

# **What is Taekwondo?**

Taekwondo, “The Way of Hand and Foot Fighting” is a Korean martial art known for its refined kicking techniques and is practiced by millions of people throughout the world. Taekwondo finds its origins in over 2000 years of Korean history and culture and has evolved into a martial art known for its arsenal of kicking techniques - but the art also includes punching, throwing, sweeping, and joint locks. While Taekwondo is first and foremost a system of self defense, in 1988, Taekwondo was introduced in the Olympics and is now a full medal sport. Olympic style Taekwondo involves fast kicking, footwork, and full contact striking to overwhelm an opponent. Both traditional and Olympic style Taekwondo offer benefits of physical fitness, coordination, flexibility, self defense, and confidence.

## **What is Kukkiwon?**

The Kukkiwon is the official governing organization of Taekwondo, established by the Korean government. Headquartered in Seoul Korea, the Kukkiwon handles Taekwondo curriculum, black belt rank promotions and instructor certification.

## **What is WT Taekwondo?**

World Taekwondo is a governing organization overseeing the sport aspect of Kukkiwon Taekwondo, which is the only officially recognized style for the Olympics, Pan-Am Games, and most major national and international competitions.

## **Tenets of Taekwondo, Ethical Rules, Student Oath:**

Your instructor may call upon you to recite these from memory and you will be tested on these during promotional exams. Make sure that you clearly understand their meaning and do your utmost to incorporate them into your daily life. This is one of your duties as a student of the martial arts.

### **Tenets of the Martial Arts**

Courtesy  
Integrity  
Perseverance  
Self-Control  
Indomitable Spirit

### **Ethical Rules**

Loyalty to nation  
Obedience to Parents  
Confidence in Friends  
Do not retreat from enemy attacks  
Refrain from senseless killing of all living things

### **Student Oath**

I Shall Observe the Tenets of the Martial Arts and the Ethical Rules  
I Shall Respect Instructors and Seniors  
I Shall Never Misuse Martial Arts  
I Will be a Champion of Freedom and Justice  
I Will Build a More Peaceful World

# Rules & Etiquette

## Addressing Instructors and Students

When you speak to your instructor, ensure that you first come to attention and bow politely at the waist, eyes down. Always call your instructor "Mr" or "Mrs/Miss" then their last name. Fellow students should be referred to as "Sir" or "Maam" as a sign of mutual respect.

## Entering and leaving the Training Area

In most martial art gyms (dojang), there will be hung the flag of your country, the Korean flag and the school flag, or a combination of these three. When entering or leaving the training area, politely bow to these flags. If there are no flags, bow toward the middle of the training area, or to the instructor on the floor. Never walk on the training floor without first removing your shoes, and never take food or drink on the training floor.

## Obtaining Permission for Testing and Tournaments

Students will be advised by their instructor whether or not they should participate in testing and / or tournaments. Any student testing may be asked to perform any technique or pattern requirement up to his or her level of proficiency. Rank should be achieved one grade at a time in a normal training schedule.

# Korean Flag

The flag's design is based on philosophical thought rather than political or regional significance, which makes it unique from other national emblems. It is a true representation of the thought and culture of the Korean people.

The design of the flag is centered on a white background, which symbolizes purity and sincerity. In its center is a circle divided into two comma shaped colors. The top color is red while the bottom color is blue. The circle design and sometimes the whole flag, is called the tae-geuk-gi. This is a symbol that represents the theory of opposites, which cannot exist without each other. Although there is constant change, opposites work together to keep a perfect balance in the universe.

The four groups of lines found in the Four Corners of the flag also have individual meanings. The three unbroken lines found in the upper left hand corner represents heaven while the three broken lines in the opposite corner or lower right hand side represents earth. The lines in the upper right-hand corner symbolize water and in the lower left-hand corner, its opposite fire is found.

# Theory of Power

Power is generated through speed, focus and breath control.

## Speed

Because of the relationship between speed and mass, increasing the speed of a punch or kick will increase the energy in the technique exponentially.

## Focus

In order to transmit maximum energy to a target, a technique must be properly focused. A properly focused technique will be moving at maximum speed, and be nearly fully extended just as it reaches the target. A blow with no focus will feel more like a push or a shove than a powerful strike.

## Breath Control

Breath control is the glue that holds all parts of technique together. Proper breath control allows the muscles of the body to work together to give maximum power. Breath control often involves the use of a kihap (yell) to provide the maximum release of energy.

# Ki-Hap

A well-executed Taekwondo technique is often accompanied by a yell known as the “Ki-Hap”. A Ki-Hap should be brief and loud, with eyes focused on the target. It should convey an attitude of strength and confidence. The Korean word Ki-Hap means “coordinate power” and has several benefits when done correctly:

- Air is expelled to ensure proper breathing
- Stomach muscles are tightened protecting the body and providing extra power
- Opponent may be startled

## The Belt - "Dee"

The Korean name of the belt worn in the Dojang is the "Dee". The color of the belt worn indicates the level of experience and skill of the practitioner. The first belt color worn by a beginner student is white. The color white signifies purity and innocence. As the student progresses in his or her training belts of darker color are awarded until the student reaches the level of black belt. Black is the combination of all the previous colors and indicates that the wearer has learned all the basics of their art. The color black also represents a certain amount of danger because the student has developed the minimum basics skills to defend oneself but is far from become a mature martial artist. Once a student has earned the Black Belt he or she should strive to refine the basics while continuing to learn more advanced techniques and different aspects of their martial art.

## How To Tie the Belt

Locate the center of the belt and place it below your belly button. Wrap both ends around your back and to the front on the other side of your body.

Place the left side over the right and pass the right side it upward between the belt and the uniform. Pull both ends tight.

Place the right side over the left and pass it up through the middle of the two ends. Pull both ends tight and let the ends hang freely. When the belt is tied properly you will have made a square knot. Both ends should hang even with one another.

## Poomsae (Forms)

The Taekwondo poomsae consists of stances, blocks, punches, strikes and kicks arranged in a meaningful order in response to attacks from multiple imaginary assailants attacking from several directions. The poomsae were formerly the only means masters had to transmit the essence of Taekwondo and their interpretation of the art to their students. Until the twentieth century, free sparring, as we know it today did not exist. Students were taught to execute techniques full force and adequate safety equipment had not been developed.

Through repetition of the poomsae, the student learns the true nature and meaning of each poomsae. Balance, focus, coordination, proper breath control and self-discipline emerge as benefits of continued poomsae practice. After many years, the student begins to discover the mental and spiritual nature of Taekwondo through the poomsae. Poomsae practice is considered extremely important by Taekwondo masters. It comprises 40-50% of testing requirement for promotion to higher rank. It is not possible for the student to understand the art of Taekwondo without thorough understanding of poomsae.

Shin's Academy practices Taegeuk poomsae (starting at Yellow belt with Taegeuk 1) as part of standard Kukkiwon curriculum.

## Ranks and Testing Fees

YOUTH			ADULT		
TESTING FOR	NEW RANK	Testing Fee	TESTING FOR	NEW RANK	Testing Fee
YELLOW	9th Gup	\$50	YELLOW	9th Gup	\$50
ORANGE	8th Gup	\$55	ORANGE	8th Gup	\$55
GREEN	7th Gup	\$60	GREEN	7th Gup	\$60
GREEN + BLUE STRIPE	6th Gup	\$60	GREEN + BLUE STRIPE	6th Gup	\$60
BLUE	5th Gup	\$65	BLUE	5th Gup	\$65
BLUE + PURPLE STRIPE	4th Gup	\$65	BLUE + BROWN STRIPE	4th Gup	\$65
PURPLE	3rd Gup	\$70	BROWN	3rd Gup	\$70
PURPLE + BLACK STRIPE	2nd Gup	\$75	RED	2nd Gup	\$75
BLACK <b>RECOMMENDED</b>	1st Gup (Provisional 1st Poom)	\$100	BLACK <b>RECOMMENDED</b>	1st Gup (Provisional 1st Dan)	\$100
BLACK 1st <b>POOM</b>	1st Poom	-	BLACK 1st DAN	1st Dan	-
BLACK 2nd <b>POOM</b>	2nd Poom	\$200	BLACK 2nd DAN	2nd Dan	\$200
BLACK 3rd <b>POOM</b>	3rd Poom	\$250	BLACK 3rd DAN	3rd Dan	\$250

(Shin's Academy annual dues, belts, certificates, boards, and time / space rental included in testing fees.)

### Chevrons

Chevrons worn on the upper left sleeve are earned by students, usually blue belt and above, for competent assistance with instruction during class.

1 Chevron = Effective 1 on 1 Instruction of a single student.

2 Chevrons = Effective Group Instruction. (3+ students)

3 Chevrons = Effective Full Class Instruction. (10+ students, instructing the entire class)



# Vocabulary

English	Korean
attention	cha-ryuht
back to attention	bah-row
belt	dee
begin / start	she-jak
blue / red (sparring)	chung / hong
bow	kyung-rye
break (sparring)	kal-yeo
chest protector	ho-goo
continue (sparring)	key-sok
end / stop	keu-mahn
flag	guk gi
form	poomsae
front stance	ap-suh-gi
hook kick	huryeo-chagi
horse stance	mahl-suh-gi
penalty (sparring)	gam-jeom
please	boo tak hap ni dah
practice hall	do-jang
rank: color / black belts	gup / dan
ready stance	joon-bee
relax	She-uh
return to joonbee	Barro
roundhouse kick	doleya-chagi
side kick	yup-chagi
snap kick	ap-chagi
sparring stance	gyuh-roo-gi ja-sae
spin side kick / back kick	dwi-chagi
Thank you	kam sha hap ni dah
turn around	di-row-do-rah
uniform	do-bok
warning (sparring)	kyon-go
yell	ki-hap

One	Ha-na
Two	Dool
Three	Set
Four	Net
Five	Da-Sot
Six	Yo-sot
Seven	Il Gop
Eight	Yo-dol
Nine	A-hop
Ten	Yol
Eleven	Yol Ha-na
Twenty	Sumul

It is important to remember the responsibility of being a Martial Artist. We are always representing our school and martial art with our actions inside and outside of Taekwondo training. Honor the art and those who instructed you by treating everyone with respect and working to make yourself and the world around you a better place.

The following pages provide details on your instructor, and those who instructed him.

## Instructor Daniel Coe McCallum



### Ranks:

- 4<sup>th</sup> degree black belt in Taekwondo
- Certified through Kukkiwon

Mr McCallum is the head instructor of Wheat Ridge Recreation Center's Taekwondo program. With over 25 years in martial arts, Mr McCallum brings a wealth of experience as a student, instructor, and competitor in traditional Taekwondo.

### A note from Mr McCallum:

"I am honored to be teaching Taekwondo and partnering with the Wheat Ridge Recreation Center to bring traditional martial arts to the community I live in. Every aspect of my life has been positively affected by my training in the martial arts, and I hope to pass along a similar experience to those who attend our classes."

Best Regards,  
-Mr McCallum

# Master Steven Shin



## **Ranks:**

- 5th degree black belt in Taekwondo
- 1st degree black belt in Judo
- Certified through Kukkiwon and Korean Judo Association

Master Steven Shin is the head instructor and proprietor of Shin's Academy. Master Shin teaches at the Headquarters location in Omaha, NE and with several locations in states throughout the Midwest, he travels often for seminars, tournaments, and testings.

## **A note from Master Shin:**

“Congratulations on the start or continuation of your lifelong journey in the martial arts. Not only will you benefit from the mental and physical aspects of martial arts (i.e. respect, self-control, self-discipline, confidence, etc), but you will experience camaraderie and long life relationships with fellow students and instructors. I am confident you will find your training to be a positive experience, and I look forward to seeing you in the dojang soon.”

Regards,  
Master Steve Shin

# Grandmaster Suk Ki Shin

1940 - 2006



## **Ranks:**

- 9th degree black belt in Taekwondo
- 8th degree black belt in Judo
- 8th degree black belt in Hapkido
- 4th degree black belt in Kumdo

## **Accomplishments/credentials:**

- Over 50 years of experience
- 1966 Korean Judo Champion
- 1st All Asian Games Champion
- Founder of Shin's Academy, 1972
- 1975 World University Taekwondo Team Coach
- Instructor at Yong-In University
- International Referee

## **A note from Grandmaster Shin:**

“My goal at Shin's Taekwondo is to develop you not only physically and mentally, but spiritually. The training you receive through a combination of the traditional and modern martial arts will benefit you both physically and mentally with increased strength, self-discipline, balance, agility, and good health as well as self confidence in your ability to defend yourself. Best of luck to you in your training and increasing your knowledge of the martial arts.”

Sincerely,  
Grandmaster Suk Ki Shin