

# Welcome to Taekwondo!

**Taekwondo** means literally *the art of striking with the hand and kicking with the foot*.

**Choong Sil Kwan** means literally the *School of Constant and Never Ending Improvement*.

**Meaning of the White Belt** - *The white belt signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.*

As a new student of Taekwondo, you are entering into a very ancient system for training both your mind and body. Taekwondo is a martial art which developed in Korea over thousands of years. Taekwondo means literally “the art of striking with the hand and kicking with the foot.” It is known for its many beautiful kicks.

Our style of Taekwondo is known as Choong Sil Kwan. This means, literally, the *School of Constant and Never Ending Improvement*. In other words, everyone in our school, even your instructors and black belts are working to become better.

The first stage of Improvement that a student enters is the Imagination level. Everyone has different reasons for training in Taekwondo, but we all share the fact that we have a dream. At this point we emphasize the importance of not only visualizing results but also setting both short and long range goals that will enable us to reach our dreams.

# Choong Sil Kwan

The purpose of Choong Sil Kwan Taekwondo is to develop an individual's mental and physical well being through a highly stylized and deliberate method of rigorous martial arts training. The result of this training is the empowering sense of self-worth, and the ability to control one's physical state and personal destiny.

The student is guided into four stages of philosophical development.

1. Imagination
2. Inspiration
3. Actualization
4. Realization

In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.

With goals firmly in mind, the students must learn to inspire themselves into action, as they develop a sense of self-worth. Without this, they may never strive for success as they may feel they do not deserve the rewards that accompany achievement.

Actualization is taking the first step and entering into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle not only improves oneself, but also the immediate world around you. This concept of "constant and never-ending improvement" is the ultimate purpose of Choong Sil Kwan.

## Your Uniform

The traditional Taekwondo uniform was designed to allow you comfort and durability during your training. It is called a dobok and is worn proudly by all students of Taekwondo.

**Dress When in Class** - The complete taekwondo uniform is to be worn by students in every class unless a special dress day (such as T-shirt Day) has been previously announced. It is the student's (not their parent's) responsibility to bring his or her uniform, belt and other items such as sparring gear to every class in order to be prepared to take part in all activities planned by the instructor. **No jewelry is to be worn during class or other "dress out" occasions.** We do not wear shoes while training in the dojang.

**Testings, Tournaments, and Other Formal Occasions** - Only the traditional white uniform is allowed for these occasions. This uniform should have the Choong Sil Taekwondo Federation patch on the left-hand side and any appropriate rank striping for 1st Degree Black Decided and above.

**Care of Your Uniform** - Your uniform should always be clean, neatly pressed, and in good repair. Use only Non-Chlorine bleach when laundering your uniform as chlorine bleach will reduce its life. **Never wash your belt!**

**Patches** - The Choong Sil Taekwondo Federation patch is always worn on the left-hand side of your uniform. Check with your instructor *before* adding any other patches to your uniform, and he will show you where to wear them.

**Colored Belt Uniform**  
(Through 1<sup>st</sup> Degree Recommended)

**1<sup>st</sup> Degree Black Decided**

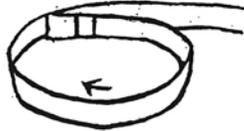


## Your Belt

Tying your Belt:



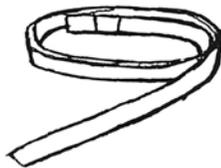
Place belt in the center of your back



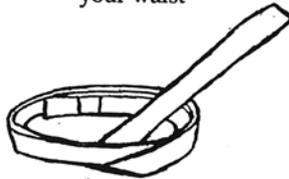
Wrap your belt around your waist



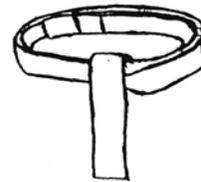
Wrap belt around your waist a second time



Bring end of belt around to the front



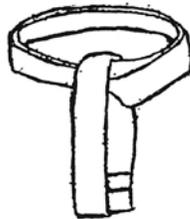
Tuck the end under belt



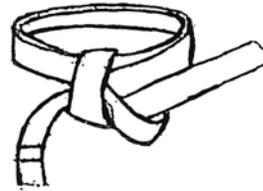
Hold belt in a downward position



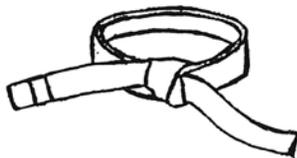
Pull other end out from UNDERNEATH



Make sure both ends are even



Take top end over the bottom end



Pull ends to form a square knot

### Stripes

The stripes on your belt are used to measure your progress. On the White Belt, yellow stripes are used and are worn on the left side. On the colored belts, black strips are worn on the right and white stripes on the left.

The Tenets of Taekwondo and our Student Oath represent ideals that we attempt to achieve in order to strengthen our character. All students of Taekwondo are expected to be able to name them, recite them, understand them, and to use them as governing principles in all areas of daily life.

## **Tenets of Taekwondo**

### ***Courtesy***

Being courteous means to show respect for others and treat them as you would wish to be treated. The practice of courtesy encourages a sense of justice and humanity. The practice of courtesy and proper etiquette allows us to distinguish instructor from student, senior from junior, and elder from younger. Students should practice courtesy to build their character and to allow us to conduct training in an orderly manner.

### ***Integrity***

We must be truthful and honest, not only with others, but also with ourselves! Integrity means to have a wholeness that is often associated with truth and commitment to principles. Integrity should lead you in your daily decisions and the way you live your life.

### ***Perseverance***

“If at first you don’t succeed, try, try again!” We are all familiar with this popular expression that demonstrates the spirit of perseverance. Life is a series of challenges and, frequently, we face obstacles in the path to our goals. We must patiently face these obstacles with a positive mental attitude, not seeing them as problems but as challenges to be met and surpassed on the road to achievement.

### ***Self Control***

To control not only your body in its physical motions, but also your mental attitude so that you are open to learning and able to achieve your goals. In order to achieve control, you must first take responsibility for all of your actions. By recognizing the things you can change to avoid problems and failure or merely to improve your technique, you can then learn to control them. Self control means you are in control of your own actions and have the option of making your own decisions. With self control will come the rewards and consciousness of our actions.

### ***Indomitable Spirit***

Indomitable Spirit means to have the courage and strength of character to face adversity, whether mental or physical, and to triumph over it.

# Student Oath

## ***I Shall Observe the Tenets of Taekwondo.***

The Tenets of Taekwondo are traits or characteristics that all students of Taekwondo should apply to their daily lives. Students of Taekwondo should set an example for others by displaying these tenets in their actions.

## ***I Shall Respect My Instructors and Seniors.***

As with parents, teachers, and other authority figures, your instructors and seniors have worked very hard to achieve their position and deserve to be treated with the respect that recognizes their hard work and accomplishments.

## ***I Shall Never Misuse Taekwondo.***

Taekwondo is taught for the purpose of self-defense. It is not to be used for intimidation or to get your way. The Tenets of Taekwondo describe how you should apply your skills and talents.

## ***I Will Be a Champion for Freedom and Justice.***

As a student of Taekwondo, you have been taught the difference between right and wrong, good and bad. You should take it upon yourself to see that all those around you are treated in a fair and just way.

## ***I Will Build a More Peaceful World.***

By applying the tenets of Taekwondo to your life, showing respect, using your Taekwondo properly, and being a champion of freedom and justice, you will help make the immediate world around you a more pleasant and peaceful place to live.

# Student Regulations

1. Instructors must always be addressed formally in the school as Mr., Mrs. or Miss, answering “Yes Ma’am or Yes Sir” when questioned. Personal relationships must always take a back seat to school protocol. If you are friends with an instructor, please wait until you are outside of the school before using informal conversation.
2. Instructor’s office is off limits. Do not enter without first asking permission.
3. Students must wear correct Taekwondo uniform and belt except by special permission.
4. Students must have clean bodies, trimmed nails and long hair gathered or in a headband.
5. White tee shirts may be worn under the uniform by female students only.
6. Trust the requests and judgments of your instructor(s) with respect to your Taekwondo training. Although reasons for instructor’s training methods may not be apparent, your instructor is more knowledgeable and has your best interest in mind.
7. Students should not be in the school if they have been consuming alcohol or drugs, or if they have a communicable disease such as “flu” or a fever.
8. Absolutely no smoking in school.
9. Students should take responsibility to help keep the school, dressing rooms, and restrooms clean.
10. Permission should be obtained before a student works out at another martial arts school. This is not an attempt at censorship, but rather a use of courtesy and respect.
11. When students do attend other schools they should treat all instructors and seniors as they would in their own school, keeping in mind that you are there representing your own instructors and school.
12. Do not ask your instructor when or if he/she will teach various material.
13. No gum chewing while in class or in the workout area.
14. Students should at “all times” be accountable to the tenets of Taekwondo.
15. If the students have a problem or suggestion that pertains to the center or to Taekwondo, you are encouraged to consult your instructor on this matter.
16. No matter how big or small, every question is important, so you are encouraged to ask. This is a big part of your learning and developing in Taekwondo.
17. The CTF is available on a 24/7 basis to help you at [choongsil@hughes.net](mailto:choongsil@hughes.net).

# What is the CTF?

The Choong Sil Taekwondo Federation (CTF) is an association of Taekwondo schools in the United States to which our school belongs. It was begun and is led by Grandmaster Robert H. Hardin, Ninth Degree Black Belt. Its headquarters are in northwestern Arkansas.

When you join the CTF you will receive the association patch and become entitled to all privileges of membership. The annual dues are \$25.00 and are generally paid at the time of your first testing.

In order to maintain high standards, the CTF certifies the results of all testings of its member schools and, upon determining that you meet its requirements for promotion, will award you a certificate indicating your new rank. All certified and assistant instructors must attend CTF sponsored training and pass examinations to make sure that you receive the best taekwondo instruction possible. The training covers many different areas and continues even after an instructor is certified.

The CTF also sponsors a number of regional tournaments each year in different locations so you may test your skills against those of students of a similar age and rank from other schools. There are always exciting events at the tournaments which are also fun to watch, such as special demonstrations and the competition in the Black Belt divisions. The last tournament of the year is the CTF Nationals when all regions come together for our National Championships in November.

The CTF sponsors other special events such as Black Belt Instructor training camps and special seminars for the members as well as an annual Christmas Awards Banquet for its black belts.

By joining the CTF, you join a much larger Taekwondo family. If you are traveling and wish to visit another CTF school, all you need is your CTF membership and your instructor's permission. There is no extra charge for the privilege of training in another CTF school. In addition, we offer you the opportunity for additional competition opportunities outside the CTF through other organizations such as the United States Taekwondo League. If you are interested in additional training and competition opportunities, please watch the monthly CTF newsletter for information, check out our website – [www.choongsil.com](http://www.choongsil.com) and also check with your instructor.

# White Belt Patterns

## **Song Song:**

(30 moves, right foot returns)

Song Song means "Imagination." In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.

## **Chon Ji:**

(19 moves, left foot returns)

Chon Ji 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 played by the beginner. This pattern consist of two similar parts; one to represent the Heaven and the other, the Earth.

# White Belt Drill Work

## Parallel Ready Stance

- 1) Left foot steps forward to a left front stance while making a left high block;  
Advance to right front stance, right high block;  
Advance to left front stance, left high block;  
Advance to right front stance, right high block;  
Retreat to left front stance, left high block;  
Retreat to right front stance, right high block;  
Retreat to left front stance, left high block;
- 2) Advance to right front stance, right high block, double punch (rear hand punches first);  
Advance to left front stance, left high block, double punch;  
Advance to right front stance, right high block, double punch;  
Retreat to left front stance, left high block, double punch;  
Retreat to right front stance, right high block, double punch;  
Retreat to left front stance, left high block, double punch;
- 3) Advance with a rear leg front kick, landing in a right front stance, right high block, double punch;  
Advance with a rear leg front kick, landing in a left front stance, left high block, double punch;  
Advance a rear leg front kick, landing in a right front stance, right high block, double punch;  
About face, left front stance, left high block, double punch;  
Advance with a rear leg front kick, landing in a right front stance, right high block, double punch;  
Advance a rear leg front kick, landing in a left front stance, left high block, double punch;  
Advance with a rear leg front kick, landing in a right front stance, right high block, double punch;  
About face, left front stance, left high block, double punch;  
Left foot returns to parallel ready stance.
- 4) Step forward with the left foot to a middle stance while making a left knifehand strike;  
Advance three (3) times by stepping behind, landing in a middle stance while making a left knifehand strike.  
Turn, facing the opposite direction and making a right knifehand strike;  
Advance three (3) times by stepping behind, landing in a middle stance while making a right knifehand strike.
- 5) Turn, facing the opposite direction and making a left knifehand strike;  
Advance three (3) times by step behind sidekick, landing in a middle stance while making a left knifehand strike.  
Turn, facing the opposite direction and making a right knifehand strike;

Advance three (3) times by step behind sidekick, landing in a middle stance while making a right knifehand strike.

Turn, facing the opposite direction and making a left knifehand strike;

Left foot returns to parallel ready stance.

- 6) Step backward with the right foot to a middle stance while making double guarding blocks;

Advance three (3) times by making a turning round kick and landing in a middle stance while holding the double guarding block.

Turn and make a double guarding block in the opposite direction.

Advance three (3) times by making a turning round kick and landing in a middle stance while holding the double guarding block.

Turn and make a double guarding block in the opposite direction.

Right foot returns to parallel ready stance.

Tournament competition will be in two areas: patterns and the drillwork outlined above.

# Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of the CTF teaching program. You must prepare by learning **all your patterns, definitions, and one-steps**. In addition, at Green Belt and above, you will be expected to **demonstrate what you have learned regarding free sparring**. At Blue Belt and above, you will be expected to **participate in a power demonstration by breaking wood** at each testing. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood is provided at the testing.

Come to the testing a little early to allow time to warm up and ask any last minute questions you may have.

**Remember, this is a formal occasion and requires that you wear your traditional white uniform!**

You will need to register in advance of the testing date. See your instructor to register and pay your testing fee.

Additionally, all white belts and any students whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership card and pay the annual membership fee of \$25.00 before they test.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

***Good Luck!***

# White Belt Testing Goals

	<u>Completed</u>
I. Attend class _____ times a week	—
II. Learn new patterns	
A) Chon Ji	—
B) Song Song	—
III. Drill Work	—
IV. Definitions	
A) Chon Ji	—
B) Song Song	—
C) Tenets of Taekwondo	—
D) Student Oath	—
V. Special Goals:	
_____	—
_____	—
_____	—

# Definitions

**Taekwondo** - means literally “the art of striking with the hand and kicking with the foot.”

**White Belt** - The white belt signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.

**Yellow Belt** - Yellow signifies the earth, from which the plant sprouts and takes root as the Taekwondo foundation is being laid.

**Green Belt** - Green signifies the plant’s growth as taekwondo skills are developing.

**Blue Belt** - Blue belt signifies the heavens, toward which the plant develops into a towering tree as the Taekwondo training progresses.

**Red Belt** - Red Belt signifies danger, warning the student to exercise control and the opponent to stay away.

**Ahn Jo** – Sit down

**Bah Roh** – Return to ready position

**Bon Kwan** – Main school

**Cha Ryut** – Attention

**Choong Sil Kwan** means literally the “School of Constant and Never Ending Improvement.”

**Dan** – Degree

**Do Bok** – Training suit

**Do Jhang** – Training hall

**Dobok** – the traditional Taekwondo uniform worn during training.

**Dojang** – the room you work out in.

**Goman** – Stop

**Gup** – Class

**Jhoon Be** – Ready position

**Ji Kwan** – Branch school

**Kyong Yet** – Bow

**Sah Bum Nim** – Instructor above 4<sup>th</sup> Dan Black Belt

**Sho** – At ease

**Yi Ro Sut** – Stand up