



# Student Handbook

Sharp's Taekwondo Location(s):

1070 Hickory Point Mall

Forsyth, IL 62535

217-875-5031

[Info@SharpsTKD.com](mailto:Info@SharpsTKD.com)

## **Taekwondo Past and Present**

In ancient times people learned self-defense techniques from their experiences of fighting against the wild animals whose defensive and offensive motions were also the subject of analysis. It is believed that this was exactly the true grounding of today's Taekwondo, today's most recognized Korean martial art. In Kayo, the ancient kingdom of the North, mural painting discovered among the ruins of the royal tombs, built between 3 A.D. and 427 A.D., show scenes of Taekwondo practices. On the Korean peninsula, three rivaling kingdoms came into existence. They were Koguryo, Paekje and Silla and all indulged in growing national strength with trained warriors. As a result, youth warrior's corps were organized, such as "hwarangdo" in Silla, and "chouisonin" in Koguryo, which both adopted the martial art training as one of the important subjects of learning. Additional evidence is provided in Silla, at the Sokkuram ruins in Kyongjo where two giant statues in Taekwondo stances guard the meditating Buddha.

The Koryo dynasty, which reunified the Korean peninsula, lasted from A.D. 918 to 1392. During this time an early form of Taekwondo, known as Taekkyon, was developed more systematically and was made a compulsory subject in the examinations for selection of military cadets.

In the modern times of Korea, which cover the Chosun (or Yi) dynasty (1392-1910), the imperial Korea and the Japanese colonial rule until 1945, Taekwondo was called "subakhui" rather than "Taekkyon" and it suffered an eventual loss of official support from the central government as the weapons were modernized for national defense. The Chosun (Yi dynasty) was founded on the ideology of Confucianism, which resulted in rejecting all Buddhist festivals and giving more importance on literary art than martial art. The Japanese colonial government totally prohibited all folkloric games including Taekkyon in the process of suppressing the Korean people. The martial art Taekkyondo (Taekwondo) had been secretly handed down only by the masters of the art until the liberation of the country in 1945. Upon liberation, of Korea from the Japanese colonial rule after World War II, the Korean people began recovering the thought of self-reliance and the traditional folkloric games resumed their popularity. Song Duk-ki, master of Taekkyondo, presented a demonstration of the martial art before the first Republic of Korea President Syngman, thus clearly distinguishing Taekwondo from the Japanese karate which had been introduced by the Japanese rulers.

Martial art experts began opening their Taekwondo gymnasias all over the country and after the end of Korean War (1950-1953) Taekwondo was popularized among the dan-grade black-belts within the country, also dispatching about 2,000 Taekwondo masters to more than 100 countries for foreigners' training.

Following the nomination of Taekwondo as a national martial art in 1971, the present Kukkiwon was founded in 1972 to be used as the central gymnasium as well as the site of various Taekwondo competitions. Then a year later on May 28, 1973 the World Taekwondo Federation came into existence currently having 164 countries as its members. In 1975, Taekwondo was accepted as an official sport by the U.S. Amateur Athletic Union (AAU) and also admitted to the General Association of International Sports Federations (GAISF), followed by the adoption of official sports event by the international council of military sports (CISM) in 1976. The WTF became an IOC-recognized sports federation in 1980, making Taekwondo an Olympic sport. Then the adoption of Taekwondo as an official event was followed by the World Games in 1981, the Pan-American games in 1986 and finally by the 2000 Olympiad held in Australia.

## **Sharp's Taekwondo – School Information**

### **Visitors**

- Please quietly enjoy our lobby.
- Refrain from loud talking.
- Monitor small children at all times.
- Please sit in the designated areas only.
- Refrain from calling our office during class times (except during emergencies).
- Share the limited seating with new faces.
- No shoes allowed in the dojang.
- Students should arrive at least 15 minutes early when possible.
- Children age 6 and under must be accompanied by a parent to the restroom.

Our time with students is short and valuable. We appreciate minimum interruptions.

### **Attire**

- As soon as possible put your name (first or full) on the left breast of the uniform. This can be done with embroidery, marker, etc. as long as it is legible.
- We recommend that you wash your uniform in cold water. Avoid bleach and excessive heat. Cloth covered sparring equipment can be machine washed.
- Jewelry is not to be worn during class time. However, if you have jewelry that cannot be removed (i.e. newly pierced earrings), please cover with a band-aid or tape before arriving.
- All students ages 12 and younger should arrive already in uniform. Changing rooms are available for students 13 and older.
- Female students should wear black or white t-shirts under their uniform tops.
- Belts should only be spot cleaned.
- A special belt is provided for those who forget their own belt.

### **Sharp's TKD – Membership**

Our membership is only good at Sharp's Taekwondo.

### **Sharp's TKD – Fees**

#### **Tuition Fees**

See posted schedule for current tuition fees.

Payment coupons are available upon request to ensure proper credit to your account. Tuition fees are due regardless of attendance and according to signed contract.

#### **Additional Charges**

There is a \$25 fee for picking up your child later than 15 minutes past the end of their class time. The fee is due upon pick up.

- The fee for all late payments is \$20.
- The fee for each returned check is \$25.
- There are fees for testing, the fee varies by belt level and will be communicated prior to testing dates.

- There are fees associated with various events (tournaments, etc.). These fees will be posted prior to event sign-up dates.
- There are fees associated with the purchase of equipment.

### **Sharp's TKD – Hours**

See the current class schedule for hours of operation.

Our facilities are open ½ hour before and 15 minutes following each class. We recommend that students arrive at least 15 minutes before class time.

### **Sharp's TKD – Miscellaneous**

A “first-aid” kit is available for emergency use only. You are responsible for covering any scrapes or cuts prior to each class.

All uniforms, patches, sparring equipment, weapons, etc. must be purchased through Sharp's Taekwondo.

### **Sharp's TKD – Additional Questions**

As questions arise, please address them as soon as possible to Master Sharp. Reading notices, memos and newsletters keep you informed. The better informed you are, the more involved you can be. If you have any questions, you can contact the Sharp's TKD office at 217-875-5031 or email us at [info@SharpsTKD.com](mailto:info@SharpsTKD.com).

### **Sharp's – Activities Requiring Permission**

- Leaving the dojang (training area).
- Using the telephone.
- Using any of the training equipment.
- Entering the office.
- Sparring.
- Kicking on the bags.

### **Student Creed**

- To build ourselves physically and mentally.
- To build friendships with one another.
- To be a strong group.
- Never fight to achieve selfish ends, but to develop might for right.

### **Tenets of the Art**

- **Courtesy** (*Yelu*) – Always be polite.
- **Integrity** (*Yom Chi*) – In Taekwondo, integrity means being able to define right from wrong.
- **Perseverance** (*Innae*) – There is an old martial art saying “Patience leads to virtue or merit”. A serious student must learn to be patient; to continue steadfastly.
- **Self-Control** (*Guk Gi*) – This tenet is extremely important, both in and out of the dojang.
- **Indomitable Spirit** (*Baekjul Boolgool*) – A serious student will deal with a situation, regardless of the seeming size of the obstacle.

## **Taekwondo – Definition**

What exactly is the meaning of Taekwondo (TKD)?

Taekwondo is a modern martial art, characterized by its fast, high and spinning kicks. There are multiple interpretations of the name Taekwondo. Taekwondo is often translated as “the way of hand and foot”. One definition of the name Taekwondo is:

*Tae* = “to hit or smash with the foot”

*Kwon* = “to hit or smash with the fist”

*Do* = “art, way or method”

Thus when taken collectively, Taekwondo indicates the techniques of unarmed kicks, blocks, dodges and interceptions with the hands and feet.

## **Hapkido – Definition**

Hapkido is the art of coordinated power. Hapkido encompasses every facet of the human body, such as; pressure points, joints and movements.

*Hap* = “coordination”

*Ki* = “power”

*Do* = “art, way or method”

## **Essence of Taekwondo**

*Control, accuracy, speed and power* are the essential parts of training in Taekwondo. One without the others is useless in defending yourself or in everyday practice. Snap your techniques using control, accuracy, speed and power. This will not only improve your ability, but it will bring that technique to its fullest potential. When practicing, use your techniques as though you are defending yourself, then when you are forced to defend yourself, you will act effectively.

## **School Rules**

1. Bow to the instructor when entering or leaving the dojang.
2. Bow when entering or leaving the dojang.
3. Respect all higher ranks especially the instructor.
4. Have a clean uniform at all times, folded neatly before leaving.
5. Maintain discipline; know the tenets of the art and the student creed.
6. Telephone if you will be late or unable to attend.
7. No food or alcohol allowed in the dojang. Refrain from drug abuse and no chewing gum.
8. No profanity, no loud talking and no horseplay.
9. Do not face the instructor while tying belt.
10. Do not teach without instructor’s permission.
11. Report all injuries to the instructor.
12. Do not try any techniques until the instructor has shown them to you.
13. Anyone not following these rules will be reduced in rank.

## **Home Rules**

1. Children shall greet their parents when they enter the house and tell them good-bye when they leave.
2. Children will at all times be respectful to their parents and grandparents.
3. Children will strive for a good relationship with their brothers and sisters.
4. Children will willingly help with household chores.
5. Children shall report to their parents that they have completed assigned tasks.
6. Children shall be responsible for the upkeep and neatness of their own room.
7. Children will practice daily cleanliness in the matter of hair, nail, teeth and body.
8. Children shall abide by their parents' decisions.
9. Children shall not interrupt adult conversations.
10. Children shall refrain from rowdy behavior at home.
11. Children shall possess an active mind, body and spirit.
12. Children will diligently study their schoolwork both at school and at home.
13. Children will at all times show respect for their school teachers and other peers.

## **Disciplines of Taekwondo**

Taekwondo has four disciplines which are explained further in various sections of the handbook. The four disciplines are:

- Patterns.
- Sparring.
- Self Defense.
- Break test.

It is the combination of these four disciplines that makes the art called Taekwondo.

## **Objectives of Taekwondo**

- To develop an appreciation for Taekwondo as a sport and as an art.
- To achieve physical fitness through positive participation.
- To improve mental discipline and emotional equanimity.
- To learn self-defense skills.
- To develop a sense of responsibility for oneself and others.

## **Commandments of Taekwondo**

1. Loyalty to your country.
2. Respect your parents.
3. Faithfulness to your spouse.
4. Respect your brothers and sisters.
5. Loyalty to your friends.
6. Respect your elders.
7. Respect your teachers.
8. Never take life unjustly.
9. Indomitable spirit.
10. Loyalty to your school.
11. Finish what you begin.

**Students should remember to:**

- Always wear a clean and unwrinkled dobuk.
- Keep nails trimmed.
- Be on time.
- Practice proper hygiene.
- Not speak without permission.

**Taekwondo – Vocabulary and Pronunciations**

Officially and customarily, Korean terms are used in the teaching of Taekwondo throughout the world. To assist you in pronouncing the Korean words, here are some basic rules of thumb:

- “a” is pronounced like the vowel sound in FATHER.
- “o” is pronounced like the vowel sound in OH.
- “i” is pronounced like the vowel sound in IF.
- “e” is pronounced like the vowel sound in MAY.
- “ae” is pronounced like the vowel sound in FATHER.
- “ya” is pronounced like the vowel sound in YACHT.
- “yu” is pronounced like the vowel sound in USEFUL.
- “wa” is pronounced like the vowel sound in WHAT.

ENGLISH	KOREAN
1 - One	Hana
2 - Two	Duhl
3 - Three	Set
4 - Four	Net
5 - Five	Dasut
6 - Six	Yosut
7 - Seven	Ilgob
8 - Eight	Yodul
9 - Nine	Ahope
10 - Ten	Yol
20 - Twenty	Sumul
30 - Thirty	Sorun
40 - Forty	Mahun
50 - Fifty	Schwin
60 - Sixty	Yesun
70 - Seventy	Irun
80 - Eighty	Yodun
90 - Ninety	Ahun
100 - One Hundred	Paek

ENGLISH	KOREAN
Grandmaster	Kwan Jang Nim
Master	Sa Boem Nim
Master Instructor	Sa Boem Nim
Chief Instructor	Sa Boem Nim
Assistant Instructor	U Dun Gee
Gym (Training Area)	Dojang
Uniform	Dobuk
Hello	An Youg Ha Ship Meeka
Good-bye	An Youg E K Ship Sheeo
Thank You	Kam Sa Ham Ni Da
You are Welcome	Cham Ne Neo
Yell	Kihap
Salute Flags	Kuna Kyeona
Meditate	Jona Ruso
Forms	Poomse
Sparring	Gyroogi
Certain Victory	Pilsung
Again	Do Shi
Continue	Ki So

ENGLISH	KOREAN
<b>Stance</b>	Su Gi
Attention	Cho Ryo Suh Gi
At-Ease	Pyun Hee Suh Gi
Return to Ready	Pyun Hee Suh Gi
Fighting (Back)	Be Ro
Walking (Front)	Ap Kook Yi
Riding Horse	Ju Choom Suh Gi
<b>Kick</b>	Cha Rea
Rising	Peo Deo Ol Gi
Front Snap	Ap Cha Gi
Side Kick	Yop Cha Gi
Roundhouse	Dol You Cha Gi
Back	Deui Cha Gi
Spinning Side	Deui Dol Yeo Yeop Cha Gi
Spinning Heel	Deui Dol Yeo Cha Gi
<b>Punch</b>	Chi Reu
Middle Body	Mom Tong Chi Reu Gi
Low	A Rae Chi Reu Gi
High (Face)	Ul Guil Chi Reu Gi
Side Body	Yop Chi Reu Gi

ENGLISH	KOREAN
End	Geu Man
Begin	Shi Chak
Break (Stop)	Gal Yeo
Bow	Kyung Ye
About Face (Turn)	Deui Ro Do Ra Do
Switch Feet	Bal Ba Kwo
Switch Hands	Sohn Ba Kwo
<b>Strike</b>	Chee Gi
Palm Heel	Jang Kal Chee Gi
Fist	Ju Mok
Hammer Fist	Me Ju Mok Chee Gi
Back Fist	Deung Ju Mok Chee Gi
Hand	Sohl Nal
Knife Hand	Sohn Nal Chee Gi
Ridge Hand	Sohn Nal Deung Chee Gi
<b>Block</b>	Mak Gi
Down (Low)	A Rae Mak Gi
High (Face)	Ui Gul Mak Gi
Knife Hand	Sohn Nal Mak Gi
Inside-Outside	Mom Tong Mak Gi
Outside-Inside	Mom Tong Ba Kat Kak Gi

### **Sharp's Taekwondo – Forms (Poomse)**

A *form* is a series of systematic movements necessary for defense and attack.

Rank	Name	Name in Korean	Number of Moves
White Belt	Basic Form	Kicho	20
Yellow Belt	Taeguek 1	Taeguek Il Chang	18
Green Belt	Taeguek 2	Taeguek Yi Chang	18
1st Degree Green Belt	Taeguek 3	Taeguek Sam Chang	20
Blue Belt	Taeguek 4	Taeguek Sa Chang	20
1st Degree Blue Belt	Taeguek 5	Taeguek Oh Chang	20
Red Belt	Taeguek 6	Taeguek Yook Chang	23
1st Degree Red Belt	Taeguek 7	Taeguek Chil Chang	27
2nd Degree Red Belt	Taeguek 8	Taeguek Pal Chang	27
3rd Degree Red Belt			



## **Sharp's Taekwondo – Sparring**

Although WTF Taekwondo is a full contact sport where it is allowed to kick to the head (throwing punches to the head are not allowed), it is not very dangerous to practice Taekwondo. During training, there is no need to actually win. During competition, full protection is used to protect the competitors.

To avoid head injuries, a competitor is not allowed to participate in a competition for three months (this seems to vary) if one is knocked out by a kick to the head. If the same incident happens again after these three months, you're not allowed to participate for half of a year. Another K.O. to the head after this half year period results in a permanent exclusion of competitions.

ITF Taekwondo is so-called semi-contact. It is not allowed to attack the head with full force. However, it is allowed to throw punches to the head, by using so called "killing-blow", stop just an inch before the target. To avoid injuries, ITF uses gloves at sparring-competition.

## **Free Sparring (Gyroogi)**

*What is Free Sparring?*

- Free sparring is engaging in kicking and punching with a sparring partner. It is done within a designated area called a ring.
- The two partners follow a strict set of guidelines.

*Who can participate?*

- All ranks and ages may participate with the instructor's supervision.

*Do I have to spar?*

- No, in our program, sparring is not mandatory.

*Will it cost me anything?*

- No, but at a later time you may need to purchase your own sparring equipment. All equipment must be purchased through Sharp's Taekwondo.

*If I participate in free sparring class, do I have to go to tournaments?*

- Competition is not mandatory. There are additional expenses for those that choose to compete.

*What are the rules?*

- There are many rules and safety guidelines. You will learn more as you become more experienced in Taekwondo. In order to familiarize you with free sparring, here is a list of a dew of the "don'ts":
  - No excessive contact or facial contact
  - No kicking or punching below the belt
  - No sweeping or throwing
  - No unsportsmanlike conduct

Free sparring is not allowed in the dojang without the permission of the Master Instructor or the Chief Instructor.

## **Competition**

Although Taekwondo is an Olympic sport, competition is only a small portion of our program.

It is important to remember what competition is...

- Competition is safe, with proper attitude and discipline.
- Competition teaches camaraderie and sportsmanship.
- Competition reinforces the tenant of Taekwondo.
- Competition is about giving your best.

It is important to remember what competition is not...

- Competition should not be the main objective while studying the art.
- Competition is not about “winning” or “losing”.
- Competition is not just about trophies and medals.

### **All students who wish to participate at any level of competition must meet the following criteria:**

1. Consistent class attendance (minimum of two classes per week).
2. All passing grades on report card.
3. Master Sharp’s support of competition in question.
4. Parent’s approval.
5. No prior deductions or disqualifications for “unsportsmanlike” conduct.
6. Annual organization dues paid up-to-date.
7. All accounts paid up-to-date.
8. Recommendation of Master Sharp.

## **Promotional Examinations**

- After you have earned your recommended credits (1 hour = 1 credit), you may apply to test at our next promotional examination. Upon each successful promotion, your hours/credits will begin at zero.
- Remember, you make the belt; the belt does not make you.
- Be the best you can be at your rank before trying to advance.
- Try to perfect every technique that you have learned.
- Testing is not mandatory.
- Testing applications will not be accepted after the due date.
- Copies of grades are available for only seven days after each examination.

## **Testing Requirements**

To test, you must meet all of the following requirements:

1. You must have the minimum number of class hours for your belt. (see table below)
2. You must be attending class at least twice a week consistently.
3. You must know all your forms, one-steps and hapkidos.
4. You must work hard in class.
5. You must be current on all your monthly dues and membership dues.
6. You must be recommended by a black belt to test.
7. All children must be recommended by a parent to test.
8. It is ultimately up to Master Sharp whether or not you are allowed to test.

<b>Requested Rank Promotion</b>	<b>Recommended Hours</b>	<b>Testing Fees</b>
White Belt to Yellow Belt	30	Posted prior to application
Yellow Belt to Green Belt	35	Posted prior to application
Green Belt to 1st Degree Green Belt	35	Posted prior to application
1st Degree Green Belt to Blue Belt	40	Posted prior to application
Blue Belt to 1st Degree Blue Belt	45	Posted prior to application
1st Degree Blue Belt to Red Belt	50	Posted prior to application
Red Belt to 1st Degree Red Belt	50	Posted prior to application
1st Degree Red Belt to 2nd Degree Red Belt	50	Posted prior to application
2nd Degree Red Belt to 3rd Degree Red Belt	55	Posted prior to application
3rd Degree Red Belt to Black Belt	70	Posted prior to application

Twice a year, examinations are offered for those seeking Red Belt certifications (all Degrees) and once a year for Black Belt certifications (all Degrees).

### **Black Belt Information**

#### **1<sup>st</sup> Degree Black Belt Candidate Requirements**

- Rank of 3<sup>rd</sup> Degree Red Belt with at least two years training.
- Five-page report about your experience in Taekwondo and your plans as a Black Belt.
- Completed application.
- Two photos.
- Examination Fee.

#### **Part One**

- Physical test.
- Community test.

#### **Part Two**

- All techniques through the rank of 3<sup>rd</sup> Degree Red Belt.
- Five self-defense routines (your choice).
- Breaking routine with four boards (your choice).
- Your Black Belt will be awarded after successfully completing Part One.

\*\*\*Your Kukkiwon Certification will be awarded after successfully completing Part One.

#### **1<sup>st</sup> Degree Black Belt to 2<sup>nd</sup> Degree Candidate Requirements**

- Additional training for approximately two years.
- Completed application.
- Two photos.
- Examination Fee.
- Five self-defense routines (your choice).
- 1<sup>st</sup> and 2<sup>nd</sup> Degree form.
- Breaking routine with four boards and/or concrete block (your choice).
- Two-minute oral report on the philosophy and history of Taekwondo.
- Physical Test.

- Community Test.

### **2<sup>nd</sup> Degree Black Belt to 3<sup>rd</sup> Degree Candidate Requirements**

- Additional training for approximately three years.
- Completed application.
- Two photos.
- Examination fee.
- 3<sup>rd</sup> Degree form.

### **3<sup>rd</sup> Degree Black Belt to 4<sup>th</sup> Degree Candidate Requirements**

- Additional training for approximately four years.
- Completed application.
- Two photos.
- Examination Fee.
- Minimum age requirements.
- Must be active chief instructor at an established dojang.
- 4<sup>th</sup> Degree form.
- Physical Test.
- Community Test.

**\*Kukkiwon**, also known as the World Taekwondo Headquarters, is an organization in the Gangnam-district of Seoul, South Korea. It was established on November 30, 1972. The Kukkiwon serves as the issuing body for Taekwondo Dan (black belt degrees) promotion and certification. In addition, the Kukkiwon conducts research and instructional seminars and is home to the World Taekwondo Academy which trains and certifies Taekwondo instructors through its leadership course.

## Sharp's Taekwondo

### Class Schedule

#### Monday:

5:00 - 6:00 pm Kids Class.  
6:00 - 7:00 pm Open Class.  
7:00 - 8:00 pm Board Breaking Class.

#### Tuesday:

9:00 - 10:00 am Open Class.  
5:00 - 6:00 pm Hapkido & Self-Defense Class.  
6:00 - 7:00 pm Beginner Class.

#### Wednesday:

5:00 - 6:00 pm Kids Class.  
6:00 - 7:00 pm Open Class.

#### Thursday:

9:00 - 10:00 am Open Class.  
4:30 - 5:15 pm Therapeutic Class.  
5:15 - 6:00 pm Advanced Class.  
6:00 - 7:00 pm Beginner Class.

#### Friday:

5:15 - 6:00 pm Kids Class.  
6:00 - 7:00 pm Open Class.  
7:00 - 8:00 pm Sparring Class.

#### Saturday:

10:00 - 11:00 am Open Class.