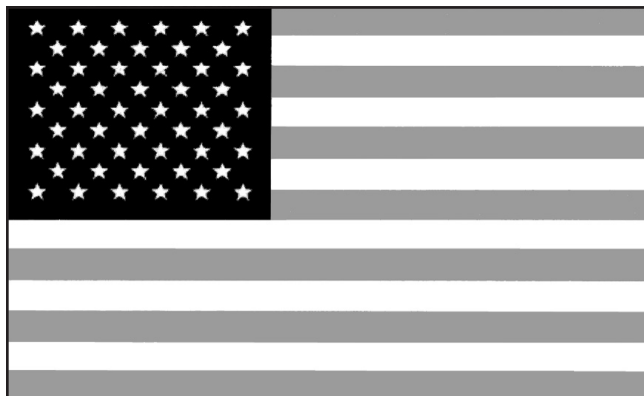


The *Kihap* Serves Several Purposes:

- It ensures that students breathe while exerting themselves, for greater endurance and energy.
- It heightens mental focus and concentration by making students more aware of each technique.
- It helps to reduce tension.
- During drills with a partner, the *kihap* is often used to communicate that you are ready.
- It is an expression of confidence.
- It is a way to motivate yourself and others by sharing your intensity and spirit.
- In self defense, a loud and powerful *kihap* can startle an attacker giving you additional time to react or get away.



The American Flag



United States of America

The American flag is one of the oldest in the world. The first flag of the United States was raised in 1776, in Cambridge, Massachusetts, by George Washington. Every color and marking on the

flag has a meaning. On June 14, 1777, congress enacted a resolution “that the Flag of the United States be thirteen stripes alternate red and white, that the Union be thirteen stars white in a

blue field representing a new constellation.” Red stands for courage, white for purity and blue for loyalty and justice.

The thirteen stripes and stars represented the original thirteen colonies of the United States. In 1818 congress enacted a resolution to keep the number of stripes at thirteen while adding a star for each state admitted into the union.

The U.S. flag has never had an official name, however its most common nicknames are “Stars and Stripes”, “The

Star Spangled Banner”, and “Old Glory”.

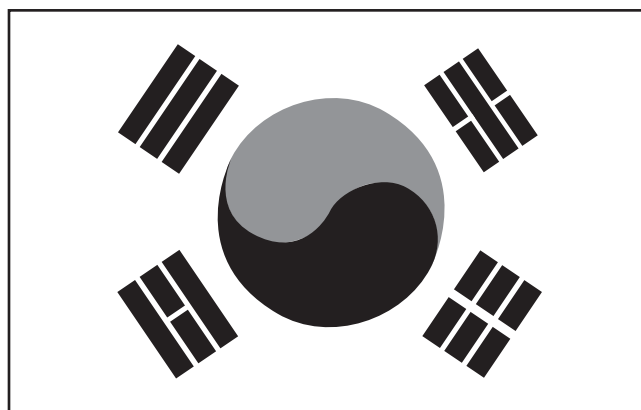
The display of the Korean and American flags are a sign of respect. Tae Kwon Do students demonstrate respect to Korea as the birthplace of Tae Kwon Do, and to America where they are allowed the personal freedom to study martial arts. To show our respect, we bow to the flags at the beginning and end of each class and whenever entering or leaving the training floor.

The Korean Flag

The Korean flag symbolizes much of the thought and philosophy of the Asian culture. The symbol, and sometimes the flag itself is called *Tae Guek*.

The circle in the middle of the flag is divided equally and in perfect balance. The upper (red) section represents the Yang and the lower (blue) section the Um, an ancient symbol of the Universe.

These two sections represent the dualism



Korea

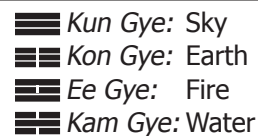
of the cosmos: fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and

passive, hot and cold, plus and minus, etc. This is also known as the theory of opposites.

Similarly, the three bars at each corner

represent opposition and balance.

For Tae Kwon Doists this philosophy can be integrated to mean that as one develops great skill and power, one must also develop self control and compassion. In this way the martial arts become an exercise not only of self improvement but of helping others.



History of Tae Kwon Do

Tae Kwon Do is the art of self defense that originated in Korea. It is recognized as one of the oldest forms of martial arts in the world. Though its tradition is ancient, reaching back over 2,000 years, there is no one account of its development. The details presented here have been gathered and arranged from a number of different sources.

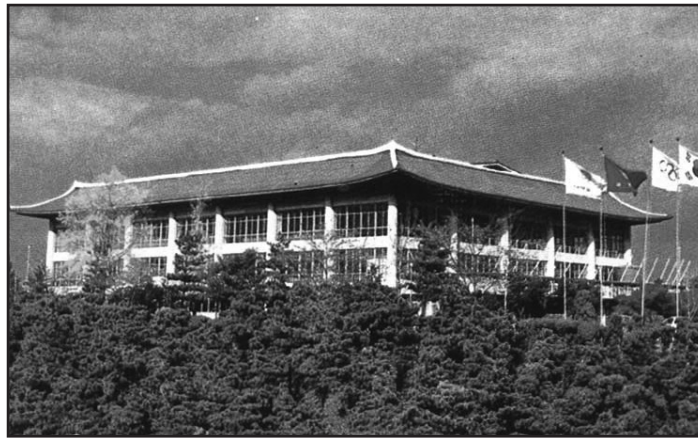
One of the earliest clues of Tae Kwon Do's existence is a mural painted on the wall of a tomb that was built in the Korean kingdom of *Koguryo*, between 37 BC and 66 AD. The drawing shows two unarmed figures facing each other in a Tae Kwon Do style stance. Additional drawings in the tomb show figures performing blocks and wearing uniforms similar to those used in modern day Tae Kwon Do training.

There is little question that the advancement of Tae Kwon Do and its techniques developed as the country of Korea developed. There are examples and history of Tae Kwon Do training in virtually all the records of the different kingdoms that existed within the country throughout the centuries.

The highest form of the ancient art was achieved in the kingdom of Silla. This tiny kingdom constantly faced attacks and opposition from larger and stronger areas. As a result the ruler of the kingdom, King Jin Heung established an elite group of warriors called the "*Hwarang*" or "Flower of Youth".

The *Hwarang* consisted of the sons of nobles within the kingdom. They were carefully selected and formally trained in all aspects of military skills including unarmed combat, which at the time was known as *Tae Kyon*. It is significant that the *Hwarang* were taught not only the importance of developing their bodies, but their minds and spirits as well. In addition to

fighting techniques, the young warriors were instructed in history, poetry, and philosophy. The entire body of study was known as *Hwarang Do*. The *Hwarang* gained skills not only for battle, but for daily life. This relates directly to modern Tae Kwon Do training, which provides self defense skills as well as improved character, self-discipline, and confidence that can be applied to any task.



Kukkiwon, South Korea

Following the Silla dynasty and the times of the *Hwarang Do* came the Koryo dynasty (935 AD - 1352 AD) from which Korea takes its name. At that time martial arts practice, known as *Subak Do*, became popular as an organized sport with detailed rules. The royal family sponsored competitions and demonstrations. Martial arts became deeply rooted in Korean culture.

A setback occurred during the Yi Dynasty which began in 1393 AD. At that time the ruling class de-emphasized the importance of physical and military training and the *Tae Kyon* began to lose popularity. However, one significant contribution occurred in 1790 when the Yi Dynasty Monarch Chongjo ordered one of his generals to compile a reference book of all forms of martial arts in Korea. Known as *Muye Dobo Tongi*, this book is one of the first of its kind. It is comprised of texts and illustrations describing methods of

practicing martial arts.

The end of the Yi Dynasty came in 1909 and was followed with the Japanese occupation of Korea and a ban on the practice of martial arts. The training that existed was extremely secretive.

With the end of World War II came the end of the Japanese occupation, and the need and opportunity to formally organize the Korean martial arts. In

1955 a group of instructors and historians convened and settled on the title of *Tae Kwon Do*. The name was selected for its appropriate description of the art: *Tae* (foot) *Kwon* (hand) *Do* (art). The name also bore a close resemblance to the ancient name *Tae Kyon*.

The introduction of Tae Kwon Do in the United States also began during the 1950's when a handful of pioneering master instructors travelled to

America to spread the art.

Throughout the next few decades, Tae Kwon Do grew in popularity, not only as a martial art, but as an international sport.

In 1973, Korea hosted the first Tae Kwon Do World Championships. In that same year, the World Tae Kwon Do Federation was established as the international governing body for the sport aspects of Tae Kwon Do. Today the WTF counts 120 separate countries as its members, representing 20 million practitioners. These numbers earn Tae Kwon Do the distinction of being the most practiced martial art in the world.

Tae Kwon Do first gained acceptance as an Olympic sport appearing as a demonstration event in the 1988 Seoul Olympic Games. Beginning with the 2000 Olympic Games in Sydney, Australia, Tae Kwon Do has been included as a medal sport in the Summer Olympic Games.



Master Shin's World Class Tae Kwon Do Black Belt Curriculum

B L A C K B E L T

White Belt	Yellow Belt	Green Stripe	Green Belt	Blue Stripe	Blue Belt	Red Stripe	Red Belt	Black Stripe	Double Black Stripe
<p>Stances: ready, attention horse riding, forward, kicking</p> <p>Blocks: down block, inner block, face block</p> <p>Kicks: front snap kick, front snap kick double punch combination, roundhouse kick</p> <p>Form: Basic Moves</p> <p>One Step Sparring: 1-2</p> <p>Board Breaking: elbow strike</p> <p>Korean Terms #1</p> <p>Black Belt Philosophy: Enthusiasm Focus</p>	<p>Stances: walking stance, forward stance</p> <p>Blocks: knifehand block</p> <p>Strikes: knifehand strike</p> <p>Kicks: skipping roundhouse kick, side kick</p> <p>Form: Tae Geuk 1</p> <p>One Step Sparring: 1-3</p> <p>Free Sparring</p> <p>Board Breaking: side kick</p> <p>Korean Terms #3</p> <p>Black Belt Philosophy: Goal Setting</p>	<p>Stances: back stance</p> <p>Kicks: back kick, turning behind roundhouse</p> <p>Form: Tae Geuk 3</p> <p>One Step Sparring: 1-3</p> <p>Free Sparring</p> <p>Board Breaking: back kick</p> <p>Korean Terms #4</p> <p>Black Belt Philosophy: Cooperation</p>	<p>All Basic Stances, Blocks, and Punches</p> <p>Blocks: double knifehand block, forearm block</p> <p>Strikes: spear finger</p> <p>Form: Tae Geuk 4</p> <p>One Step Sparring: 1-3</p> <p>Free Sparring</p> <p>Board Breaking: back kick</p> <p>Korean Terms #5</p> <p>Black Belt Philosophy: Self Control</p>	<p>Stances: cross stance</p> <p>Strikes: hammer strike</p> <p>Kicks: axe kick</p> <p>Form: Tae Geuk 5</p> <p>Self Defense: single wrist grabs 1-3</p> <p>Free Sparring</p> <p>Board Breaking: axe kick</p> <p>Written Exam #1</p> <p>Black Belt Philosophy: Perseverance</p>	<p>Blocks: scissor block, double forearm block, cross block</p> <p>Kicks: axe</p> <p>Form: Tae Geuk 6</p> <p>Self Defense: double wrist grabs 1-3</p> <p>Free Sparring</p> <p>Board Breaking: axe kick</p> <p>Written Exam #2</p> <p>Black Belt Philosophy: Confidence</p>	<p>Blocks:</p> <p>Kicks: jumping turning behind roundhouse kick</p> <p>Form: Tae Geuk 7</p> <p>One Step Sparring: 1-3</p> <p>Self Defense: shoulder grabs from the front 1-3</p> <p>Free Sparring</p> <p>Board Breaking: knifehand, spinning kick</p> <p>Essay: Responsibility</p> <p>Black Belt Philosophy: Responsibility</p>	<p>Kicks: jumping double roundhouse kick, flying side kick</p> <p>Form: Tae Geuk 8</p> <p>One Step Sparring: Choreographed</p> <p>Self Defense: Choreographed</p> <p>Board Breaking: 3 Station Board Breaking</p> <p>Essay: Leadership: Tae Kwon Do and My Life</p> <p>4 Hour Preparation Class</p> <p>4 Hour Candidate Class</p> <p>Black Belt Philosophy: Leadership</p>	<p>All requirements from all previous belts</p> <p>Forms: Tae Geuk 1-8</p> <p>One Step Sparring: Choreographed</p> <p>Self Defense: Choreographed</p> <p>Board Breaking: 3 Station Board Breaking</p> <p>Essay: Leadership: Tae Kwon Do and My Life</p> <p>4 Hour Preparation Class</p> <p>4 Hour Candidate Class</p> <p>Black Belt Philosophy: Leadership</p>	

Tips & Time Requirements

Four Tips

Orange Tip:

Knowledge and proper execution of the required kicking techniques.

Purple Tip:

Knowledge and proper execution of entire form (*Basic Moves*).

Gray Tip:

Knowledge and proper execution of both *one step sparring* (block and counter drills with a partner).

Black Tip (Testing Readiness):

Knowledge and proper execution of all belt testing requirements as listed below.

Time

Average 2-4 months based on student's attendance, proficiency, and technical understanding

Note:

The instructors review the students' progress on an ongoing basis in order to determine their eligibility for tips.

Testing for Yellow Belt

Student must have all four tips, and meet the minimum time requirements.

Techniques you will be asked to demonstrate:

- Horse Riding Stance with 8 Punches
- Front Snap Kick
- Roundhouse Kick
- Front Snap Kick and Double Punch Combination
- Basic Moves
- White Belt One Step Sparring 1-2
- Board Breaking with Elbow Strike
- Knowledge of Korean Terms #1

- Items you must bring:
- Completed Testing Application (two days in advance of testing)
 - Testing Fee (two days in advance of testing)
 - Attendance Card

Black Belt Philosophy

FOCUS

“The ability to concentrate and to use your time well is everything.” - Lee Iacocca

“The secret to success in any human endeavor is total concentration.” - Kurt Vonnegut

“To do two things at once is to do neither.” - Pubilius Syrus

“When walking walk, when eating, eat.” - Zen Maxim

“Do whatever you do intensely.” - Robert Henri

Martial Arts Perspective

As a beginner, one of the most important habits you can develop to make learning easier is the habit of focus. At Master Shin’s World Class Tae Kwon Do, focus is taught using the following three principles.

Focus your eyes: When being taught, focus on making and keeping eye contact with the instructor. When training, focus on your target.

Focus your body: A focused posture is one where a student stands or sits with their chest spread and body motionless. This posture conveys attentiveness, respect, and pride.

Focus your mind: A focused mind does not stray from the task at hand. Work to block out distractions and concentrate on your goal.

Life Skill Perspective

For children, developing a habit of focus will improve their success in any area of learning. The goal of the focus curriculum is to teach skills that will carry over to the academic classroom, playing field, and other activities. When a child develops strong focus habits, they will be rewarded with greater comprehension and faster progress.

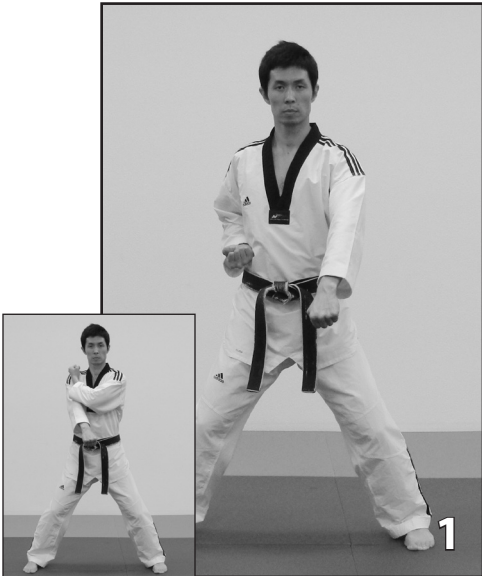
For adults, the focus curriculum is a valuable reminder. With consistent focus you can achieve more in your personal and professional life. Focus will help you to stay on track and to relieve stress despite the numerous challenges you encounter on a daily basis. As a skilled martial artist, you will develop the ability to be focused on the moment, whether it be breaking a board, making a presentation, or listening to your child.



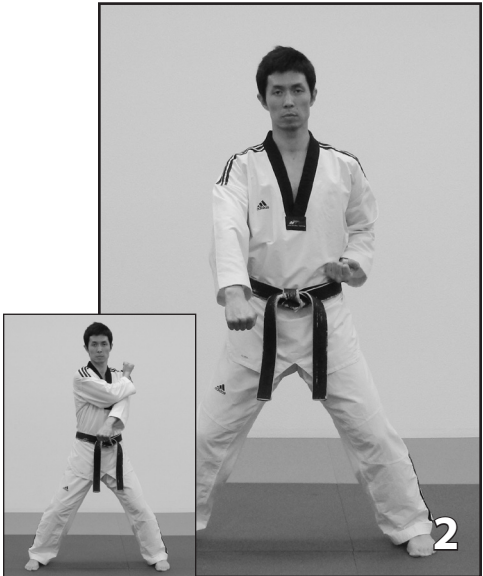
Form: *Basic Moves*



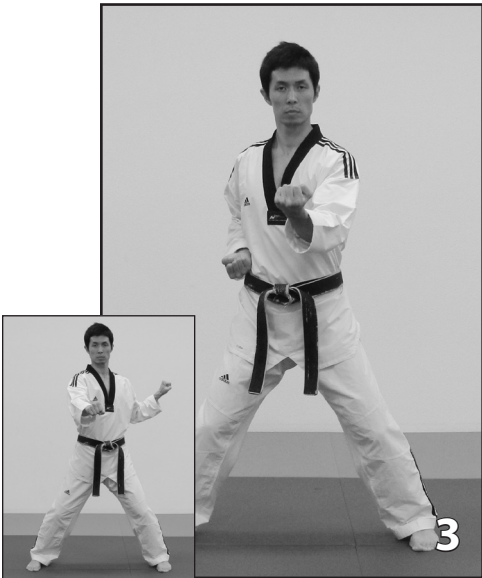
- Ready Stance



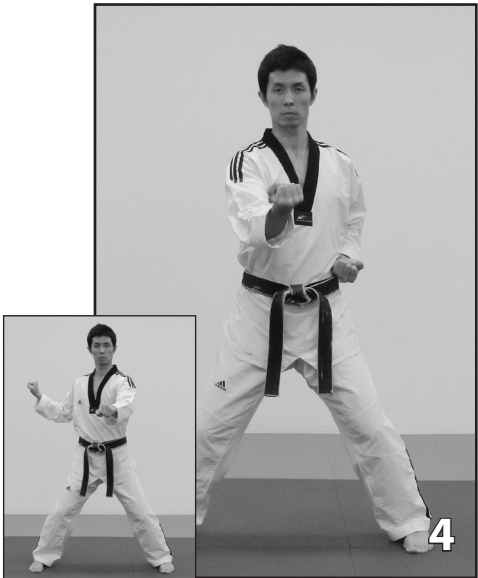
- Horse Riding Stance
(step to the side with your left leg)
- Left Hand Down Block



- Horse Riding Stance
- Right Hand Down Block

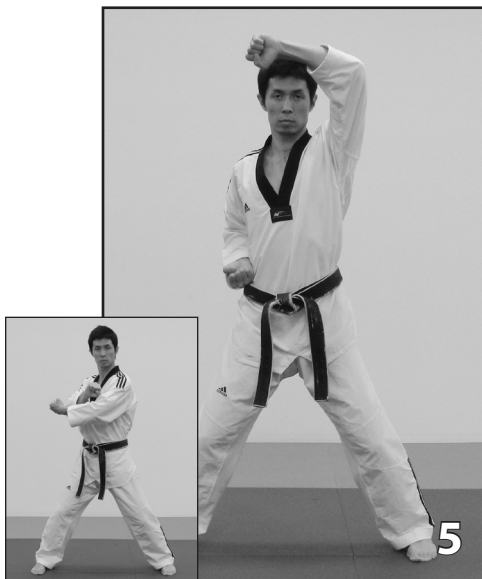


- Horse Riding Stance
- Left Hand Inner Block

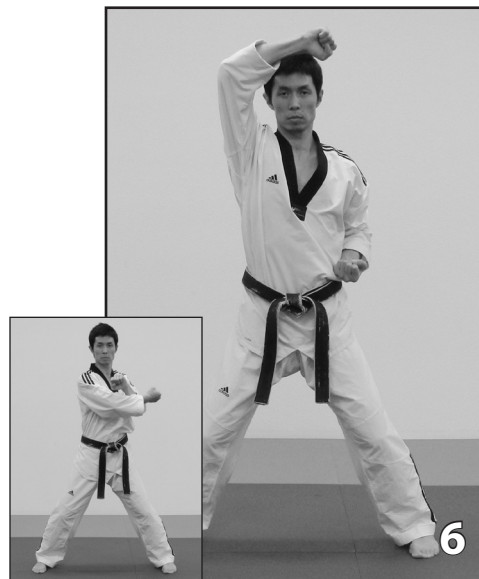


- Horse Riding Stance
- Right Hand Inner Block

Form



- Horse Riding Stance
- Left Hand Face Block



- Horse Riding Stance
- Right Hand Face Block



- Horse Riding Stance
- Left Hand Middle Punch



- Horse Riding Stance
- Right Hand Middle Punch



- Horse Riding Stance
- Left Hand Middle Punch
- "TAE"



- Horse Riding Stance
- Right Hand Middle Punch
- "KWON"



- Horse Riding Stance
- Left Hand Middle Punch
- "DO"



- Ready Stance

Basic Attack and Counter Attack Block & Punch



Begin by facing your partner in Attention Stance.

Next, go into your Ready Stance.



Attacker: Step back with your right foot and down block with your left arm and kihap.

Defender: Kihap to let your partner know you are ready.



Attacker: Step forward with your right foot and right hand punch with kihap.

Defender: Continue on and do your one step sparring.

Always go back and forth with your partner when practicing one step sparring.

One Step Sparring #1

Inner Block with Body Punch



Set-up: Prepare for inner block.



Block: Inner block with your left arm while stepping diagonally into horse riding stance with your left foot.

Your right hand should finish on your belt.



Finish: Right hand body punch with kihap. Your left hand should finish on your belt.

One Step Sparring #2

Face Block with Face Punch



Set-up: Prepare for face block.



Block: Face block with your left arm while stepping into forward stance with your left foot. Your right hand should finish on your belt.



Finish: Right hand face punch with kihap. Your left hand should finish on your belt.

Korean Terms #1

General Terms

Uniform	<i>Do Bok</i>
Belt	<i>Dee</i>
School	<i>Do Jang</i>

Commands

Attention	<i>Cha Ryot</i>
Bow to the Flags	<i>Kukiae Dae Hiyo Kyong Ye</i>
Bow to the Master	<i>Sabum Nim Kae Kyong Ye</i>
Bow to the Instructor	<i>Suhn Bae Nim Kae Kyong Ye</i>

Counting

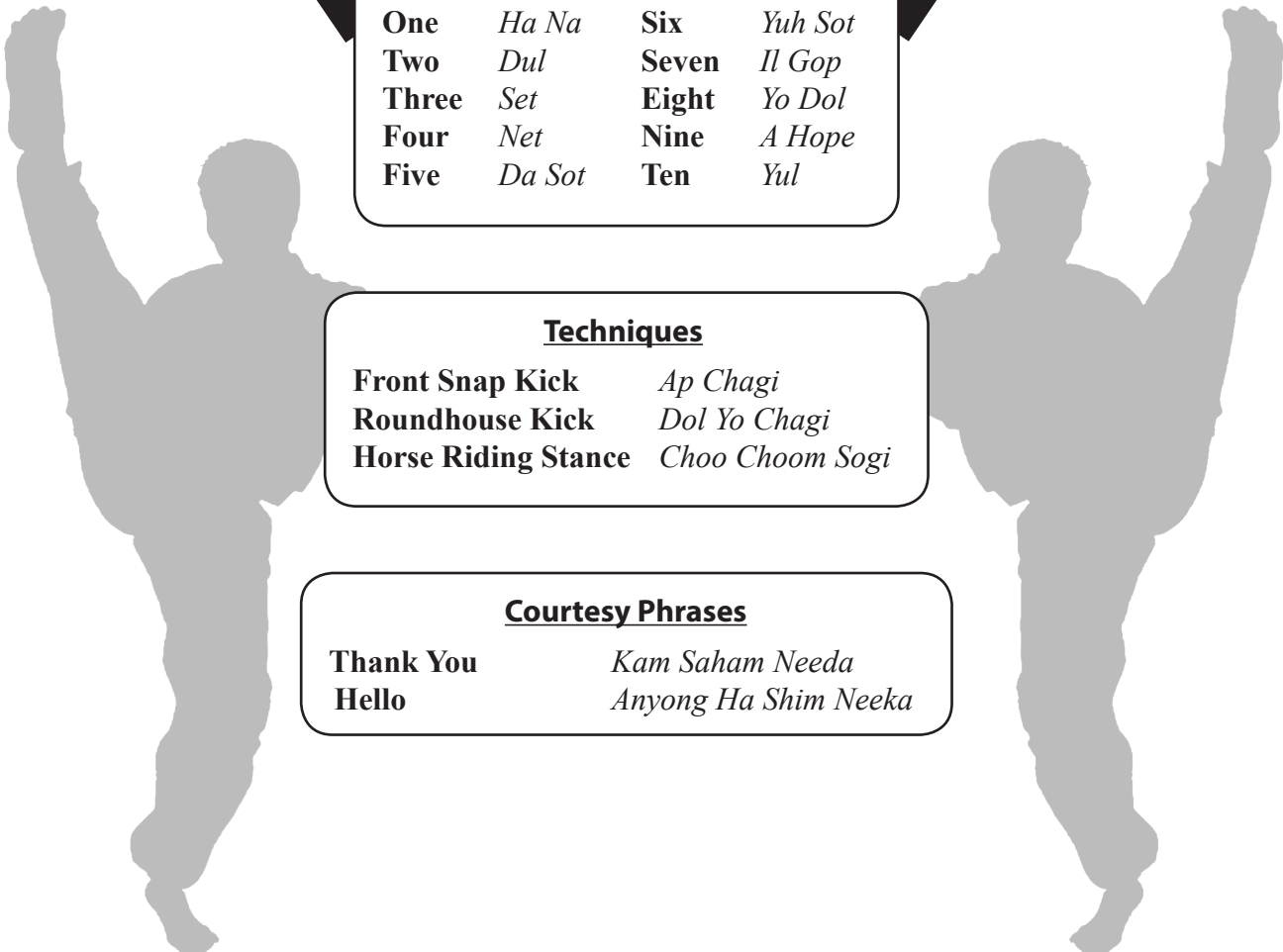
One	<i>Ha Na</i>	Six	<i>Yuh Sot</i>
Two	<i>Dul</i>	Seven	<i>Il Gop</i>
Three	<i>Set</i>	Eight	<i>Yo Dol</i>
Four	<i>Net</i>	Nine	<i>A Hope</i>
Five	<i>Da Sot</i>	Ten	<i>Yul</i>

Techniques

Front Snap Kick	<i>Ap Chagi</i>
Roundhouse Kick	<i>Dol Yo Chagi</i>
Horse Riding Stance	<i>Choo Choom Sogi</i>

Courtesy Phrases

Thank You	<i>Kam Saham Needa</i>
Hello	<i>Anyong Ha Shim Neeka</i>





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