

TAE KWON DO CHUNG DO KWAN SCHOOLS, INC.
STUDENT MANUAL



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MEMBERSHIP OATH

Membership Oath

We, as members, train our spirits and bodies
according to the strict code.

We, as members, are united in mutual
friendship.

We, as members, will comply with regulations
and obey instructors.

Disciples of Tae Kwon Do need to have a clear understanding of three fundamental elements of Tae Kwon Do: spirit, mind and training.

Tae Kwon Do is about learning with the whole body. It can't be taught by reading books. It must be learned by heart – and with the heart. Train and practice until the techniques become automatic. Assimilate what your body has learned - digest it like food.

Practicing Tae Kwon Do takes patience and constant effort. Techniques should be repeated until the body performs them out of habit. Frequent practice also helps unite the body and spirit more quickly.

The Tae Kwon Do spirit is not about attacking first. The philosophy and culture behind this martial art are all about self-discipline. You never "make a killing" in Tae Kwon Do; it is executed only for self-defense. That is why Tae Kwon Do has few attack-first techniques.

These are a few things all Tae Kwon Do disciples should bear in mind to help understand the devotion necessary to strengthen their mind, improve their spirit and increase their self-discipline.

Grand Master Dong Hoon Kim

WHAT IS TAE KWON DO?

“Tae” literally means to jump or kick or smash with the foot; “Kwon” refers to a fist-punch or destroying with hand or fist; and “Do” means an art, way or method. Tae Kwon Do uses about 80% foot techniques and 20% hand techniques compared with the Japanese art of Karate which uses 50% hand techniques and 50% foot techniques. Most Koreans believe the hands are very valuable and should not be demeaned by striking an enemy. Therefore, the hands in Tae Kwon Do are used primarily for blocking and faking.

THE HISTORY OF TAE KWON DO

Approximately 2000 years ago in the southern part of the Korean peninsula, there was a small kingdom constantly under invasion and harassment by its two more powerful neighbors. To preserve themselves, the young aristocrats of the country formed a young officer warrior corps called Hwa Rang Dan. The warrior corps trained themselves by practicing mental and physical discipline throughout the year in the wild mountains and along the rugged seashores. They trained and drove themselves unmercifully to prepare themselves for their heroic task. To guide themselves and give purpose to their knighthood, they incorporated the following five-point code of conduct set forth by their countries greatest Buddhist monk and scholar, Won Kang:

- Be loyal to your king.
- Be obedient to your parents.
- Be honorable to your friends.
- Never retreat in battle.
- Make a sensible kill.

The warriors became known in the peninsula for their courage and skill in battle, gaining respect from even their bitterest foes. Through their legendary feats of valor, they inspired the people to rise and unite and eventually conquer the two kingdoms. From this victory, the Korean peninsula became united for the first time in its history.

TAE KWON DO AS A SPORT

As a sport, Tae Kwon Do has taken its place in the world arena, having recently become an official Olympic sport. A great amount of skill, control and discipline are required in the art and sport of Tae Kwon Do. Its challenge lies in the adept use of the techniques, yet, without having any actual bodily contact. The non-contact philosophy of Tae Kwon Do Chung Do Kwan Schools makes it safe enough for nearly everyone to enjoy.

TAE KWON DO FOR PHYSICAL FITNESS

The feats of a skilled Tae Kwon Do practitioner can be quite impressive. Watching him or her break a roof tile at a height of 9 to 10 feet with a flying kick, split a pile of 12 clay roof tiles with a single blow of the fist, or crack an inch thick wood slab with a poke of the fingertips may seem impossible to the lay person, but to the serious student of Tae Kwon Do these acts are well within the realm of possibility.

But the focus of Tae Kwon Do is not on the breaking of boards and bricks. These activities are but a small part of Tae Kwon Do, and are done only to demonstrate the power and focus of a specific technique. Tae Kwon Do is a comprehensive exercise through which

one utilizes all the muscles of the body. Because of this, it is a natural weight-regulator, either taking pounds off or putting them on as needed.

TAE KWON DO FOR SELF-DEFENSE

Tae Kwon Do is considered an excellent form of self-defense. In Korea, Tae Kwon Do instruction has become an important feature in the training of the Korean Armed Forces, and the Presidential Protective Forces are all trained in Tae Kwon Do. Women will find Tae Kwon Do to be a valuable asset in defending themselves. There have been many instances where women have effectively protected themselves against larger and stronger assailants because they were well versed in the art of self-defense.

Tae Kwon Do is specifically designed for swift retaliation against moving aggressors. Most of the devastating maneuvers are based specifically on the initial impact of the blow plus the consequential additional force provided by the rebound from the opponent's moving body. Students of Tae Kwon Do who have been in constant practice require no time to think, since proper action comes automatically to them. Their actions, in short, have become conditioned reflexes.

TAE KWON DO AS AN ART

Through the coordination of control, balance, and technique in Tae Kwon Do forms, Tae Kwon Do is considered a beautiful and highly skilled oriental art. Through the demonstration of Tae Kwon Do forms, one can observe the coordination, skill and technique required to execute a perfect form.

TAE KWON DO IN DAY-TO-DAY LIFE

To the Korean people, Tae Kwon Do represents more than the mere physical use of skilled movements. It implies a way of thinking and life, particularly by instilling a concept and spirit of strict, self-imposed discipline. In these days of violence and intimidation, Tae Kwon Do enables the weak to possess a fine weapon to defend themselves. Tae Kwon Do is equally suitable for the old and young. It may be practiced for the sake of exercise alone, but the enjoyment which comes from steady practice will justify the time invested. For these reasons, Tae Kwon Do has recently become quite popular in many other countries besides Korea, particularly the USA.

GRAND MASTER DONG HOON KIM

Grand Master D. H. Kim has been studying and teaching Tae Kwon Do since 1954. He is the highest ranking Tae Kwon Do master in Southern Arizona. While still in Korea, Grand Master Kim taught Tae Kwon Do for Kyung Hee University, the Korean Air Force, and a variety of private industries. When he moved to Tucson in 1973, Grand Master Kim opened the Tucson Tae Kwon Do School, which is the oldest Tae Kwon Do school in Arizona. Grand Master Kim has taught classes for the Pima County Sheriff's Academy and is the President of Tae Kwon Do Chung Do Kwan Schools.

TAE KWON DO BELTS, FORMS, SPARRING, BREAKING TECHNIQUES, AND SELF-DEFENSE

- White Belt 10th and 9th Keup
- Yellow Belt 8th and 7th Keup
- Green Belt 6th and 5th Keup
- Purple Belt 4th and 3rd Keup
- Brown Belt 2nd and 1st Keup
- Black Belt 1st through 9th Don

Hyung (form): Hyungs are detailed patterns of movements that the practitioner performs to perfect his or her blocking and attacking techniques. Hyungs are executed as a specified series of movements involving blocking, striking and kicking techniques, while attempting to maintain perfect form. The practitioner visualizes an enemy attacking from a variety of directions and the hyungs get progressively harder as the number of imaginary opponents increases.

WHITE BELT FORMS: (10th and 9th Keup)

Taeguek Cho-Don H-shape diagram - 22 movements to be completed in 25 seconds.
 Taeguek E- Don H-shape diagram - 22 movements to be completed in 25 seconds.
 Kuk-Mu Cho- Don H-shape diagram - 22 movements to be completed in 25 seconds.

YELLOW BELT FORMS: (8th and 7th Keup)

Taeguek Sam- Don H-shape diagram - 22 movements to be completed in 25 seconds.
 Pyung-An Cho- Don H-shape diagram - 24 movements to be completed in 30 seconds.
 Kuk-Mu E- Don H-shape diagram - 22 movements to be completed in 25 seconds.

GREEN BELT FORMS: (6th Keup)

Pyung-An E- Don H-shape diagram - 28 movements to be completed in 35 seconds.
 Pyung-An Sam- Don T-shape diagram -19 movements to be completed in 30 seconds.
 Kuk-Mu Sam- Don H-shape diagram - 28 movements to be completed in 35 seconds.

GREEN BELT FORMS: (5th Keup)

Taeguek II Jang
 Taeguek E Jang
 Taeguek Sam Jang

PURPLE BELT FORMS: (4th Keup)

- Pyung-An Sa- Don A side line and cross (+) shape diagram - 23 movements to be completed in 30 seconds.
- Pyung-An O- Don T-shape diagram - 23 movements to be completed in 35 seconds.
- Kuk-Mu Sa- Don H-shape diagram - 21 movements to be completed in 20 seconds.

PURPLE BELT FORMS: (3rd Keup)

- Taeguek Sa Jang
- Taeguek Oh Jang
- Taeguek Yuk Jang

BROWN BELT FORMS: (2nd Keup)

- Chul-Ghe Cho- Don Horizontal diagram - 25 movements to be completed in 15 seconds.
- Kuk-Mu O- Don 52 movements to be completed in 45 seconds.

BROWN BELT FORMS: (1st Keup)

- Taeguek Chil Jang
- Taeguek Pal Jang

BLACK BELT CHO- DON FORMS:

- Pal-Sah (Bal-Sek) T-shape diagram - 41 movements to be completed in 40 seconds.
- Chul-Ghe- E- Don Horizontal diagram - 25 movements to be completed in 25 seconds.
- Koryo

BLACK BELT E- DON FORMS:

- Yun Bee 36 movements to be completed in 30 seconds.
- Ship Su 25 movements to be completed in 30 seconds.
- Keumgang

BLACK BELT SAM- DON FORMS:

- Jah Un 37 movements to be completed in 45 seconds.
- Chul-Ghe Sam- Don Horizontal diagram - 25 movements to be completed in 25 seconds.
- Taebaek

BLACK BELT SA- DON FORMS:

- Kong San Kune
- Pyongwon

BLACK BELT O- DON FORMS:

- Sipjin

BLACK BELT YUK- DON FORM:

Jitae

BLACK BELT CHIL- DON FORM:

Chonkwon

BLACK BELT PAL- DON FORM:

Hansu

BLACK BELT GOO- DON FORM:

Ilyoe

DAE LYUN (Sparring): These are ritual attack and defense exercises performed without contact between opponents. One person attacks and the other blocks and defends. The exercises become increasingly complex as the student progresses in ability. The speed and accuracy learned through these exercises develop the student's ability to react instinctively in defensive combat.

- Ill-Bo Dae-Lyun One step sparring.
- E-Bo Dae-Lyun Two step sparring.
- Sam-Bo Dae-Lyun Three step sparring.
- Ja-Yoo Dae-Lyun Free sparring.
- Dae-Lyun Hyung These are four sparring forms developed by Grand Master D. H. Kim that simulate free sparring.

BREAKING TECHNIQUES: Breaking techniques are used for training and demonstrating a student's skill, speed, accuracy, and power. Techniques include:

Knife hand	Elbow
Round house kick	Fist
High jumping kick	Forehead
Flying side kick	Side kick
Front kick	Spin kick
	Multiple techniques

SELF DEFENSE: Self defense techniques are used to defend against specific weapon and grappling attacks. Techniques include defenses against:

Knife attack	Free sparring
Gun attack	Sitting sparring
Various grabs	Knife sparring
	Falling

CANE FORMS: There are four cane forms ranging from beginners level to advanced. As the name implies the cane forms are designed to teach self-defense techniques using a cane.

TAE KWON DO TERMS/COUNTS

Sae-Gae	World
Hup-Hoie	Association
Hoie-Won	Member
Sun-Suh	Oath/Pledge
Kwan-Jang-Nim	Grand Master
Sa-Bum-Nim	Instructor
Do-Jong	Practice gym
Soo-Lyuhn-Sang	Martial art student
Do-Bok	Uniform
Hak-Sang	Student
Guk-Ghee	National flag
Ahn-Nyung-Ha-Shim-Ne-Ga	How are you?
Cho-Sub-Nee-Da	Fine/Good
Go-Mab-Sum-Nee-Da	Thank you
Cha-Lyuht	Attention
Kyung-Yae	Formal bow/Salute
Jhoon-Bee	Ready
She-Jok	Start/Begin
Go-Mahn	Stop (return to 'Ready')
She-Ute	Rest-at -ease
Buhn-Ho	Numbers (count)
Suh	Stand still
Mak -Ghee	Blocking
Kee- Hap	Yell/Shout
Ha-Don	Low section
Ha-Don-Mak-Ghee	Down block
Joong -Don	Midsection (stomach)
Duie-Lo	To the rear (back)
Do-La	Turn around
Duie-Lo-Do-La	About face
Duie-Lo-Do-La-Suh	Turn around and stand still
Dol- Yuh	Spin/Turn
Duie-Lo-Cha-Ghee	Rear (back) kick
Dol- Yuh-Cha-Ghee	Roundhouse kick
Duie-Lo- Yuhp-Cha-Ghee	Backside kick
Duie-Lo-Dol- Yub-Cha-Ghec	Back turn spin kick/Reverse kick
Soo (Son)	Hand
Bal (Jok)	Foot
Pal	Arm
Ol-lee-Ghee	Rising sweep
Bop-Ghee	Pulling

Pal-Bop-Ghee	Pulling arm punch exercise
Bal-Ol-Lee-Ghee	Foot raising leg sweep
Choo-Kyuh	Raise up-lift up
Soo-Doo	Knife hand
Kwon (Kwuhn)	Fist
Joong-Don-Mak-Ghee	Midsection/Stomach Section Block
Sang-Don	High/Upper
Sang-Don-Mak-Ghee	HighUpper block
Ahn	Inside
Ahn-Mak-Ghee	Front block
Bak-Kat	Outside
Bak-Kat-Mak-Ghee	Outside block
Ahp	Front
Ahp-Mak-Ghee	Front block
Ahp-Poo-Lo	To the front
Cha (Cha-Ghee)	Kick/Kicking
Ahp-Cha-Ghee	Front kicking
Juhn-Jin	Forward advance
Yuhp	Side
Yuhp-Poo-Lo	To the side
Yuhp-Cha-Ghee	Side kick
Yuhp-Mak-Ghee	Side block
Duie	Rear/Back
Sang-Soo	Two hand
Mil-Chu- Mak –Ghee	Pushing block
Sang-Soo	Double fist
Sang-Soo-Mak-Ghee	Double hand block
Woo-Lo	To the right/right face/eyes to the right
Jwa-Lo	To the left/left face/eyes to the left
Pal-Geup	Elbow
Pal-Geup-Chee-Chee	Elbow strike
Yuhk-Jin	Reverse movement
E-Don-Ahp-Cha-Ghee	Flying front kick
Kwuhn-Go Board	Punching board
Kwan-Soo	Knife hand thrust
Sa-Jee-Kwan-Soo	4 finger thrust
E-Jee-Kwan-Soo	2 finger thrust
Ill Jee Kwan Soo	1 finger thrust
Chee-Ghee	Strike/Striking
Soo-Do-Chee-Ghee	Knife hand strike
Soo-Do-Mak-Ghee	Knife hand block
Joong-Don-Soo-Do-Chee-Ghee	Mid-section knife hand strike
Sang-Don-Soo-Do-Mak-Ghee	Upper (high) knife hand block
Sang-Don-Choo-Kyuh-Mak-Ghee	Upper (high) closed hand head block
Teulya-Cha-Ghee	Twist kick

Cha-Mak-Ghee	Kick blocking
E-Don- Yuhp-Cha-Ghee	Flying side kick
Suh-Ghee	Standing stance
Jwa-Lo	To the left/eyes to the left
Gu-Lyun-Up-Shee	Your own count
Gu-Lyun-Mat-Cho-So	My count
Ku-Kee-A Tae-Ha-Yaw – Kyung-Yae	Bow to the flag
Sa-Bum-Nim-Kae - Kyung-Yae	Bow to the Instructor
Duie-Lo-Do-La-Do-Bok-Go-Chee-Ghee	Turn around and fix your uniform
Kyo-Dae	Change
Soo-Lyun-Goot	Dismissed from class
Su-Go-Het-Sum-Nee-Dai	Thank you for your services

<u>KOREAN</u>	<u>ENGLISH</u>
Hanna (II)	One
Dool (ee)	Two
Set (sam)	Three
Net (sa)	Four
Da-Sut (O)	Five
Yuh-Sut (yuk)	Six
Ill-Gop (chil)	Seven
Yuh-Duhl (pal)	Eight
Ah-Hop (goo)	Nine
Yul (ship)	Ten

TAE KWON DO MOVEMENTS

JOON-BEE -- READY POSITION

Stand erect and relaxed; feet straight ahead approximately shoulder width apart. Both hands are made into fists. Starting at arms' length, the hands are brought together until the third knuckles of the index fingers touch. The hands are drawn up to a position one-inch below the knot of the belt (navel level) and approximately one inch apart. As the hands are brought into the final position, the arms and the muscles of the lower abdomen are tensed. The hands are in a central position - equilibrium - from which they can move up or down or to the sides quickly and with a minimum amount of travel. All the beginner's forms commence here.

GHE-MA-LEE --HORSE STANCE WITH CENTER PUNCH

Ghe Ma Lee derives its name not from the way a horse stands, but from the way a person sits on a horse. The feet are about 2 ½ times shoulder-width apart and facing directly forward. Both knees are bent slightly and both knees are pressing in as if one is riding a horse. Knees are flexed with the stomach tight, but posture is straight. Arms are in normal stomach-punch position. This is an uncomfortable stance until one gets use to it. Many of the advanced forms are done from the horse stance.

NOON-DONG-JAH -- THEAPPLE (PUPIL) OFTHE EYE

A fundamental component of the basic stance is for the eyes to be alert and directed straight ahead. Students cannot achieve a strong stance with "weak" eyes, eyes that are half-shut, or eyes that wander from place to place. "Strong" eyes pull the mind into focus. Tae Kwon Do is an activity that demands that all aspects of the student be focused on what he or she is doing.

JUHN-GUHL-SUH-GHEE -- FRONT STANCE

From a normal stance with the feet shoulder width apart and both feet facing straight to the front, the left (or right) foot is moved straight ahead to a position at which the knee is bent to the extent that the shin is vertical. The foot is still pointing directly to the front. Back foot turned out 20 to 30 degrees from the direction of forward motion, not more. The back leg must be straight. The feet are approximately shoulder width apart. The straight back leg and the vertical shin will result in the proper longitudinal or straight-ahead distance between the feet. 70 percent of the weight is on the front leg.

HOO-GUHL-SUH-GHEE -- BACK STANCE

In this stance, 70 percent of the weight is on the back leg. From a correct front stance, rotate the back foot outward so it is at a 90-degree angle. The front foot does not change direction. The shoulders are turned about 60 degrees from the line of motion.

JOONG-DON-JUHN-JIN -- (MOVING STOMACH PUNCH)

Start from Joon-Bee position. Step out with the left foot into a front stance and at the same time block down with the left hand. The shoulders and body trunk are straight (not leaning forward or backward). The left arm is parallel and 5 to 6 inches above left leg. The right arm is flexed at the elbow with the fist at belt level. From this position, step forward into a right

front stance and execute a middle punch. The left hand recoils and is cocked at the waist.

SANG-DON-JUHN-JIN -- MOVING HEAD PUNCH OR UPPER SECTION PUNCH

Same position as above, except the punch is delivered face-high.

SANG-DON-MAK-GHEE -- MOVING HEAD BLOCK

The basic body position same as above. The blocking arm is moved into a position so the forearm and fist are protecting the face and head. The fist is about 5 inches away and slightly above the head (the fist is turned so the thumb only is facing the head). The blocking arm is bent at a slightly greater than 90-degree angle. The arm is kept tensed and rigid (open hand block can also be used). The support hand is cocked at the waist.

SANG-SOO -- MOVING TWO FISTED ATTACK (OR BLOCK)

Commonly known as a "knuckle sandwich", sang soo can be used to attack an opponent or to block a blow. Starting from the Joon-Bee position, step out with the left foot; (body is in same position as the above three movements). Hands are simultaneously moved into a self-defensive "guard" (like the old John L. Sullivan boxing stance); the left fist is about eye-height, the right fist is letter high.

SOO-DO-CHE-GHEE (KNIFE HAND) -- MOVING OPEN HAND BLOW

Starting from the Joon-Bee position, move the left foot forward into a back stance. Cross both hands in front of the face, palms in, with the left arm closest to the body. Straighten the left arm directly forward, palm down, striking with the outer-edge of the hand; fingers are held tightly together and bent slightly at the tips: the thumb is bent inward. Simultaneously, the right hand recoils as a fist to the right waist. Position is now to the side with left arm and left foot pointed forward with the legs flexed at the knees. Body weight is distributed so that 70 percent of the weight is on the right leg. The body trunk is straight (not bending forward or backward), the left arm is not flexed, but totally rigid, while the right arm is flexed at the elbow with the fist belt high.

SOO-DO-MAK-GHE -- MOVING OPEN HAND BLOCK

Starting from the Joon-Bee position, move the left foot forward into a back stance, as in Soo Do Che Ghee. Both arms sweep back across the front of the body, with both hands open and with the left appearing as if it is cupping the right ear. Both arms then sweep forward at mouth level, ending with the left arm flexed at the elbow at a slightly greater than 90 degree angle with the elbow angled toward the floor. The left hand is positioned with the outer edge of the open hand facing out and the finger tips at approximately upper lip level. The right arm is flexed at the elbow so the forearm is letter-high and level. The hand is positioned so the palm is up and the fingers are pointing straight ahead.

AHP-MAK-GHEE -- FRONT BLOCK

Start from the Joon Bee position and step with the left leg into a front stance. Cock the left arm back with the hand behind the left ear. From this position, the arm is moved rapidly outward and forward, ending with the arm flexed so that the forearm is straight up and down. The fist is about at eye level.

YUHP-POO-LO-BAL-OL-LEE-GHEE -- MOVING SIDE LEG SWEEP (RAISING)

Starting from the Joon-Bee position, move the left leg out first; body is facing right side and in a Ghe Ma Lee (horse-back riding) position. At the same time, both hands block out to the side of the body (double side block). From this crouched position, the right foot is moved in front of the left foot. The left leg is swept up in the air while the trunk of the body bends to the right. The left leg remains straight with the hips rotating towards the floor, turning the leg so the toes point straight down. Bring the leg down and return to a Ghe Mar Lee stance and double side block.

YUHP-CHA-GHEE -- MOVING SIDE KICK

Same as Yuhp Poo Lo Bal Ol Lee Ghee, except instead of sweeping the leg, kick straight out. Bring the left knee straight up and while pivoting on the ball of the right foot, kick straight forward with the bottom of the heel of the left foot. The hips rotate towards the floor, turning the leg so the toes are flexed back and point straight down.

AHP-POO-LO-BAL-OL-LEE-GHEE -- MOVING FRONT LEG SWEEP (RAISING)

Start from the Joon Bee position and step with the left leg into a front stance. Cross both arms in front of the chest and simultaneously execute a closed hand block outward with both arms. From this stance, the right (back) leg is swept straight up on a center line from the body. The right leg remains straight and does not flex at the knee. Toes are straight up and flexed back.

AHP-CHA-GHEE -- MOVING FRONT KICK

Start from the Joon Bee position and step with the left leg into a front stance. Cross both arms in front of the chest and simultaneously execute a closed hand block outward with both arms. From this stance, bring the right knee straight up, with the foot extended and the toes flexed back. Drive the ball of the foot forward by pushing forward with the right hip and straightening the leg. The striking area is the ball of the foot.

YUHK-JIN -- MOVING REVERSE PUNCH

Starting from the Joon-Bee position, move the left foot forward into a back stance. This is then immediately followed by a right hand stomach punch in which only the arms and shoulders change positions. The punch is executed so that the shoulders are turned 90 degrees with respect to the body trunk. The left arm is returned to the belt-high position. (Note: the feet do not change position during the punch.)

DOL- YUH-CHA-GHEE -- ROUND HOUSE KICK

Step forward with the left leg into a front stance. Bring the right knee up and swing the right hip forward, rotating so that the foot reaches the target in an arc. The foot should be perpendicular to the target at the moment of impact. When kicking the target at the high-section, the foot must pass through its highest point so the front sole points slightly downward at the moment of impact. As the kick progresses, the base foot rotates so that the toes point almost directly backward.

DUIE-LO-DOL-YUH-CHA-GHEE (BAN-DAE-DOL- YUH-CHA-GHEE) -- SPIN KICK
or REVERSE TURNING KICK

From a left back stance, bring the right foot forward. Standing nearly straight up, both feet rotate towards the rear. Bring the left knee up and heel close to the right knee. Kick straight forward with the bottom of the heel of the left foot. The hips rotate, turning the leg so the toes are flexed back and point straight down.

QUESTIONS and ANSWERS

- (Q) Why is free fighting only taught to yellow belts and higher in Chung Do Kwan style?
(A) By the time students reach the rank of yellow belt, they should know control, balance, and how, if needed, to stand off more than one attacker, and how to control their kicks and punches.
- (Q) Why are forms taught in Tae Kwon Do?
(A) They are another method of teaching the student control, balance, and how, if needed to stand off more than one attacker.
- (Q) Why break bricks and boards?
(A) Boards and bricks are broken merely to show the power and speed that the human body is capable of utilizing through Tae Kwon Do.
- (Q) What is the purpose of three step sparring?
(A) To familiarize the students with the correct punching and blocking technique of hand parts against high and mid-section attacks while moving back and forth.
- (Q) What is the purpose of two-step sparring?
(A) To acquire the mixed techniques of hand and foot.
- (Q) Why is one-step sparring considered the most important type of pre-arranged sparring?
(A) The objective of one step sparring is to deliver a completely accurate, speedy and decisive blow at the opponent's vital spot at the right time with the right weapon while defending against the opponent's attack effectively. If the student is under actual attack, the principle is to end the conflict with a single blow.
- (Q) Why calisthenics?
(A) To prepare the body for the more strenuous exercises to follow.
- (Q) How would you benefit and increase your welfare from practicing Tae Kwon Do?
(A) Health and conditioning, mental training or character building and development, and self defense.
- (Q) What is meant by Keup?
(A) Grade; every rank under black belt is considered as a grade. There are ten grades in our style.
- (Q) What is meant by Don?
(A) Degree; every rank in black belt is called degree.
- (Q) What style of Tae Kwon Do have you been studying?
(A) Chung Do Kwan; Chung Do Kwan means Blue Wave Gym.

- (Q) Why do we practice kicking, blocking and punching techniques?
(A) To become skilled at the various techniques and to develop speed and power.
- (Q) What is meant by good moral character?
(A) A person who is responsible for his actions and will not do anything to disgrace or harm himself, others, school, association, or Tae Kwon Do.
- (Q) Why are self-defense techniques taught?
(A) To help the student learn different techniques for self-defense purposes and gain control when applying techniques.
- (Q) Why do we learn free-fighting?
(A) To practice the techniques that have been taught under combative conditions.
- (Q) Why should the fingernails and toenails be trimmed when practicing Tae Kwon Do?
(A) To prevent cutting someone.
- (Q) How does Korean Tae Kwon Do differ from Japanese Karate?
(A) Tae Kwon Do uses about 80% foot techniques and only about 20% hand techniques; Karate utilizes about 50% foot and 50% hand techniques. Hand techniques in Tae Kwon Do are used mostly for blocking and faking techniques. Some Koreans believe the hands of a person are very valuable and should not be demeaned by striking the enemy.
- (Q) What does "Tae" mean?
(A) "Tae" means to jump, kick or smash with the foot.
- (Q) What does "Kwon" denote?
(A) "Kwon" denotes fist used chiefly to punch or to destroy with the hand or fist.
- (Q) What does "Do" mean?
(A) "Do" means an art, way or method.
- (Q) What is "Tae Kwon Do"?
(A) It means the technique of unarmed combat for self-defense involving the skilled application of punches, flying kicks, blocks, dodges and interceptions with the hands, arms and feet in order to effectuate the rapid destruction of an opponent.

(Q) Why do we emphasize "Control" during the practices?

(A) Control is emphasized in order to:

- Prevent injury to your opponent.
- Prevent injury to self.
- Keep balance.
- Improve form and technique.
- Gain control over all movements of the body.
- Gain coordination.
- Gain control of power.
- Have better timing and aim a kick or punch at the right place and right time.
- Aid in controlling ourselves outside of the Do-Jang.
- Aid the spiritual side of Tae Kwon Do.
- Help us to further respect our opponent.
- Add to the beauty of the art and make it an exciting sport.

CHUNG DO KWAN SCHOOLS BY-LAWS

I. MEMBERSHIP

Membership schools are those who have an instructor approved by the Board of Directors of Tae Kwon Do Chung Do Kwan Schools.

Membership in the organization is restricted to individuals who are in member schools and requires an annual membership fee of each individual. Individuals who attain the rank of Cho Don and higher may retain membership in Tae Kwon Do Chung Do Kwan School by paying the membership fee, continuing to practice, and attending the national seminar on a yearly basis.

The organization will not deny membership or promotion to any person on the basis of race, religion, sex, physical handicap, color, marital status, national origin, language, or creed.

Membership in the organization is a requirement for recognition of or advancement in rank.

II. PERMISSION TO ESTABLISH TAE KWON DO CHUNG DO KWAN SCHOOLS

- A. Permission to establish schools is granted by the Regional Coordinator, in turn through permission by the Chung Do Kwan Schools Master.
- B. Local Regional Coordinator granting permission must rank be 3rd Don or above.
- C. Local schools rules and regulations are the same as the Tucson Chung Do Kwan Schools. Local schools, and independent members, in an area fall under the authority or supervision of that area's Coordinator.

III. SCHOOL EXAMINATIONS AND PROMOTION

- A. The supervising local director sanctions exams given in the Tae Kwon Do schools.
- B. If the local school instructor holds at least the rank of 3rd Don, promotions can be to brown belt level other wise to purple belt level.

IV. REQUIREMENTS OF LOCAL SCHOOL INSTRUCTOR

- A. Must hold 1st Don and have approval of the President of the Tae Kwon Do Chung Do Kwan Schools.
- B. Must be and stay in good standing with Tae Kwon Do Chung Do Kwan Schools.

V. PROMOTIONAL REQUIREMENTS

A. Qualifications of Examiner.

1. Rank of 3rd Don required to give promotional exams up to brown belt.
2. Minimum of two instructors, one 3rd Don, must be present to give exams.
3. A 5th Don can give promotional exams up to Cho Don. The exam must be video-taped and sent to Tae Kwon Do Chung Do Kwan Schools Headquarters for review. (Out of U.S.A. only)
4. After Cho Don, the President of the Chung Do Kwan Schools must be present to give exams.

B. Qualifications for Color Belt Examinations.

1. Time requirement

10 th /9 th keup to 8 th /7 th keup	24 lessons and 2 months
8 th /7 th keup to 6 th keup	36 lessons and 3 months
6 th keup to 5 th keup	36 lessons and 3 months
5 th keup to 4 th keup	36 lessons and 3 months
4 th keup to 3 rd keup	36 lessons and 3 months
3 rd keup to 2 nd keup	36 lessons and 3 months
2 nd keup to 1 st keup	48 lessons and 4 months
1 st keup to 1 st Don	Minimum of 72 lessons and 6 months

2. Skill requirements

- 8th/7th keup: 3 white belt forms, side kick against bag, 3-step sparring.
- 6th keup: 3 yellow belt forms, roundhouse kick against bag, 1-step sparring and free sparring.
- 5th keup: 3 low green belt forms, spin kick against bag, 1 and 2-step sparring and free sparring.
- 4th keup: 3 high green belt forms, spin kick against bag, self-defense, 1 and 2-step sparring and free sparring.
- 3rd keup: 3 low purple belt forms, spin hook kick against bag, self-defense, instant sparring, 1 and 2-step sparring and free sparring.
- 2nd keup: 3 high purple belt forms, 1 surprise form, spin hook kick against bag, self-defense, instant sparring and free sparring, 2-board break with hand or foot technique.
- 1st keup: 2 low brown belt forms, 2 surprise forms, flying side kick against bag, self-defense, instant sparring and free sparring, 3-board break with hand or foot technique.
- Each level will include a written and oral examination in addition to the practical examination.

C. Qualifications for 1st Don Black Belt Examination

The black belt candidate must:

1. Have studied for three or more years and have attained the rank of first keup brown belt at least 6 months prior to the black belt exam.
2. Have a letter of recommendation from his/her instructor, as well as two other black belts in the Tae Kwon Do Chung Kwan Schools system.
3. Have accumulated 20 or more points.
 - a. 1 point for demonstrations.
 - b. 2 points for competitions.
 - c. 5 points for seminar participation.
 - d. Candidate shall present 20-point certificate when taking promotional exams.
4. Assist in the class a minimum of two hours per week.
5. Continue to attend classes at least 3-times weekly.
6. Author a written thesis on a subject suggested by the student's instructor.
 - a. The thesis must be submitted within 90 days from the date of the exam to Tae Kwon Do Chung Do Kwan Headquarters.
 - b. Three copies of the thesis will be submitted
7. The student must demonstrate power and focus by breaking 3 boards with a kicking technique and (3) three boards with a hand technique. NOTE: Breaking requirements may be waived or lowered depending on student's age and/or physical limitations at the sole discretion of the President of Tae Kwon Do Chung Do Kwan Schools.
8. Upon successful completion of each black belt test, the candidate shall be placed on a one-year probation period.
 - a. The 1st Don shall be issued a "blank" black belt during the probation period, and upon successful completion of the probation period, shall be issued a standard school black belt.
 - b. Students testing for 2nd Don or higher will still be placed on a 1-year probation period, but will still be issued a standard school black belt upon successful completion of the exam.
 - c. The standard school black belt has inscribed the candidate's name, rank, along with the name of the Association

9. Candidates under the age 16 will be given a Junior Black Belt (black belt with a red stripe). The same probationary period applies to them as well.
 10. If any of the above requirements are not met, the student must retake the entire physical promotional exam.
- D. Qualifications – 1st Don to 2nd Don
1. A minimum of 3 years from time of successful 1st Don test.
 2. Practice a minimum of 4 hours per week.
 3. Assist in teaching a class a minimum of 2 hours per week
 4. Demonstrate power and focus by breaking 4 boards using a kicking technique and a hand technique. Women have the option of breaking 3 boards using 2 hand techniques and 1 kicking technique or 2 kicking techniques and 1 hand technique.
- E. Qualifications – 2nd Don to 3rd Don
1. A minimum of 3 years from time of successful 2nd Don test.
 2. Practice a minimum of 4 hours per week.
 3. Assist in class a minimum of 2 hours per week.
 4. Demonstrate power and focus by breaking 4 boards, in three separate breaks, using at least 1 hand technique. Women have the option of breaking 3 boards, in 4 separate breaks, using at least 1 hand technique.
- F. Qualifications – 3rd Don to 4th Don
1. A minimum of 4 years from time of successful 3rd Don test.
 2. Practice a minimum of 4 hours per week.
 3. Assist in class a minimum of 2 hours per week.
 4. Demonstrate power and focus by breaking 5 boards, in 3 separate breaks, using at least 1 hand technique. Women have the option of breaking 4 boards, in 3 separate breaks, using kicking techniques, plus 3 boards, in 2 separate breaks, using hand techniques.
- G. Qualifications – 4th Don to 5th Don
1. A minimum of 5 years from time of successful 4th Don test.
 2. Practice a minimum of 4 hours per week.
 3. Assist in class a minimum of 2 hours per week.
 4. Demonstrate power and focus by breaking 5 boards, in 4 separate breaks, using at least 2 hand techniques. Women have the option of breaking 4 boards, in 3 separate breaks, using kicking techniques, plus 3 boards, in 2 separate breaks, using hand techniques.

H. Qualifications – 5th Don to 6th Don

1. A minimum of 6 years from time of successful 5th an test.
2. Practice a minimum of 4 hours per week.
3. Assist in class a minimum of 2 hours per week.
4. Demonstrate power and focus by breaking 5 boards, in 4 separate breaks, using at least 2 hand techniques. Women have the option of breaking 4 boards, in 3 separate breaks, using kicking techniques, plus 3 boards, in 2 separate breaks, using hand techniques.

I. Qualifications – 7th Don and Above

Promotion to 7th Don and above are awarded at the discretion of the President of Tae Kwon Do Chung Do Kwan Schools.

- J. Exceptions to all of the above requirements and qualifications may be made at the discretion of the President of Tae Kwon Do Chung Do Kwan Schools. Such exceptions may include, but not be limited to, a candidate's outstanding performance, excellent instruction, age, or physical limitations.

VI. ANNOUNCEMENT OF EXAMINATION RESULTS

If the written thesis has been turned in and approved, and the physical exam has been passed, probationary black belts will receive their black belt certificate within one year. All others will receive their black belt certificate within 3 months. If either the physical or written exam is failed, that part of the exam must be retaken and passed in order to receive the black belt.

VII. DISQUALIFICATION OF DEGREE.

- A. Any student ranking below 1st Don who has not practiced for more than 15 months is automatically disqualified. If the student begins classes again, he/she must be retested to maintain his/her rank.
- B. A 1st Don may be disqualified if no practice has taken place within a 2-year period. A 2nd Don may be disqualified if no practice has taken place within a 3-year period. A 3rd Don may be disqualified if no practice has taken place within a 4-year period.
- C. If a student is physically unable to practice, the above time requirements may be raised with the permission of the President of the Tae Kwon Do Chung Do Kwan Schools.
- D. The payment of annual fees and monthly dues is required in order to maintain rank and good standing in the association,

Tae Kwon Do Chung Do Kwan Schools reserves the right to revoke any member's rank, degree or membership for failure to act in accordance with the rules and regulations of Tae Kwon Do Chung Do Kwan Schools.

APPENDIX A

STUDENT - RULES AND REGULATIONS

- Observe and promote the true spirit and code of martial arts: Honor, Fighting Spirit, and Integrity.
- As you advance in knowledge and rank, help those below you in knowledge and rank.
- All lower ranks shall obey all higher ranks, and higher ranks shall not abuse or take advantage of their rank or authority.
- Be on time for all classes, tournaments, meetings, etc.
- Smoking will not be allowed in or near any training area.
- Any potentially dangerous objects will not be allowed in any workout area.
- Do-Bok (uniform) shall be kept clean and be worn during all classes, practice periods, and tournaments.
- No student, at any time, shall enter the do jong or participate in a Tae Kwon Do Chung Do Kwan function while under the influence of intoxicating substances. NOTE: Any instructor who suspects a member of being under the influence of alcohol or drugs while attending class, will immediately remove the offending member from the class.

GENERAL RULES FOR CLASS

1. Upon entering the do jong, students shall salute the flags and the instructor on the floor. This will be done without exception whether the student is wearing a do bok or street clothes. Students do not have to wait for the instructor to acknowledge the bow if the instructor is busy.
2. Starting Class
 - Students line up according to rank and seniority with senior members to the right facing forward. The instructor will take a position in the front center of the class facing forward.
 - The senior class member will call the commands.
 - Salute the flags.
 - Salute the instructor.
 - Membership oath:
 - ◆ We as members, train our spirits and bodies according to the strict code.
 - ◆ We as members, are united in mutual friendship.
 - ◆ We as members, will comply with regulations and obey instructors.
 - Meditation.

3. During Class
 - Proper respect and discipline shall be maintained at all times and Tae Kwon Do protocol should be followed in a uniform manner.
 - When a student comes to class late, he/she should wait until recognized by the instructor, then approach, bow, and get permission to join the class.
 - When a student must leave the Do Chang during training, he/she should first request permission from the instructor.
4. Dismissing class
 - Students line up according to rank and seniority with senior members to the right facing forward. The instructor will take a position in the front center of the class facing forward.
 - The senior class member will call the commands.
 - Turn around and straighten do boks quickly.
 - Salute the flags.
 - Salute to the instructor.
 - The second most senior class member will call the commands.
 - Turn and face the senior student.
 - Bow and thank him/her.
 - The senior class member announces that the class is ended.
5. There should be an absence of unnecessary noise in the do jong. Students should remain silent, especially during forms and free-fighting. Students observing should remain still so as not to disturb those on the floor.
6. Students and spectators should be prohibited from chewing gum or smoking in the do jong.
7. Students and instructors should use Korean terminology of Tae Kwon Do at all times.
8. Salutation

Much importance should be attached to salutation. It is an integral part of Tae Kwon Do. While training one should esteem and pay respect to one's instructor, senior members, and opponents. One should not lose prudence, self-control, patience, or comportsment. Before and after exercises or contests, the participants should turn around, quickly adjust their do bok, and make a correct salutation to their opponent or instructor
9. Seating

While seated on the floor, members should keep a proper posture conducive to health. Hands should be placed on the knees, the back should be straight, the legs should be crossed in front with the feet tucked beneath the thighs. A kneeling posture may also be adopted.

10. **Do Bok**
Members should exercise care to keep their do bok clean and pressed at all times. It is important to give a good impression of our art and a neat appearance is important in this respect. A high degree of cleanliness should also be maintained among members. Members should take care to pay respect to their bodies and keep themselves clean. Fingernails and toenails should be clipped and kept short to prevent injury while fighting.

11. **Warm up/Warm down**
Warming up and stretching exercises should be practiced by members prior to training to prepare the body and mind. An unprepared body could be strained under the rigorous Tae Kwon Do exercises. When training is terminated, students should relax themselves with a series of exercises to help them return to a calm and normal state.

12. **Basic actions**
In order to promote improvement in skill, one must learn the basic actions and forms, and practice them constantly until they are perfected. This requires both concentration and hard work. All Tae Kwon Do techniques depend on basic actions and forms, and it is through the diligent practice of them that the student will learn precision and accuracy in his or her techniques. Learn the moves properly and apply them in your free fighting.

TOURNAMENT RULES AND REGULATIONS

I. ENTERING TOURNAMENT COMPETITION

- A. The following is to be fully understood and agreed upon by students entering Tae Kwon Do Chung Do Kwan Schools competitions and tournaments.
- B. Any and all members of the Tae KwonDo Chung Do KwanSchools can enter competitive sponsored by the organization.
- C. Members of Tae Kwon Do Chung Do Kwan Schools are permitted and encouraged to enter competitive events sponsored by other martial arts organizations. Exposure to other styles' training and fighting rules is highly encouraged.

II. RULES AND REGULATIONS

- A. Time Limits
 - 1. Eliminations - 1.5 minutes with 30 second overtime.
 - 2. Finals – 2 minutes with 1 minute overtime.
- B. Tournament Officials
 - 1. Tournament Director.
 - 2. Jury members.
 - 3. 1 Black Belt referee per ring, mandatory.
 - 4. 4 Black Belt judges per ring, if possible.
- C. Any official who finds his own students competing should request another official to take his place for that match. The tournament director will make the change of officials, as necessary.

III. EARNING POINTS

- A. Non-Contact Free Fighting
 - 1. Two points is earned by a kick to the front and side of the head and to the torso above the belt.
 - 2. One point is earned by a punch or soo do to the front and side of the head and to the torso above the belt.
 - 3. Combination attacks using feet and hands will be counted as 2 points, if both techniques exhibit a strong control and attack with proper posture.

4. A front or back sweep combination is allowed if there is a successful delivery against the opponent with hand or kick.
5. Any good point must have good posture, destructive power and be controlled.
 - a. Control is the execution of full-force strikes, with kicks and hand techniques performed with destructive force.
 - b. The strikes must not actual contact with the target.
 - c. Lower ranks should strive for placement at one to two inches from a vital area.
 - d. Black belts should be able to deliver to the surface of a uniform without making bodily contact with the opponent.

B. Point May Be Lost In This Way

1. Any contact on the face or head or below the belt.
2. Attack when opponent is down.
3. A long hold followed by a throw.
4. Leaving the ring 3 times, followed by one referee warning.

C. Disqualification

A competitor will be disqualified for:

1. A kick or blow that injures the opponent.
2. Disobeying the referee.
3. Attacking the opponent with the intention to cause injury.

IV. COMPETITORS' PLEDGE

- Our primary purpose for competition is not to win but to establish better friendship and to develop sound minds and bodies.
- We competitors pledge that we will have a clean game based on the spirit of martial art.
- We competitors will obey the regulations and the referee's command.

V. STATEMENT OF RISK

I hereby voluntarily submit my application for attendance and participation in the Tae Kwon Do Tournament and/or Championship, sponsored by Tae Kwon Do Chung Do Kwan Schools and directed by its affiliated member schools.

I recognize the inherent risks associated with martial arts competition even with the strict rules of combat required by the Tae Kwon Do Chung Do Schools. I recognize that I may sustain injuries, both minor and major, as a result of my participation in this event. I even recognize that serious and permanent injuries may be sustained. I assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating, and I hereby waive all claims against the promoters, operators, or sponsors of this Tae Kwon Do tournament and/or championship, individually or otherwise, for any claim for injuries I may sustain.

Participant signature

Date

Parent or Legal Guardian signature
(required if participant is under 18 years old)

Date

STUDENT PLEDGE

In consideration for my acceptance as a student in Tae Kwon Do Chung Do Kwan Schools, I pledge never to teach or instruct any technique, system, or method of self-defense or hand-to-hand combat; as practiced or taught at Tae Kwon Do Chung Do Schools without the permission and consent of my instructor and/or Directors of Tae Kwon Do Chung Do Kwan Schools.

I pledge to take care, at all times, to avoid injury to myself and to fellow students.

I pledge never to use the knowledge gained at Tae Kwon Do Chung Do Kwan Schools, except in self-defense, or to protect the honor and well-being of myself, my family, or my country.

I will do nothing to disgrace the honor of my Tae Kwon Do school or organization.

I am in good health or have medical approval to engage in self-defense training or the martial arts.

I freely assume all risks that are part of and incidental to this training program.

I have read, understand, and will comply with the foregoing rules, regulations, and pledges in studying and teaching the martial arts.

I understand that my membership cannot be canceled except by the approval of the President of Tae Kwon Do Chung Do Kwan Schools.

I have read the above student pledges and swear to abide by them.

Student Signature

Date

I have witnessed the signing of the student pledges.

Instructor Signature

Date

THESE PLEDGES SHOULD BE READ AND ACKNOWLEDGED BY EACH STUDENT AT THE TIME OF JOINING THE LOCAL SCHOOL AND THEN WHEN THE STUDENT IS PROMOTED TO YELLOW BELT.

STUDENT COPY

STUDENT PLEDGE

In consideration for my acceptance as a student in Tae Kwon Do Chung Do Kwan Schools, I pledge never to teach or instruct any technique, system, or method of self-defense or hand-to-hand combat; as practiced or taught at Tae Kwon Do Chung Do Schools without the permission and consent of my instructor and/or Directors of Tae Kwon Do Chung Do Kwan Schools.

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I understand that my membership cannot be canceled except by the approval of the President of Tae Kwon Do Chung Do Kwan Schools.

I have read the above student pledges and swear to abide by them.

Student Signature

Date

I have witnessed the signing of the student pledges.

Instructor Signature

Date

THESE PLEDGES SHOULD BE READ AND ACKNOWLEDGED BY EACH STUDENT AT THE TIME OF JOINING THE LOCAL SCHOOL AND THEN WHEN THE STUDENT IS PROMOTED TO YELLOW BELT.

INSTRUCTOR COPY