



TaeKwonDo

“Our instructors make the difference!”



THIS MANUAL BELONGS TO:



DEDICATION

I would like to offer my most sincere appreciation to those students and instructors who have contributed their time and effort to make Master Yoo's World Class Tae Kwon Do Centers and this student manual a success.
Truly, together we can make a difference!

Sincerely,



Master Eun Soo Yoo
World Class Tae Kwon Do

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Dear Students and Parents,

It is my pleasure to welcome you to our school, and I wish you the best on your journey through the exciting art of Tae Kwon Do.

Tae Kwon Do has a rich and varied history. It began 2000 years ago as a form of military training, developed into an Olympic sport, and has become popular throughout the world as a unique form of fitness and self-improvement. Millions of students of all ages have benefited from practicing this fascinating Korean martial art.

The system of Tae Kwon Do taught at our schools is the result of many years of study and experience. My staff and I continue to train and research so that our centers will offer the most beneficial and effective instruction to our students.

I am very proud of my school and my staff. They are among the most qualified, skilled, and hard-working Tae Kwon Do teachers in the country. I am sure your interaction with them will be pleasurable and beneficial. We are all committed to providing you with a “World Class” experience every time you walk through our doors.

I am certain that you will find Tae Kwon Do to be tremendously rewarding. It will provide you or your family with greater self-confidence, increased self-discipline, and improved physical health. Attaining these benefits requires time, effort, and dedication. At times it can be challenging. All of our instructors are here to help you with your commitment to excellence and offer our knowledge to assist you. So please feel free to discuss any questions or concerns you have with your instructors.

I am confident that your involvement in Tae Kwon Do and your selection of our school will be a wise decision with life-long rewards. Once again, welcome... and enjoy your Tae Kwon Do experience to the fullest.

Sincerely,

Master Eun Soo Yoo

MASTER EUN SOO YOO

Over 25 Years Experience

Master Eun Soo Yoo has earned his excellent reputation not only as an elite Tae Kwon Do athlete, but also through his dynamic teaching career.

Master Yoo is dedicated to bringing the benefits of Tae Kwon Do to students and to the local community. He and his professional staff recognize the positive impact a good teacher can have on a student. His classes offer the perfect blend of discipline and fun, taught by instructors who are patient and enthusiastic. At Master Yoo's Tae Kwon Do, all instructors are committed to helping each student attain their personal best.

- 6th Degree Black Belt World Tae Kwon Do Headquarters
- 4th Degree Black Belt Korean Hapkido Association
- Bachelor of Arts Degree in Tae Kwon Do at Yong In University in Korea
- Korean Army Instructor (1996-1998)
- Member of Korean National Demonstration Team (1999-2001)
- Certificate of Appreciation from The 109th International Olympic Committee (IOC) Session, 1999
- Certificate of Appreciation from the World Tae Kwon Do Headquarters, 2000
- Head Master Instructor at World Class Tae Kwon Do Headquarters in Buffalo, NY (2000-2007)

CERTIFICATES AND RECOGNITION

- Korean Certified Hwal Bup Master since 1994
- Korean Certified Social Physical Education Instructor since 2001
- 1999 Certificate of Appreciation from The 109th International Olympic Committee (IOC) Session
- 2000 Certificate of Appreciation from The World Tae Kwon Do Headquarters (Kukkiwon)
- 2002, 2003, 2004 Coach of Demonstration Team winning Annual World Class Tae Kwon Do Championships



KOREAN NATIONAL DEMONSTRATION TEAM

- 1999 Eastern Europe Tour - Czech Republic, Slovakia, Turkey, Bulgaria
- 1999 Latin America Tour- Brazil, Peru
- 1999 Europe and Afrika Tour - Iceland, Denmark, Tunisia
- 1999 Middle East Tour - Syria, Lebanon
- 2000 University of California Berkeley
- 2000 China Tour - Beijing University, Sorimsa, The Great Wall



MASTER YOO'S WORLD CLASS TAE KWON DO CENTERS



Head Master Eun Soo Yoo and Mrs. Jin Yoo, Director

OUR MISSION

- PROVIDE THE HIGHEST QUALITY MARTIAL ARTS INSTRUCTION
- EMPOWER OUR STUDENTS WITH VALUABLE SKILLS FOR DAILY LIFE
 - CONTRIBUTE TO A SAFE AND PEACEFUL COMMUNITY

TOGETHER WE CAN MAKE A DIFFERENCE!

TAE KWON DO IS FOR EVERYONE!



KIDS REACH NEW HEIGHTS

Master Yoo's World Class Tae Kwon Do staff specialize in working with children. Classes are divided by age and skill to provide the best possible match of teaching style to students' needs. All children are taught at their own pace to develop their maximum potential.

WE HELP CHILDREN:

- Develop self-confidence and an "I can do it" attitude
- Improve self-discipline for better behavior at home
- Sharpen listening skills for improved grades
- Enhance strength, coordination, and athletic ability
- Have tons of fun in classes, training camps, tournaments, demonstrations, and other special events



ADULTS GAIN A HEALTHY BODY AND PEACE OF MIND

Master Yoo's World Class Tae Kwon Do offers adults a comprehensive fitness program with the added benefit of self-defense skills and overall self-improvement.

ADULT STUDENTS ENJOY:

- Improved endurance, flexibility, and strength
- A healthy and fun option for stress relief
- Positive relationships with enthusiastic and motivated people
- Greater variety than traditional exercise programs
- Self-defense skills and awareness for greater personal security



FAMILIES GROW CLOSER TOGETHER

Because of today's hectic schedules, many parents are looking for activities that allow the entire family to spend time together. A unique opportunity at Master Yoo's World Class Tae Kwon Do is the chance to attend class as a family. Special times are reserved for parents and children to learn side-by-side.

TRAIN TOGETHER AND BENEFIT FROM:

- A common interest that everyone can share and look forward to
- Greater respect between family members
- An exercise program everyone can do together
- Meeting other positive, health-oriented families

DEFINITION OF "TAE KWON DO"

LITERALLY TRANSLATED, THE KOREAN WORD, **"TAE"** MEANS "TO KICK WITH THE FOOT." **"KWON"** IMPLIES "A HAND OR FIST TO BLOCK, PUNCH, OR STRIKE." **"DO"** MEANS AN "ART" OR A "WAY." THUS, "TAE KWON DO" MEANS "THE ART OF KICKING, BLOCKING AND PUNCHING." HOWEVER, TAE KWON DO IS NOT MERELY A PHYSICAL FIGHTING SKILL; IT IS ALSO A WAY OF THOUGHT AND LIFE.

THROUGH DISCIPLINED TRAINING, TAE KWON DO IMPROVES BOTH THE MIND AND BODY, PLACING GREAT EMPHASIS ON THE DEVELOPMENT OF PERSONAL CHARACTER.

STUDENTS ARE TAUGHT THAT SELF-CONTROL, SELF-DISCIPLINE, KINDNESS, AND HUMILITY MUST ACCOMPANY THEIR INCREASED PHYSICAL STRENGTH AND ABILITY.

THE COMPLETE ART OF TAE KWON DO

TAE KWON DO IS COMPRISED OF THE FOLLOWING MAJOR AREAS OF PRACTICE:

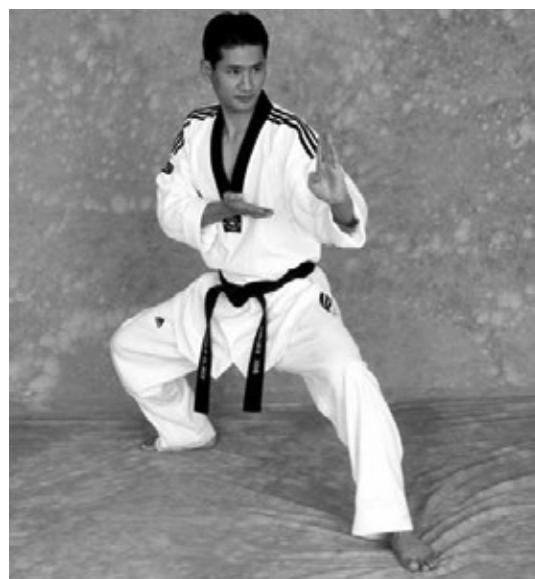


KYUKPA (BREAKING)

Kyukpa (breaking) is done to practice and illustrate the formidable power, precision, and great mental concentration developed through Tae Kwon Do training. Different materials, but most commonly pine boards, are broken. This area of practice develops internal and external strength, derived from a confidence in one's ability to overcome normal limitations.

ILSUSHIK (ONE-STEP SPARRING)

Ilsushik (one-step sparring) is a formal way of practicing self-defense against a punch, using a prearranged set of defensive skills. Because *ilsushik* is choreographed, techniques that are not permitted in competition can be practiced safely. *Ilsushik* also develops cooperation and teamwork as both partners must help one another to practice effectively.



POOMSE (PATTERN OR FORM)

Poomse (pattern or form) is a collection of Tae Kwon Do techniques arranged in a pattern. The combination of movements represents a defensive response to an imaginary opponent. As students progress in belt rank, the *poomse* they learn become increasingly more complex and challenging. The performance of *poomse* develops concentration, balance, coordination, and flexibility. A well-executed *poomse* is beautiful to watch, demonstrating both grace and power.



HO SHIN SOOL (SELF DEFENSE)

Ho Shin Sool (self-defense) is the practice of escapes and counter moves against an attacker's grab or holds. Self-defense incorporates not only Tae Kwon Do kicks and strikes, but pressure points (areas of the body that when pressed will cause pain), joint locks, and throws. As with one-step-sparring, self-defense drills require cooperation and communication between training partners to allow safe, beneficial practice.

GYOROOGI (SPARRING)

Gyoroogi (sparring) is live-action, spontaneous practice with a partner. Protective gear is worn, and a strict set of rules and guidelines define acceptable methods of attack and defense. Through sparring, students improve their reflexes, speed, and understanding of how to apply each technique. As a form of sport, Tae Kwon Do sparring is part of athletic competitions around the world, including the Olympics.



MOOK SAHANG (MEDITATION)

Mook Sahang (meditation) is performed at the beginning of each session to allow students time to focus on their training and their personal goals for the class. Meditation also improves students' ability to visualize and to conduct mental practice. Through visualization, Tae Kwon Doists can practice techniques that they are still learning or refining. The ability to stay focused also helps to relieve stress and to reduce some of life's daily pressures.

IMPORTANT INFORMATION FOR NEW MEMBERS

ATTENDANCE POLICY & ATTENDANCE CARDS

The best way for you to achieve the benefits of Tae Kwon Do is to attend class consistently. Coming to class two to three times each week should allow you to see the progress and results that you desire. In order for us to help you achieve the benefits you are looking for, we have an attendance card system.



Upon enrollment, you will receive an attendance card. Attendance cards are kept at a designated location and are filed in alphabetical order. Prior to each class you should pick up your attendance card and bring it with you onto the training floor. Instructors collect the cards at the beginning of every class. Your attendance is recorded and is used by the instructors to help keep you on track toward achieving your goals. If your attendance record indicates that you have not been to class during a given week, you may receive a phone call from the school staff. This is a courtesy call to make sure that everything is okay and to determine when you will be attending class again.

VACATIONS, ABSENCES, & MEDICAL SITUATIONS



Please notify the instructors if you will be going on vacation, or if you have an illness or injury that will make you unable to attend classes for a week or more.

If you have had a prolonged medical situation, for your safety, we may request documentation to ensure that it is appropriate for you to resume physical activity.

When returning from an absence due to injury, please notify the instructors of any limitations you may have.

HOLIDAY SCHEDULE

We are closed on New Year's Eve, New Year's Day, Memorial Day, the Fourth of July, Labor Day, Thanksgiving, Christmas Eve, Christmas Day, and on the days of major school special events, such as tournaments or school picnics. We are open for most other holidays. There is an announcement board in the waiting area that lists all closings and schedule changes at least two weeks prior to the event. Please call the school if you ever have a question regarding school closures. *Also, there will be no classes on the once-a-month belt testing day.*

CHANGING ROOMS

There are separate men's and women's changing rooms. Each has restroom facilities, clothing hooks, and shoe cubicles. We strongly recommend that you do not leave valuables unattended in the changing room. The restrooms located in each changing room are for students and their families only. For safety reasons, children should be escorted when walking across the training floor to the restrooms.

CLASS OBSERVATION

Parents are invited and encouraged to watch their child's classes as often as possible. Guests and younger siblings are welcome as well. Please monitor the behavior of younger children to help maintain a better learning environment for the students.

STUDENT DROP-OFF & PICKUP

Please park in a valid parking spot and do not use the handicapped zone for drop-off and pick-up. Please escort your students to and from the front door and do not allow students to cross the street without an adult.

Occasionally, students are given handouts with announcements or information regarding upcoming events. Please ask your child if they have received any handouts when you pick them up.



LOST & FOUND

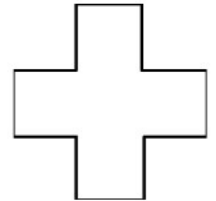
At the end of each day of instruction, all items that are left at the school are placed in the Lost and Found bins. Items deemed to be unsanitary -- a mouth guard without its case, for example -- are thrown away. All valuables that are found will be kept at the front desk until they are claimed. Master Yoo's World Class Tae Kwon Do is not responsible for items that are left in the school. We strongly urge you to take the time to write your name or initials, using permanent marker, on the tags in your uniform top and bottom and on all pieces of safety equipment.

DRESS CODE

Please wear a clean and neat, school-issued uniform for every class. Uniforms and safety gear pads should be washed regularly. Belts should not be washed. For safety reasons, no jewelry is allowed to be worn during class.

SAFETY

Our most important priority in classes and around our school is safety. Maintaining a high level of awareness is the number one thing that we can all do to ensure that our school and classes are safe. Please report any safety concerns to one of our staff. We appreciate your cooperation and attention to this matter.



FEEDBACK & COMMENTS

Our goal is to provide you with a "World Class" experience every time you come into our school. Please let us know how we are doing!



ADDITIONAL SERVICES

DEMONSTRATION TEAMS AND SPEAKERS: Our World Class staff and demonstration teams are available for exciting and educational demonstrations for any community event. *If you are interested in scheduling our team, please see one of the instructors.*

BIRTHDAY PARTIES: We host children's birthday parties after classes on Saturdays. One reasonable fee includes: instruction, decorations, food, drinks, and a birthday cake. We ask that you make a reservation at least four weeks in advance. If you think your child's instructors are fun in class, wait until you see them at a party!

NEWSLETTER: OUR WORLD CLASS NEWSLETTER IS PUBLISHED MONTHLY.

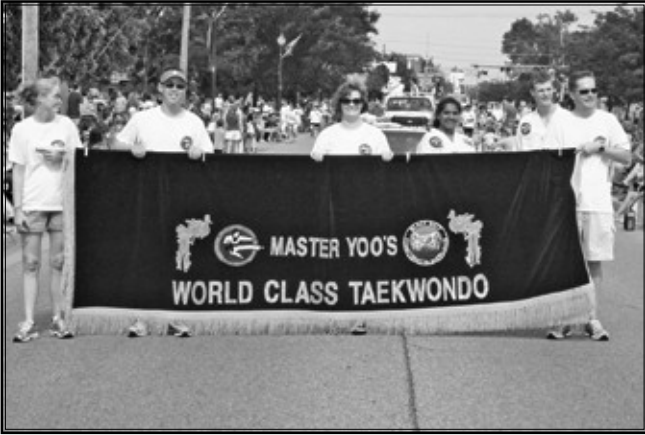
It includes interesting and informative articles about our school, announcements of upcoming events, and reviews of past special events. It also includes sections that highlight student accomplishments and awards.

GUEST PASSES: The highest compliment you can give our staff is to recommend us to a friend. At Master Yoo's World Class Tae Kwon Do, we appreciate your referrals. Please see your school manager for details on our current student referral program.

SPECIAL EVENTS

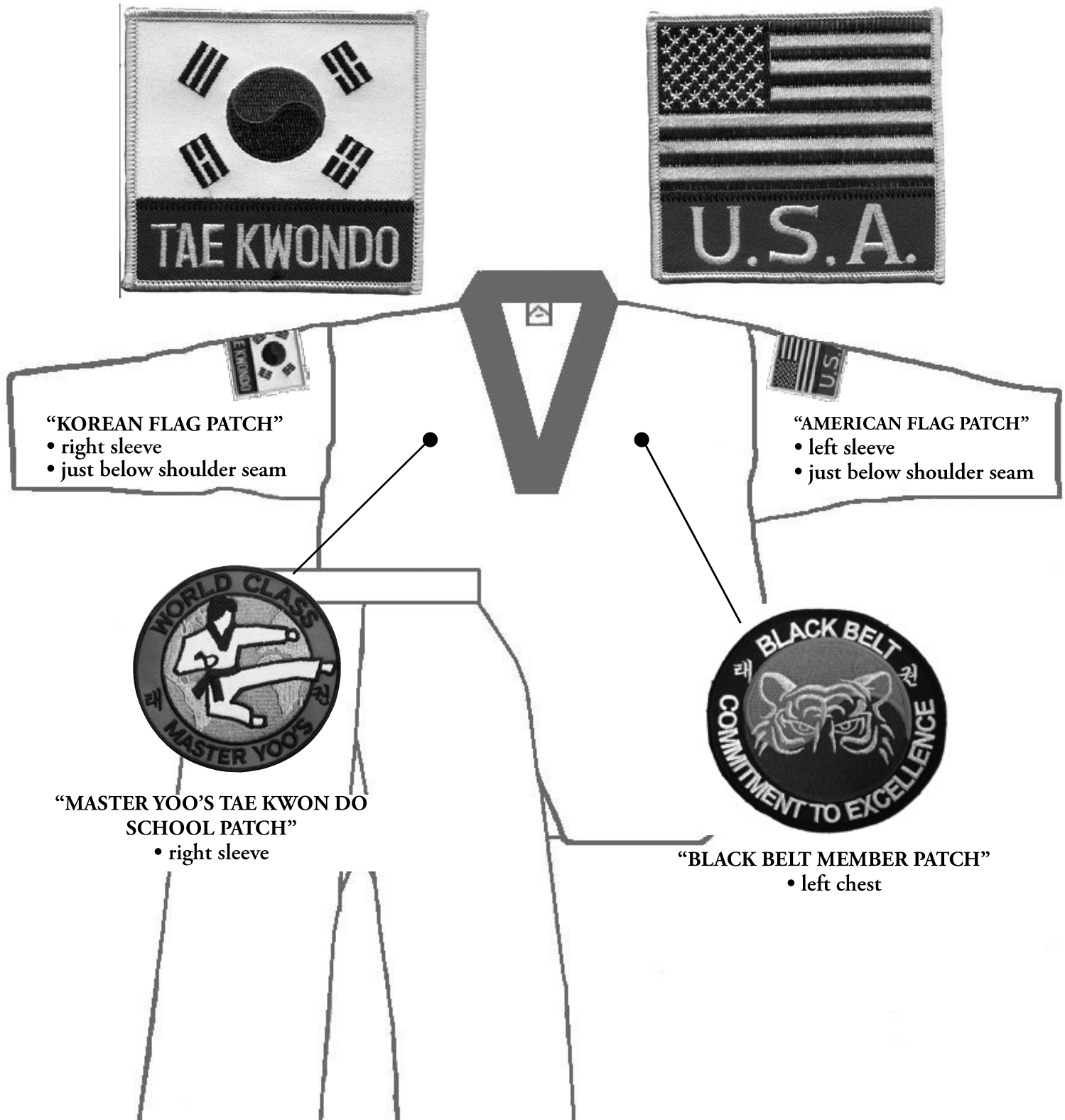
Throughout the year we host a number of special events, including holiday parties, summer picnics, charity break-a-thons, and championship tournaments. The events are specifically designed to enhance your Tae Kwon Do experience.

COME SEE WHAT ALL THE FUN IS ABOUT!



OUR TAE KWON DO UNIFORM “DOBOK”

Our Tae Kwon Do uniform (*dobok*) is always to be kept neat and clean. It is white, symbolizing our innocence in martial arts knowledge. All students wear the same uniform to help highlight the skills and personalities that make everyone unique. Four patches may be sewn on the uniform; no other patches are permitted without an instructor's permission.

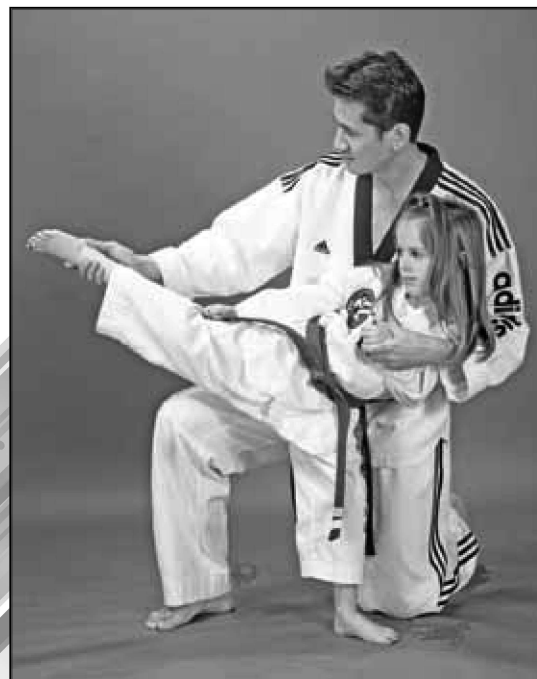


GUIDELINES FOR BEING A “TAE KWON DO KID”

Parents are encouraged to review these guidelines with their children. They have been designed to help make your child's experience with our school as safe, fun, and beneficial as possible.

TAE KWON DO KIDS ARE RESPONSIBLE

- They know they should attend classes at least two times per week, and they try to do that as often as possible. They also remind mom and dad to call the Tae Kwon Do school if they will not be attending for a week or more.
- They know it is important to be on-time, ready for class.
- They take good care of their Tae Kwon Do uniforms, belts, and safety gear, making sure that they are clean and labeled with their names. They only wear patches on their uniform that their instructors have approved. They always remember to bring their uniforms, belts, and all of their safety gear to every class.



TAE KWON DO KIDS ACT SPECIAL WHEN THEY COME TO THE SCHOOL

- They bow and greet their instructors with a cheerful “hello, sir” or “hello, ma’am.”
- They remember to get their attendance cards and take care of them.
- They place their shoes in the bins and their coats on the hooks in the changing rooms, so that they can be proud of the way their Tae Kwon Do school looks.
- They change into their uniforms quickly and quietly.
- They ask their friends or family to whisper, and their younger brothers and sisters to behave in the lobby. This helps Tae Kwon Do kids concentrate better when they are in class.





TAE KWON DO KIDS FOLLOW THE RULES OF PROPER PRACTICE

- They avoid silly or dangerous playing around, especially in the changing rooms.
- They look, listen, and think about what their teacher is saying.
- They always do their best.
- They trust their instructor's decisions regarding which techniques they should practice and when they are ready for their next tip or belt test.
- They remember that they must have their instructor's permission before competing, demonstrating, or teaching someone else.

TAE KWON DO KIDS COOPERATE

- They are quiet when other classes are going on.
- They are courteous and careful with their training partners.
- They follow the instructor's directions.

TAE KWON DO KIDS ACT LIKE TAE KWON DO KIDS ALL THE TIME

- They walk away from trouble and dangerous situations.
- They never use their Tae Kwon Do skills to show off or bully someone else.
- They use focus and concentration when studying.
- They are respectful to the people they meet.
- They make choices that will keep them healthy.
- They believe that with hard work they can learn to do anything!



**BEING A TAE KWON DO KID IS SOMETHING
TO BE PROUD OF!**

ADULT STUDENT RESPONSIBILITY CODE

At Master Yoo's World Class Tae Kwon Do, we are proud of our family-oriented atmosphere and our commitment to excellence. With your help, we can ensure that all students are able to train in an environment that is safe, beneficial, and fun. The following guidelines teach the traditions and etiquette followed in Tae Kwon Do training:



INSTRUCTORS' PROFESSIONAL ROLE

The instructors select the material they teach in classes, and make recommendations about tips and belt testing in accordance with the student's best interests. As a result, students should accept their instructors' decisions and guidance in these areas. In addition, students must have the permission of the instructors before competing, demonstrating, or teaching others.

BOWING

Bowing should be done consistently, to greet and say farewell to instructors, and before beginning a conversation or asking a question. It is also done when entering and leaving the training floor. A sincere bow is performed from a standing position in the attention stance.

RESPECT FOR SAFETY

Tae Kwon Do techniques are taught as an art form, self-defense, and method of self-development. They are not to be treated lightly. All sparring requires safety gear at all times, as well as the permission of the instructors. Finger and toe nails should be trimmed short, and jewelry should not be worn. Attending classes under the influence of drugs or alcohol is strictly prohibited. Following these guidelines helps to keep you and your training partners safe.

You should always notify the instructors of any injury or condition that may impede your ability to train safely. Bowing is the primary way to show respect between martial artists and to one's Tae Kwon Do school.

PROPER USE OF TITLES

Out of respect for their experience and rank, all instructors and assistant instructors are referred to as Mr., Mrs., and Miss. Master level instructors are called Master. When speaking with an instructor, it is also proper to use the responses of "sir" and "ma'am."

RESPECT FOR UNIFORM AND BELT

The Tae Kwon Do uniform is to be worn with pride. Students should make a great effort to wear their dobok only for classes and demonstrations. Uniforms should always be clean and wrinkle free for each class. Belts are not to be washed. The only patches that should be worn on your uniform are those available at the school. The proper placement for these patches is covered in this manual.

RESPECT FOR ONGOING CLASSES

Master Yoo's Tae Kwon Do welcomes your younger family members and guests. However, because it is our goal to provide the absolute best student service on the training floor, we ask for "library-like" conditions in the front lobby, and lowered voices when you are waiting for your class to begin. We appreciate your cooperation in helping us maintain a better learning atmosphere for students.

RESPECT FOR SCHOOL PROPERTY

A Tae Kwon Do school belongs to its members. The condition of the training areas, changing rooms, training equipment, and restrooms is a representation of the pride we take in our art and our school. While our school is professionally cleaned regularly, all members are asked to avoid any unnecessary messes or damage.

BELT COLORS

THE MEANING BEHIND THE COLOR OF EACH BELT RANK IN TAE KWON DO



The belt that a Tae Kwon Do student wears carries a lot of meaning. It indicates their length of training and level of knowledge. Each color is also symbolic of a stage of growth and development as a martial artist. The meaning of each belt color is as follows:

WHITE BELT

Representative of purity, a new beginning, and no prior knowledge of Tae Kwon Do.

YELLOW BELT

Signifies the Earth from which plants grow. Similarly this stage is the foundation and beginning growth stage of the Tae Kwon Do student.

GREEN BELT

A green plant is one that is already reaching up and out, growing in strength and maturity. The green belt level symbolizes a more solid level of skill and ability.

BLUE BELT

Represents the sky and new heights. The blue belt student continues to progress in skills, physically, mentally and emotionally.

RED BELT

Represents the sun, a source of tremendous power and energy. The color red is also universally symbolic of danger and caution. At this level a Tae Kwon Do student should have great strength and confidence. This must be balanced with self-control and humility.

BLACK BELT

The opposite of white, it represents proficiency and maturity. It also marks the end of one path (the color belt ranks) and the beginning of a whole new level of training (the pursuit of advanced Black Belt ranks).

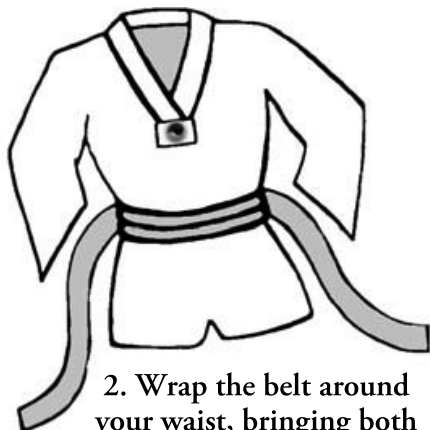


INSTRUCTION ON TYING THE BELT

“DEE”

Your “dee,” or belt, is a symbol of your learned knowledge of Tae Kwon Do. Always keep your belt tied properly, never draped around your neck. Never let your belt touch the ground, and do not wash it.

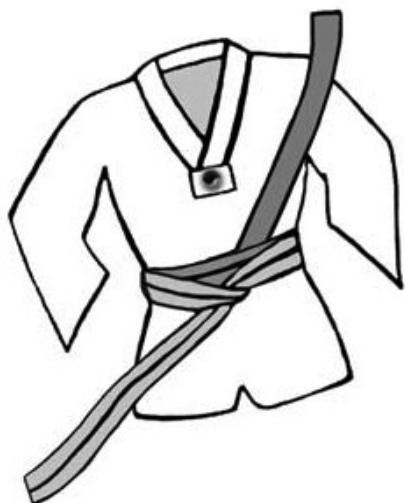
1. Locate the center of the belt and place it in the middle of your stomach.



2. Wrap the belt around your waist, bringing both ends to the front.



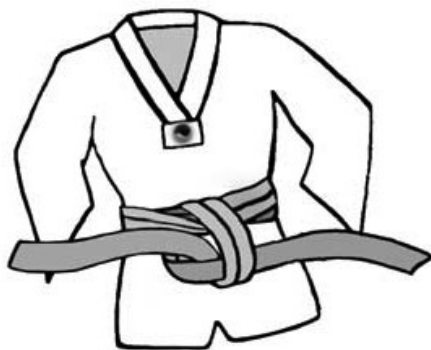
3. Make sure the ends are even. Put the right end over the left end.



4. Now take that end and pull it up under both of the other layers.

5. Make sure it is neat and snug, and then lay the top end down.

6. Curve the bottom end to make a loop.



7. Now pull the top end back up through the loop.

8. Pull both ends horizontally, tightening your knot.

BOWING AND ITS PURPOSE



**BOWING IS A TWO-WAY STREET,
A SHARED EXPRESSION.**

**STUDENTS LEARN THAT TO EARN RESPECT
AND TO GIVE RESPECT
ARE VERY MUCH THE SAME THING.**

**THERE IS AN OLD SAYING:
“WHEN IN DOUBT, BOW!”**

Bowing is a form of body language in Asian countries. A bow can be used to say “hello,” “good-bye,” “thank you,” and “you’re welcome.” Bowing is also a way of showing courtesy and acceptance. When two people bow to each other, they are showing mutual respect.

Traditionally, Tae Kwon Do students demonstrate respect by bowing to the flags before entering or leaving the training floor, to the instructor, to senior belts at the beginning and the end of class, and to a partner before

and after each interaction. It is a part of Tae Kwon Do to bow whenever and wherever you see each other.

Over time, you will find that bowing has become a natural form of expressing the special relationship you have with your fellow Tae Kwon Doists.

HOW TO BOW



- 1. THE STUDENT STANDS AT ATTENTION, HEAD UP, SHOULDERS DOWN, BACK STRAIGHT, RELAXED.**
- 2. EITHER BOTH FEET ARE TOGETHER, OR THE HEELS ARE TOUCHING AND THE TOES ARE POINTING OUTWARD AT A 45 DEGREE ANGLE, IN A V-SHAPE.**
- 3. THE HANDS SHOULD BE HELD STRAIGHT AT THE SIDES OF THE BODY.**
- 4. BEND THE HEAD DOWN TO A 45 DEGREE ANGLE AND BEND DEEPLY AT THE WAIST.**
- 5. WHEN BOWING, ONE’S EYES LOOK DOWNWARD.**



The *kihap* (pronounced “key hap”) is a very important part of Tae Kwon Do training. When properly practiced, this special kind of yell combines sound with breathing in one explosive burst. The *kihap* should not come from the throat, but from deep down in the stomach, using the diaphragm to forcefully push air up and out through the mouth. The *kihap* is one of the most distinctive elements of Tae Kwon Do practice; no two students’ *kihaps* are identical. You will find that as your Tae Kwon Do skills change and grow, so will your *kihap*.



- It ensures that students breathe while exerting themselves, for greater endurance and energy.
- It heightens mental focus and concentration by making students more aware of each technique.
- It helps to reduce tension.
- During drills with a partner, the *kihap* is often used to communicate that you are ready.
- It is an expression of confidence.
- It is a way to motivate yourself and others by sharing your intensity and spirit.
- In self-defense, a loud and powerful *kihap* can startle an attacker giving you additional time to react or get away.

RULES FOR SPARRING

At Master Yoo's World Class Tae Kwon Do, our primary concern is providing safe, beneficial classes for our students. As a result, the following safety measures are required for all students.

- No sparring is permitted prior to the yellow belt level.
- At yellow belt, students are required to purchase a safety equipment package consisting of a headgear, mouth piece, shin and instep pads, chest protector, and forearm guards, and a groin cup for males.
- Students must wear all of the above equipment for all in-class contact-sparring.

The rules for sparring in **STANDARD COLOR BELT CLASSES** are as follows:

- Students may perform kicks toward their opponents body.
- Students may perform punches only toward their partner's body.
- No contact may be made at any time.

The rules for **SPARRING CLASSES** are as follows:

- Students are permitted to make light contact with kicks or punches to the chest protector of their partners.
- Students may attempt kicks towards their partner's headgear, however no contact is allowed.
- No hand techniques may be attempted to the head or facial area in sparring.
- All students are responsible for notifying their training partner and/or an instructor if they feel their partner is going beyond the acceptable levels of contact.



THE RULES AND REGULATIONS FOR TOURNAMENT COMPETITION ARE DIFFERENT FROM THOSE LISTED ABOVE.

STUDENTS INTERESTED IN COMPETING IN OUTSIDE TOURNAMENTS SHOULD CONSULT THEIR INSTRUCTORS.

ALL SPARRING REQUIRES INSTRUCTOR SUPERVISION.

ANSWERS TO COMMON QUESTIONS ABOUT ADVANCEMENT AND BELT PROMOTION

How many belts are there, and what purpose do they serve?

Advancement in Tae Kwon Do is symbolized by a series of 12 increasingly darker-colored belts. At Master Yoo's World Class Tae Kwon Do, those belts are: yellow, yellow with a green stripe, green, green with a blue stripe, blue, blue with a red stripe, blue with double red stripes, red, red with a single black stripe, red with double black stripes, and black. Different martial arts schools, and even some other Tae Kwon Do schools, use different colors. The purpose, however, is the same: to provide students with a system for measuring progress through short term goals on route to the long term goal of black belt.

How does one advance through the different color belts?

Students must memorize, practice, and satisfactorily perform a number of requirements, including: kicks, blocks, punches, choreographed routines (forms), block and counter drills (one-step-sparring), escapes from different grabs and holds (self-defense), "live" drills with a partner (free sparring) and board breaking with both kicks and hand strikes.

There are also Korean terms, written tests on Tae Kwon Do history and practice, as well as essays. A specific listing of the requirements that must be performed for each rank promotion is outlined on the black belt curriculum posted in the school's lobby. It is also outlined in detail in each of the specific belt sections of this manual.

How do the instructors cover all the material necessary to prepare students for testing?

Throughout the month, the instructors teach a variety of different classes designed to challenge, motivate, and develop each student. Individual classes may focus more on certain areas and less on others. If students consistently attend two classes per week, they will be exposed to all of the material required for advancement.

Do children and adults learn the same requirements for color belt and black belt testing?

Yes. The same curriculum is required for each student at each belt level. Children and adults have different strengths and weaknesses with regard to the requirements. Some children's bodies are able to adapt quite readily to the new physical techniques, while many adults are able to understand the theory of the movements more rapidly. In both cases, advancement is based on knowledge of curriculum and "personal best" performance.

When are belt tests held and who conducts them?

Belt testing is generally held one day during the fourth week of the month. On that day, no regular classes are held. Students who are eligible to test are scheduled to come at a designated time. All test candidates are graded by our school's founder Master Eun Soo Yoo. The school master, and often times the senior instructor, also sit on the testing board. This allows them to answer any questions Master Yoo may have on the student's day-to-day training and to inform him of any special areas of interest about an individual student. They are also able to receive feedback from Master Yoo on each student's progress.

What are the procedures for Black Belt Testing and promotion?

Black Belt testing is conducted periodically throughout the year. At those times, Master Yoo continues to serve on the testing board and is often assisted by guest masters from other schools.





ADVANCEMENT IS BASED ON KNOWLEDGE OF CURRICULUM
AND “PERSONAL BEST” PERFORMANCE.

Black Belt promotion occurs in conjunction with the scheduled Black Belt tests. Students who have tested for their Black Belt experience a three-month “probation period.” During this time they are allowed to wear a black collar uniform and receive a half red/half black belt, called a Poom belt. They are also allowed to attend Black Belt classes and train with current Black Belts. More information about Black Belt testing procedures and preparation will be given in a separate folder to students prior to testing.

I have noticed that students also have strips of tape on their belts, and I have heard about “tip testing.” What is this exactly?

Although they are not actual belt ranks, tips are used to:

- Recognize student progress on their requirements.
- Provide students with smaller goals for additional motivation.
- Assist the instructors, by indicating the amount of curriculum each student has learned toward their next belt level.

For the color belts, what do these “tips” represent? When does a student test for them?

Tips are awarded to a student when the instructor determines has achieved the goal for that tip. Throughout this manual, you will find the requirements for earning tips for each belt level.

BASICALLY, OUR TIP SYSTEM IS AS FOLLOWS:

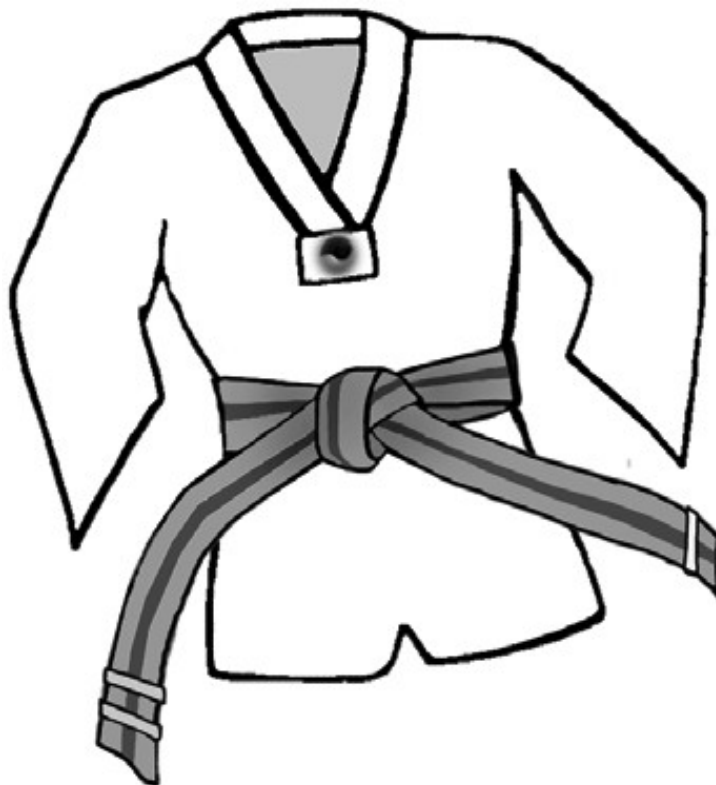
- Most belt levels (except for Double Black Stripe) require FIVE tips of various colors.
- Each tip signifies a different skill or requirement for that particular belt level, such as knowledge and execution of form, self-defense, or kicking technique. Each curriculum level in this manual includes a description of the different tips that will be awarded.
- The BLACK TIP is the “testing readiness” tip and will be awarded to a student when the instructor has determined that student is ready to test for the next belt level.



The tips represent the instructors' "stamp of approval" regarding a student's performance of a particular belt requirement. Tips are therefore stepping stones towards preparing for a belt test. To earn a tip, a student must not only memorize a belt requirement, but perform it technically correct and at a level the instructors deem to be the student's "personal best."

There is no formal exam or scheduled testing day for students to obtain tips. Rather, the instructors teach and evaluate students on an ongoing basis and present tips in classes as they deem the students ready.

It is important to remember that performance, rather than memorization, is the key to obtaining tips. For each belt level, a student who has obtained all required tips will be eligible for the next belt test, as long as they also meet the time and class attendance requirements.



What is the purpose of the time and attendance requirements?

The time requirement was established for the benefit of all students. Most students, both children and adults, will need at least the minimum amount of time in order to be properly prepared for the belt exam. Some students who are naturally fast learners or gifted athletes may feel they can progress at a quicker pace. However, the personal best standards, set by the instructors, will challenge those students to raise their performance to an even higher level prior to testing, and they will therefore benefit from the additional practice time.

What does the phrase "personal best" mean?

At Master Yoo's World Class Tae Kwon Do, we recognize that our students vary tremendously in age, learning rate, and natural physical capability. As a result, it would be unrealistic to hold everyone to the exact same standard of performance level.

Although every student must memorize the same requirements for each belt, the instructors use their experience and daily interaction with students to determine a "personal best" level. This level is both challenging and attainable. Therefore, the performance standard for each student is based on the instructors' interpretation of an individual student's "personal best."

What about comparing one student to another?

No two students are exactly the same, so a fair comparison cannot be made. Two students at the same level must memorize the same requirements; however, their age, athletic ability and learning rate will determine individual performance requirements. Our philosophy is that each student is working toward their individual "personal best." By encouraging students to compete with themselves, we are able to continuously place a goal in front of them that is both challenging and attainable.

Who decides when a student is ready for a tip or belt test, and how should I communicate with instructors regarding questions about progress?

Students and parents are asked to remember that testing represents a progress check, and the instructors' experience and day to day interaction with the students make them uniquely qualified to determine a student's readiness for testing. At the same time, we believe that communication between the students, parents, and instructors is a vital part of the learning process, and we welcome your questions and concerns. If you are uncertain about the status of your child's or your own progress, you may mention this to the instructors. You can trust that they will take care of the situation professionally.



All of our instructors are committed to making recommendations for testing based solely on what is in the student's best interest. If they are encouraging a student to wait, it is only because they believe the student has the capability to learn more and perform at a higher level prior to testing. If they are encouraging a student to proceed, it is because they feel the student has reached their personal best level and needs to move on to new material in order to stay challenged and motivated.

If a parent or student has additional questions or concerns about an instructor's decision, they may set

up a private conference to express those concerns and to discuss the instructor's recommendation. Together we will work to find the best path for the student to achieve success!

What do the instructors do when a student has difficulty with a particular requirement during their test?

The instructors give a student permission to test only after they are satisfied that the student has the knowledge and ability necessary to be successful on testing day. However, not all students perform at their best on the day of testing, sometimes due to nervousness, and mistakes are not uncommon. If a student struggles with a requirement to the degree that they forget it or are unable to complete it during testing, they will be required to "make up" that segment at a later date, prior to promotion.

Our testing is not done on a pass/fail basis, but rather it is similar to academic schools' use of letter grading. Therefore, it is possible for a student to have a lower score in some areas and higher score in others, and still pass to the next belt.

In addition, the instructors use testing not just to determine who receives a new belt, but as a way to assess the progress of each student. This assessment is then used to adjust future classes and lesson plans, as well as areas of emphasis to match the needs of the students.

If a student passes a color belt test, when do they receive their belt?

Promotions to a new color belt are given out after warm-up exercises, beginning the week following testing. Students are always promoted in front of their current classmates. As a result, students should continue to attend the classes held for their current belt level up to and including the day of their promotion. Once they have received their promotion they should begin attending the appropriate class for their new level.



What trophies are awarded at testing and how are the winners chosen?

Trophies are available for outstanding performances by both adults and children in the following categories:

Poomse (form), *Ilsushik* (one-step sparring), *Ho Shin Sool* (self-defense), *Kyukpa* (board breaking), *Gyoroogi* (sparring), *Kihap* (energy yell), and “Most Improved.” There is also a trophy for “*Best All Around*,” which encompasses all the categories.

The “*Most Improved*” trophy is awarded to a student whom the instructors deem to have made substantial progress since their previous test.

Trophies are awarded to those who receive a score of an “A” or better from Master Yoo and whose personal best performance is inspiring to others. Because this is an extremely high standard, not every trophy is awarded at each test. The purpose of awarding trophies is to serve as an additional incentive for students to give their best effort on testing day and to recognize excellent performances.

What about the “Student of the Month” award?

The “Student of the Month” award is not directly related with either belt promotion or trophies. It is a different form of recognition designed to motivate both children and adult students to become better Tae Kwon Doists. An award is presented to one outstanding child and one outstanding adult at the beginning of each month for their attitude and performance exhibited during the previous month.

Selection of the “*Student of the Month*” is based on Master Yoo’s World Class Tae Kwon Do lifeskill curriculum. The criteria includes the student’s demonstration of focus, enthusiasm, goal-setting, cooperation, self-control, perseverance, confidence, respect, responsibility, and leadership.

THE “STUDENT OF THE MONTH” AWARD IS PRESENTED TO ONE OUTSTANDING CHILD AND ONE OUTSTANDING ADULT AT THE BEGINNING OF EACH MONTH FOR THEIR ATTITUDE AND PERFORMANCE EXHIBITED DURING THE PREVIOUS MONTH.





MASTER YOO'S WORLD CLASS TAE KWON DO BLACK BELT CURRICULUM

Yellow Belt	Green Stripe	Green Belt	Blue Stripe	Blue Belt	Red Stripe	Double Red Stripe	Red Belt	Black Stripe	Double Black Stripe	Black Belt
Stances: Ready, Attention, Forward & Kicking Block: Face, Body, Down & Knifehand Strikes: PUNCHES	Stances: Basic Blocks: Knifehand Strikes: Knifehand, Reverse Kicks: Knifehand	Stances: Walking Blocks: Inside body & Inside palm Strikes: Elbow Kicks: Skip-in roundhouse & Jumping front snap kick	Stances: All basic stance Blocks: All basic blocks Strikes: All basic punches Kicks: Back kick	Stances: Back Blocks: Knifehand Strikes: Knifehand & Reverse knifehand Other: Basic falls & foot work Kicks: Turning behind roundhouse kick	Blocks: Double knifehand Strikes: Spear finger & Back fist Kicks: Jumping roundhouse kick	Stances: Jumping cross Blocks: Combination body Strikes: Hammer fist, Back fist & Inside elbow Kicks: Jumping double roundhouse kick	Stances: Parallel Blocks: Knifehand outside face, single forearm & Crossing palm Kicks: Jumping turning behind roundhouse kick	Stances: Tiger Blocks: Scissor, Low X & Spreading Kicks: Jumping back kick & Jumping flying side kick	Stances: All stances Blocks: Double fist & Half mountain Strikes: Uppercut Kicks: Jumping 360 back kick & Jumping turning behind axe kick	All requirements from all previous belts Stances: All stances Strikes: All strikes Kicks: Jumping 360 back kick & Jumping turning behind axe kick
Kicks: Front snap, Front rising, Crescent, Foot-to-foot side & Roundhouse Form: Kibon Poomse I One-Step Sparring: 1-3	Free Sparring: Understanding combinations in sparring One-Step Sparring: 1-3 Form: Kibon Poomse II Board Breaking: Side Kick	Free Sparring: Understanding combinations in sparring One-Step Sparring: 1-3 Form: Tae Geuk 1 Board Breaking: Side Kick	Free Sparring: Understanding distance in sparring One-Step Sparring: 1-3 Form: Tae Geuk 2 Board Breaking: Back Kick	Free Sparring: Understanding distance in sparring One-Step Sparring: 1-3 Form: Tae Geuk 3 Board Breaking: Back Kick	Free Sparring: Understanding counter-attacks in sparring Self-Defense: Single wrist grabs 1-3 Form: Tae Geuk 4 Board Breaking: Spinning Kick	Free Sparring: Understanding counter-attacks in sparring Self-Defense: Double wrist grabs 1-3 Form: Tae Geuk 5 Board Breaking: Spinning Kick	Free Sparring: Understanding timing in sparring Self-Defense: Front wrist grabs 1-3 Form: Tae Geuk 6 Board Breaking: One hand technique & Spinning kick	Free Sparring: Understanding timing in sparring Self-Defense: Back shoulder grabs 1-3 Form: Tae Geuk 7 Board Breaking: One hand technique & Spinning kick	Free Sparring: Understanding strategy in sparring Self-Defense: Front grabs 1-3 Form: Tae Geuk 8 Board Breaking: One jumping technique & Spinning kick	Free Sparring: Understanding skills Self-Defense/One-Step Sparring: Choreographed Form: All Tae Geuk demonstrated at random Board Breaking: 3-station board breaking
Korean Terms: #1 Black Belt Philosophy: Focus	Korean Terms: #2 Black Belt Philosophy: Integrity	Korean Terms: #3 Black Belt Philosophy: Enthusiasm	Korean Terms: #4 Black Belt Philosophy: Goal Setting	Korean Terms: #5 Black Belt Philosophy: Cooperation	Written Exam: #1 Black Belt Philosophy: Self-Control	Written Exam: #2 Black Belt Philosophy: Perseverance	Written Exam: #3 Black Belt Philosophy: Confidence	Essay: Respect Black Belt Philosophy: Respect	Essay: Responsibility Black Belt Philosophy: Responsibility	Essay: Leadership Black Belt Philosophy: Leadership



BELT RANK CURRICULUMS

