



TAEKWONDO



STUDENT HANDBOOK

ROCKY TOP TAEKWONDO

STUDENT HANDBOOK

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CHOONG SIL KWAN PHILOSOPHY

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.

- ❖ Imagination
- ❖ Inspiration
- ❖ Actualization
- ❖ 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 self-inspire themselves into action, as they develop a sense of self-worth. Without this, one 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.

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STUDENT REGULATIONS

The Student Regulations are the requirements for good behavior in the school. As the Regulations are practiced in the school, students develop positive behaviors in everyday life.

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. Students must wear correct Taekwondo uniform and belt, except by special permission.
3. Students must have clean bodies, trimmed nails, and long hair gathered or in a headband.
4. White tee shirts may be worn under the uniform by female students only.
5. Trust the requests and judgments of your instructor(s). Although reasons for instructor’s actions may not be apparent, your instructor is more knowledgeable and has your best interest in mind.
6. 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.
7. Absolutely no smoking in the school.
8. Students should take responsibility to help keep the school, dressing rooms, and restrooms clean.
9. 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.
10. 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.
11. Do not ask your instructor when or if he/she will teach various materials.
12. No gum-chewing while in class or in the workout area.
13. Students should at “all times” be accountable to the tenets of Taekwondo.
14. 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. No matter how big or small, every question is important; therefore, you are encouraged to ask. This is a big part of your learning and developing in Taekwondo.

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TENETS OF TAEKWONDO

Students must know the Tenets of Taekwondo and their meaning. As a student's training progresses, the student will learn the importance of applying the Tenets into everyday life.

1. **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.
2. **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.
3. **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.
4. **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. 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.
5. **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.

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STUDENT OATH

The Student Oath reinforces the Tenets of Taekwondo and further exemplifies the results of practicing the Tenets.

☐ **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.

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BELT TESTING REQUIREMENTS

Prerequisite Stripes to Belt Promotions

White Belts

Yellow Stripe First 8 Moves of Chon-Ji

Green Stripe All of Chon-Ji

Blue Stripe #1 Drill Exercise

Red Stripe #2 & 3 Drill Exercise

Black Stripe ½ Song Song

Orange Stripe Testing Definitions

Yellow Belts

White Stripe Highest Rank Traditional Pattern and Song Song

Blue Stripe Kicking Drills

Orange Stripe Testing Definitions

1 & 2 Stripe Green Belts

White Stripe All Traditional Patterns to Rank, Song Song and ½ Yong Gom

Blue Stripe Display Set 1 & 2 Free Sparring

Orange Stripe Testing Definitions

3 & 4 Stripe Green, Blue & Red Belts

White Stripe All Traditional and Self Improvement Patterns to Rank

Blue Stripe Display Free Sparring to Rank

Orange Stripe Testing Definitions

Little Dragon's Belt Testing Requirements

Belt Color Area of Focus

White Bow In, Attention and #1 Drill Work

White w/Yellow #1 & 2 Drill Work and ½ of Chon-Ji

White w/Green #1, 2 & 3 Drill Work and All of Chon-Ji

White w/Blue #1, 2 & 3 Drill Work, All of Chon-Ji and ½ Song Song by Count

White w/Red #1, 2 & 3 Drill Work, All of Chon-Ji and ½ Song Song

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TESTING DEFINITIONS

Students are responsible to know the meaning of their belt colors and pattern definitions to their rankings. The following information is designed as a study guide so that the student will be prepared for their promotional testing.

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

- Chon Ji - 19 moves, left foot returns
- 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.

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

- 1&2 Stripe - Dan Gun - 21 moves, left foot returns
- 3&4 Stripe - Do San - 24 moves, right foot returns
- 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.

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

- 1&2 Stripe - Won Hyo - 28 moves, right foot returns
- 3&4 Stripe - Yul Gok - 38 moves, left foot returns
- Yong Gom - 40 moves, left foot returns - Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to self-inspire themselves into action, as they develop a sense of self-worth.

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

- 1&2 Stripe - Joong Gun - 32 moves, left foot returns
- 3&4 Stripe - Toi Gye - 37 moves, right foot returns
- Yong Gom - 40 moves, left foot returns - Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to self-inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.

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

- 1&2 Stripe - Hwa Rang - 29 moves, right foot returns
- 3&4 Stripe - Choong Moo - 30 moves, left foot returns
- Hyun Sil - 50 moves, left foot returns - Hyun Sil means "Actualization." Actualization is to take the first step and enter 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.

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TERMINOLOGY

Modern Taekwondo studies date back many years throughout Korean history. Students may hear some of the frequently used Korean terms. Have fun learning a few Korean words!

1. Taekwondo - means literally “the art of striking with the hand and kicking with the foot”
2. White Belt - The white belt signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo
3. Yellow Belt - Yellow signifies the earth, from which the plant sprouts and takes root as the Taekwondo foundation is being laid
4. Green Belt - Green signifies the plant’s growth as taekwondo skills are developing
5. Blue Belt - Blue belt signifies the heavens, toward which the plant develops into a towering tree as the Taekwondo training progresses
6. Red Belt - Red Belt signifies danger, warning the student to exercise control and the opponent to stay away
7. Ahn Jo – Sit down
8. Bah Roh – Return to ready position
9. Cha Ryut – Attention
10. Choong Sil Kwan means literally the “School of Constant and Never Ending Improvement”
11. Dan – Degree
12. Do Jhang – Training hall
13. Dobok – the traditional Taekwondo uniform worn during training
14. Dojang – the room you work out in
15. Goman – Stop
16. Gup – Class
17. Jhoon Be– Ready position
18. Kyong Yet – Bow
19. Sah Bum Nim – Instructor above 4th Dan Black Belt
20. Sho – At ease

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TRAINING PROGRESSION

This is additional information to help the student better understand training.

White Belt

A new student of Taekwondo is entering a very ancient system for training both mind and body. Taekwondo is a martial art, which was 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.

Yellow Belt

As a new yellow belt, you have taken the first step on the ladder to success! As you begin to learn new material, remember to keep practicing your old material. Everything you are learning now will form the foundation for your advanced training in Taekwondo. You are now ready to build a strong root system - strong stances. Practice your basic techniques and develop them to the best of your ability. Taekwondo developed from a very strong foundation developed over the centuries. Taekwondo is a martial art that utilizes only the weapons of your own body: hands, feet, mind, and spirit. In this way, those who train are always prepared as they always carry their weapons with them. During the 7th century in the Silla dynasty in Korea, martial arts were very important. But the Koreans also recognized the importance of the arts of the mind, and these were equally emphasized. The most elite of their society were young men, known as the Hwa Rang Do, skilled in both mental and martial arts. Over the following centuries, martial arts’ training was not as emphasized until the early 1900’s when the Japanese occupied Korea and forbade the practice of any form of Korean martial arts. Because the martial arts had a strong root system among the Korean people, some continued to train in secret and were able to keep the martial arts tradition alive in Korea through their dedication and perseverance.

Green Belt

When you achieve the rank of Green Belt, you have moved from the beginner into the intermediate class. This means that you have acquired the basic Taekwondo skills that you are now working to develop. You will begin to Free Spar and more will be expected of you. Now there will be many students newer than you, and you will need to set a good example for them. Now that you have the basic skills to begin achieving your goals, you must believe in your abilities and inspire yourself to work hard to achieve these goals. Many students frequently ask, “Why must we learn patterns; why not just spar?” Patterns were first developed as a means to practice offensive and defensive moves in a logical sequence. Until recent years when safety equipment was developed, free sparring was not a safe and enjoyable sport. It was too dangerous to use as a regular training technique. Instead, patterns were developed. When you practice your patterns, consider what move your opponent might have made which you are now countering. In this way, patterns can come to life for you and become a much more memorable training experience. In the Choong Sil Kwan system we study 24 traditional patterns, the Chang Han series, developed in Korea by General Choi Hong Hi, the father of modern Taekwondo, and 4 Choong Sil, or discipline, patterns developed by Grand Master Robert H. Hardin, founder of the Choong Sil Taekwondo Federation. The reason General Choi developed 24 patterns is likened to the 24 hours in a day. Twenty-four represents a complete cycle, his entire life, that he has devoted to the development and teaching of Taekwondo.

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The four Choong Sil patterns consist of 180 total moves that represent 180 degrees, a half circle, or a complete reversal of direction. With a very small, for example, one degree, change each day, you can attain complete change in only 180 days. As you can see, patterns are an integral part of our Taekwondo tradition. They also represent our reward as we advance to new ranks. A student is not entitled to learn a pattern until he has achieved the rank associated with the pattern. In order to learn all the patterns, one must attain the rank of 6th degree black belt. This is a lifetime goal!

Blue Belt

Once you reach blue belt, you have been training for a year or more, and you have laid the groundwork for more advanced training. You must now refine your techniques to develop maximum power. Board breaking as a power test is now a part of your testing procedure. Now you must begin to focus more on this aspect of your training. Before advancing to red belt, you must build a good foundation of free sparring techniques and develop sufficient power in your techniques to be able to break boards with both a hand and a foot technique. As you add power to your techniques, you must also begin to develop control in free sparring to avoid injury. This is a good test of your self-discipline! General Choi, the father of modern taekwondo, taught martial arts to his elite 29th infantry division, and, following the war, set out to develop and promote a system of martial arts training. There were a number of different styles of martial arts in Korea at that time but, through his leadership, he was able to bring most of them together under the banner of Taekwondo. Taekwondo quickly became the national sport of Korea. Following the Korean War, foreign soldiers who had been stationed in Korea took Taekwondo home with them and began its international development. Today, Taekwondo is practiced by millions worldwide and enjoys recognition as an Olympic sport.

Red Belt

You've done it! You've been awarded a red belt. That coveted level just before Black Belt. What does it mean to you? You are now considered an advanced student, ready to refine and polish the basic techniques you have already learned. You have demonstrated that you have power with your board breaks. You must now realize the importance of controlling yourself and your techniques to prevent injury to others. All basic techniques are now available in your sparring sets. It is time to focus on improving your existing skills. You must also learn patience since this is usually a lengthy process, as you will no longer be eligible to test at every school testing. Hyun Sil is the third discipline pattern in the Choong Sil series. Hyun Sil means actualization or the development of a strong work ethic as well as a positive work habit. To advance to Black Belt requires dedication, perseverance and hard work. As you refine your technique, many of the changes may seem small, but each one is important. The Hwa Rang, the flower of Korean manhood, were a group of elite young men who trained not only in martial arts, but also in painting, calligraphy and other arts during the Silla dynasty. Most of the future leaders of the country developed through the Hwa Rang. General Choi Hong Hi trained the elite 29th Infantry Division during the Korean War in special martial arts techniques. They became the equivalent of our Special Forces. Following the war, General Choi organized the various kwons (schools of martial arts) into a new system of martial arts known as taekwondo. General Choi later formed the International Taekwondo Federation.