

Mission Statement

The Mission of Lamy's Black Belt Academy, Ltd. is to educate our students in the Tenets of Tae Kwon Do (Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit), to build good morals and character, and to provide them with knowledge for excellence in life; and to develop an individual's mind, body, and spirit through training.

School Motto

“SET NO LIMITS”

Philosophy

Our school believes in “building better lives through traditional Tae Kwon Do”. Our focus is to encourage our students to set goals and achieve those goals, to have a “Yes, I can” attitude, to have confidence, and to respect themselves and others. Our philosophy is simple. It is based on developing one's mind, body, and spirit through practicing the five Tenets of Tae Kwon Do (Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit). We believe in building a moral character, building a more peaceful world, and the idea of justice. We believe in supporting our community and in humanity. It is *our* goal to provide our students with the framework to achieve social, physical, and intellectual excellence.

Important Benefits of the Martial Arts

A reward system improves student's self-esteem: Martial Arts are not like team sports because the emphasis is on developing the individual's self-esteem, not the team's winning record. The belt system is the key. As our students earn their different belt ranks, it gives them a great sense of accomplishment, which really improves the way they feel about themselves.

Martial Arts teaches student's discipline: One of the things parents appreciate most about martial arts classes is the improvement in their child's self-discipline. Our school has a great staff of instructors who love to work with children, and who are both patient and very clear about what is expected. We enforce good rules of behavior in class, and we expect our students to practice the same good behavior at home and in school.

Martial Arts is a way to channel student's aggression: Many doctors actually recommend the study of the martial arts as treatment for children with ADD/ADHD as a way for those kids to learn self-control, discipline, focus, and more. Our school is able to give these kids and other kids a positive outlet for their energy and aggressions.

Martial Arts build confidence and self-esteem: Our classes involve building one's confidence and self-esteem. We believe in goal setting and achieving those goals, which in return gives children the confidence and self-esteem that we think is so important.

Martial Arts teach essential self-defense skills needed today: Our school teaches practical, proven self-defense methods in a comprehensive manner. Our students know these skills *will work*, and are reminded that they are not to use these skills unless absolutely necessary.

Martial Arts is a fun, fulfilling workout for adults

Our adult students really appreciate the difference between martial arts training and standard exercise programs. They also feel the overall benefits from their training is something they couldn't get elsewhere regardless of their reason for becoming a martial art student.

Our workouts are a great way to get in shape: Martial Arts is like an exercise program with a bonus! A student learns self-defense while getting in shape.

Our classes are a good way to relieve stress: What better way to relieve stress than to punch & kick at a target? Our classes are designed in training the mind-body-spirit connection by learning traditional techniques, self-defense, and developing those skills. As a result of the martial arts training, a student gains a benefit of relieving his/her stress.

Our classes build confidence: Whether it is receiving a new belt rank, knowing self-defense, or being able to perform techniques proficiently, a student will gain confidence for his/her achievements in class.

What we teach could save your life: Our self-defense techniques have been proven to work. The instructors make sure our students understand the "Color Code of Awareness", and that the skills we teach can be used in real-life situations if needed.

Our program is a lot of fun: We make our classes fun and exciting. We know that if students are having fun, they learn faster, which is why we are so successful.

Basic Korean Terminology

Attention- Cha-Ryuht
Rest- Shi-Ro
Instructor (or Master)- Sah Bum Nim/Sah Boo Nim
Training Hall- Do-Jang
Start- Shi-Jak
Bow to the Flag- Ku Ki Bae Ryuht
Stop- Goman
Bow- Kyung Nea
Recover- Ba-Ro
Parallel Ready Stance-Chumbi or Joonbi
Uniform- Dobok
Break- Kalyeo (“stop”)
Pattern- Tul
Thank You- Kahm-Sa-Hamnida

Korean Numbers

| | | |
|---------|------------------|-------------|
| 1 Hanna | 9 A-hop | 40 Ma-hun |
| 2 Dul | 10 Yol | 50 Shi-hun |
| 3 Set | 11 Yol-hanna | 60 Yes-hun |
| 4 Net | 12 Yol-dul | 70 Il-hun |
| 5 Tasot | 20 Su-mool | 80 Yord-hun |
| 6 Yosot | 21 Su-mool-hanna | 90 A-hun |
| 7 Ilgop | 30 So-run | 100 Pek |
| 8 Yodol | 31 So-run-hanna | |

Do-Jang Rules

Bow to the flags upon entering and leaving the Do-Jang to show proper respect.

Students will line up according to rank (high to low). If 2 or more students are of same rank, longer in rank lines up first. If 2 or more students are of same rank & same length of time in rank, the older student lines up first.

Students should always address the Instructor(s) or Black Belts as Sir/Ma'am or Mr. (name)/Mrs. (name). Sometimes Sir/Ma'am will be preceded by Yes/No, or Thank You (as in answering a question, then saying "thank you (Kam-sa-ham-ni-da)" for the answer). Courtesy is expected when a higher belt is instructing.

No sparring without instructor's permission.

No student will excuse himself/herself without obtaining permission from the Instructor.

Refrain from idle chat during class.

Jewelry is worn at your own discretion.

No student is allowed to teach another without prior approval from the Instructor.

All equipment will be put back in their proper places at the end of each class.

All equipment bags should be placed on Do-Jang floor when training. Lobby area must remain free of gear bags.

Curriculum

The over all goal for the students is to reach their Black Belt and beyond.

The curriculum is broken down into these basic parts:

- Blocks
- Strikes
- Kicks
- Stances
- Self-defense
- Kibons & Patterns
- Technical Knowledge

There are three levels of training:

- Beginners (white & yellow belts)
- Intermediates (green & blue belts)
- Advance (red & black belts)

During their training students will work on:

- Proper set ups of blocks and strikes
- Proper chambering and execution of kicks
- Proper body positioning and foot placement for stances
- How to avoid and confront conflict
- Being able to defend themselves
- Putting movements together to learn transition from one movement to another by doing kibons and patterns
- Timing, intensity and speed

Sparring and breaking will also be preformed during the students training.

School Logo



The center circle is the Yang (red) and Um (blue) from the South Korean flag. The color arrows going around the Yang and Um represent the belt colors. Starting at white and ending with black. The reasoning for having an arrow shape is to represent that once you become a black belt your training does not end. Though you don't become a white belt again, you do start a new level of training. Training and learning is an ongoing cycle. The Korean lettering represent the 5 tenets of Tae Kwon Do which we strive to live by: Courtesy, Integrity, Perseverance, Self-control, and Indomitable Spirit.

Student Oath

I shall observe the tenets of Tae Kwon-Do
I shall respect the instructor and seniors
I shall never misuse Tae Kwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

White Belt to Green Belt Curriculum

| Blocks | Strikes |
|--------------------------------------|--|
| Low block | Obverse Punch (middle, high & reverse) |
| Middle block | Knife hand strike (single & inward) |
| Rising block | Back fist (stepping & spinning) |
| Single knife hand block | Fingertip thrust |
| Guarding block (closed & knife hand) | |
| Twin forearm block | |
| High outside block | |
| Wedging block | |


Kicks

| |
|---|
| Front kick (instep, ball of the foot, scissor action & jumping) |
| Turning kick (double, scissor action, jump) |
| Rising kick |
| Downward kick |
| Side kick (stepping, skipping, spin & jump spin) |
| Back kick (spin & jump spin) |
| Reverse turning kick (stepping & spinning) |
| Vertical kick (inside foot edge & outside foot edge) |

| Stances | Self-defense |
|-----------------------|-------------------------------|
| Attention stance | Wrist grabs (front & back) |
| Parallel ready stance | Shoulder grabs (front & back) |
| Sitting stance | Head lock |
| Walking stance | Bear hug |
| L-stance | Empty hand attacks |

White Belt to Green Belt Curriculum

Kibons & Patterns

| | | | |
|-------------|---|-------------|--------------|
| White | | Kibon 1 – 4 | 1 months * |
| High white |  | Chon-Ji | 2 months * |
| Yellow |  | Dan-Gun | 3 months *** |
| High Yellow |  | Do-San | 3 months *** |

*Minimum classes needed to earn high white belt is 8.

**Minimum classes needed to earn yellow belt is 16.

***Minimum classes needed to earn high yellow belt & green belt is 24.

Technical Knowledge

Purpose of bowing: To show respect to the flags & their colors, to the instructor(s) and higher-ranking students.

Purpose of the American and South Korean flag hanging in the Do-Jang: To show respect for the country we live in, and the country where Tae Kwon Do originated.

Why do we Ki-up: To ensure proper breathing, to frighten/startle opponent, and to add power to techniques.

Count to ten in Korean: — Hanna=1, Dul=2, Set=3, Net=4, Tasot=5, Yosot=6, Ilgop=7, Yodol==8, A-hop=9, Yol=10.

Definition of the American Flag: The 50 stars for the 50 States; The 13 Stripes represent the 13 original colonies; Red stands for courage & hardness; Blue stands for perseverance, justice, and vigilance; White stands for innocence & purity.

Definition of the South Korean Flag: The center circle divided equally into the Yang (Red) on top and the Um (Blue) on bottom. These two halves express the dualism of the cosmos (fire/water, day/night, hot/cold, etc.). The corner bars also represent opposition and balance. Beginning from the top left corner and going clockwise, they are Heaven (Keon), Water (Gam), Earth (Gan), and Fire (Ri). The white background signifies purity and sincerity.

White Belt to Green Belt Curriculum

Definition of the Rank White:

White signifies innocence and purity. The student has no previous knowledge of Tae Kwon Do.

Definition of the Rank Yellow:

Yellow signifies the Earth where the plant (seed) takes root as the foundation of Tae Kwon Do is being laid.

Definition of the 5 Tenets of Tae Kwon Do:

Courtesy: Courtesy means being polite, having gracious manners.

Integrity: Integrity means pure character, knowing right from wrong and doing what is right. Honesty, and rigid loyalty to a code of behavior.

Perseverance: Perseverance is to hold to a course of action without giving way.

Self-Control: Self-Control is control of emotion and actions through strength of will.

Indomitable-Spirit: Indomitable-Spirit is incapable of being overcome or subdued.

Di-up:

Stepping back with the right foot into a walking stance while executing a low block with the left arm.

Ee-up:

Stepping back with the right foot into an L-stance while executing a middle guarding block (fighting stance/guarding stance).

Color code of awareness:

White: means safety, like when you are at home with doors locked.

Yellow: means caution, be careful, aware, but not paranoid. Observe your surroundings.

Orange: means something awry, suspicious, possibly being approached in a threatening manner (you were always aware of this approach because you were practicing yellow). Be prepared for action.

Red: means danger, go attack. All attempts of evasion and/or retreat have been made. Because of the code, you have been mentally preparing. You have been cautious, aware, and evasive. Now your options are depleted. It is time for action. Attack swiftly and decisively without mercy until threat has passed or help arrives.

White Belt to Green Belt Curriculum

Definition of Chon-Ji: (High White belt and above)

Chon-Ji literally means “the Heaven the Earth”. It is, in the orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth (19 movements).

Definition of Dan-Gun: (Yellow belt and above)

Dan-Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C. (21 movements).

Story of Dan-Gun: (Yellow belt and above)

Korean legend from 2333 B.C. states that Korea’s origin is based on the story of Dan-Gun. The story goes: Dan-Gun’s father was Hwan-Ung, a heavenly being who wanted to live on Earth. God granted his request on the condition that he starts a kingdom. Once on Earth, he met a Tiger & a Bear who wanted to become Human. Hwan-Ung told the animals to live in a cave and eat only mugwort & garlic for 100 days, and whoever stayed for the 100 days would become Human. The Tiger did not have the patience and failed. The Bear emerged from the cave as a beautiful woman. Hwan-Ung married her, and the offspring of their union was Dan-Gun. Dan-Gun became the first leader of the Korean people and the nation of Korea was born.

Definition of Do-San: (High Yellow belt and above)

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement. There are 24 movements.

Green Belt to Red Belt Curriculum

| Blocks | Strikes |
|----------------------------------|--------------------------------------|
| Double forearm block | Lunging punch |
| Palm upward block | Elbow strike (horizontal & vertical) |
| Twin knife hand block | Twin punch (vertical & upset) |
| Palm hooking block | Downward back fist |
| U-shape block | Turning punch |
| Palm pressing block | Fingertip strike (upset & flat) |
| W-block | Angle punch |
| Circular middle block with throw | Shoulder grab with knee strike |
| Upset reverse knife hand block | |
| X-block (low & high) | |

Kicks

| |
|---|
| Reverse turning kick (jump front leg & jump spin) |
| Vertical kick (spin & jump spin) |
| 360 kicks (turning & vertical) |
| Twisting kick |
| Side kick (jump front leg, double low/high, flying, fly by & fly by with punch) |
| Multiple kicks with same leg |
| Combination kicks |

| Stances | Self-defense |
|------------------------------|------------------------------|
| Fixed stance | Take downs |
| Rear foot stance | Defending against take downs |
| Bending ready stance | Ground defense |
| X-stance (forward & lateral) | Multiple attackers |
| Closed ready stance (A & B) | Empty hand attacks |
| Low stance | |

Green Belt to Red Belt Curriculum

Patterns

| | | | |
|------------|---|-----------|-------------|
| Green |  | Won-Hyo | 3 months * |
| High Green |  | Yul-Guk | 3 months * |
| Blue |  | Joong-Gun | 4 months ** |
| High Blue |  | Toi-Gye | 4 months ** |

*Minimum classes needed to earn high green belt & blue belt is 24.

**Minimum classes needed to earn high blue belt & red belt is 32.

Technical Knowledge

Definition of the Green Belt: Green signifies the plants growth as the Tae Kwon Do skill begins to develop.

Definition of the Blue Belt: Blue signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Definition of Five Points of Power:

Speed: Travel time of striking tool to target. The most essential element of power. Without speed none of the others are useful. You must be relaxed to be fast, both mentally and physically.

Focus: Using the smallest tool to the most vulnerable target. One must concentrate all of one's physical and mental energy on one target and one purpose.

Balance: Balance-Maintaining your center of gravity low (2" below your navel) and equally distributed over your feet while keeping your body upright. Must remain flexible yet stable.

Breath Control: Exhaling at the moment of impact when striking, blocking, or receiving a blow. This ability to control one's breathing adds stamina and power to techniques.

Reaction Force: For every force there is an equal and opposite force. This is known as Newton's Law.

Green Belt to Red Belt Curriculum

Explain of Neutral Position: Neutral position is that point of balance found between stances during mid-step when feet are approximately one shoulder width apart; or when changing from stance to stance without advancing forward (as in Won-Hyo when changing from L-stance into fixed stance). This is not to be confused with “centering”.

Explain Centering Position: Centering is the point of balance found between stances during mid-step when feet are approximately one shoulder width apart when turning (as in Chon-Ji when turning from a obverse punch in a walking stance to a middle block in an L-stance). This is not to be confused with “neutral position”.

Definition of Won-Hyo: (Green belt and above)

Won-Hyo was noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D. (28 movements).

Definition of Yul-Guk: (High Green belt and above)

Yul-Guk is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.), nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38th latitude and the diagram (±) represents “scholar”.

Definition of Joong-Gun: (Blue belt and above)

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese Governor-General of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn’s age when he was executed at Lui-Shung prison (1910).

Definition of Toi-Gye: (High Blue belt and above)

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century A.D.), an authority on “Neo-Confucianism”. The 37 movements of this pattern refer to his birthplace on 37th * latitude, the diagram (±) represents “scholar”.

Red Belt to Black Belt Curriculum



| Blocks | Strikes |
|--|--|
| Checking block with crossed knife hands | Arc hand strike |
| Palm pushing block | Inward knife hand counter hand over head |
| Upset twin palm block | Inward middle block back fist combo |
| Scissor block | Uppercut punch |
| U-shape followed by 360 knife hand block | Downward knife hand strike |
| | Rear shifting elbow |

Kicks

| |
|--------------------------|
| Double front kick |
| Two directional kick |
| Pressing kick |
| Scissor action side kick |
| Jumping & spinning kicks |
| 360 kicks |

| Stances | Self-defense |
|-----------------------|--------------------|
| Closed ready stance C | Knife |
| | Gun |
| | Kneeling |
| | Against kicks |
| | Empty hand attacks |

Patterns

| | | | |
|----------|---|------------|------------|
| Red |  | Hwa-Rang | 6 months * |
| High Red |  | Choong-Moo | 6 months * |

*Minimum classes needed to earn high red belt & black belt is 48.

Red Belt to Black Belt Curriculum

Technical Knowledge

Definition of the Red Belt: Red signifies danger, cautioning the student and warning the opponent to stay away.

Definition of the Black Belt: Opposite of white, therefore, signifying the maturity and proficiency in Tae Kwon Do. It also indicates the wearer's imperviousness to darkness and fear.

Hwa-Rang Do (Flower of Youth): The Hwa-Rang Do is also known as "*Flower of Youth*". The Hwa-Rang Do was an elite fighting force created by the Silla Dynasty to conquer Koguryo and Paekche and ultimately unify Korea.

Honor Code of the Hwa-Rang Do:

- Allegiance to one's country
- Respect for one's parents
- Integrity in one's friendships
- Courage in battle
- Restraint from unnecessary cruelty or killing

Definition of Hwa-Rang: (Red belt and above)

Hwa-Rang is named after the "Hwa Rang Youth Group" which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry division where Tae Kwon Do developed into maturity.

Definition of Choong-Moo: (High Red belt and above)

Choong-Moo was the given name to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king (30 movements).

Essay: (testing for 1st degree black belt only)

Your essay should be based on what you have learned thus far in your training. Be sure to include how you have grown mentally, physically, and what areas you have had to overcome. This essay should be about your journey through the art of Tae Kwon Do and express all of your feelings, desires, and goals (long & short term). Minimum of 2 pages double-spaced. No more than 5 pages total.

Black Belt Curriculum

Technical Knowledge

Definition of Kwang-Gae: 1st Degree (Dan) Black Belt

Is named after the famous Kwang-Gae-Toh-Wang, the 19th King of Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (±) represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne. Rank: (39 movements)

Po-Eun: Rank: 1st Degree (Dan) Black Belt

Is the pseudonym of a loyal subject, Chong Mong-Chu (1400), who was a famous poet and whose poem "*I would not serve a second master though I might be crucified a hundred times*" is known to every Korean. He was also a pioneer in the field of physics. The diagram (-) represents unerring loyalty to the king and country towards the end of the Koryo Dynasty. (36 movements)

Ge-Baek: Rank: 1st Degree (Dan) Black Belt

Is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram (1) represents his severe and strict military discipline. (44 movements)

Eui-Am: Rank: 2nd Degree (Dan) Black Belt

Is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (1) represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation. (45 movements)

Choong-Jang: Rank: 2nd Degree (Dan) Black Belt

Is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity. (52 movements)

Juche: Rank: 2nd Degree (Dan) Black Belt

Is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain, which symbolizes the spirit of the Korean people. The diagram (i l i) represents Baekdu Mountain. (45 movements)

Ko-Dang: Rank: 2nd Degree (Dan) Black Belt

Is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel. (39 movements)

Sam-Il: Rank: 3rd Degree (Dan) Black Belt

Denotes the historical date of the independence movement of Korea, which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement. (33 movements)

Yoo-Sin: Rank: 3rd Degree (Dan) Black Belt

Is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D. the year Korea was United. The ready posture signifies a sword drawn on the right rather than the left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation. (68 movements)

Choi-Yong: Rank: 3rd Degree (Dan) Black Belt

Is named after General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty. (46 movements)

Yon-Gae: Rank: 4th Degree (Dan) Black Belt

Is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung. (49 movements)

Ul-Ji: Rank: 4th Degree (Dan) Black Belt

Is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern. (42 movements)

Moon-Moo: Rank: 4th Degree (Dan) Black Belt

Honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "...where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne. (61 movements)

So-San: Rank: 5th Degree (Dan) Black Belt

Is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Yi dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592. (72 movements)

Se-Jong: Rank: 5th Degree (Dan) Black Belt

Is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist having invented (1442 A.D.) the first rain gauge in human history. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet. (24 movements)

Tong-II: Rank: 6th Degree (Dan) Black Belt

Denotes the resolution of the unification of Korea, which has been divided since 1945. The diagram symbolizes the homogenous race. (56 movements)

Ninja Curriculum

| Blocks | Strikes |
|--------------------------------------|--|
| Low block | Obverse Punch (middle, high & reverse) |
| Middle block | Knife hand strike (single & inward) |
| Rising block | Back fist (stepping & spinning) |
| Single knife hand block | Fingertip thrust |
| Guarding block (closed & knife hand) | |
| Twin forearm block | |
| High outside block | |
| Wedging block | |

Kicks

| |
|---|
| Front kick (instep, ball of the foot, scissor action & jumping) |
| Turning kick (double, scissor action, jump) |
| Downward kick |
| Side kick (stepping, skipping, spin & jump spin) |
| Back kick (spin & jump spin) |
| Reverse turning kick (stepping & spinning) |
| Vertical kick (inside foot edge & outside foot edge) |

| Stances | Self-defense |
|-----------------------|-------------------------------|
| Attention stance | Wrist grabs (front & back) |
| Parallel ready stance | Shoulder grabs (front & back) |
| Sitting stance | Head lock |
| Walking stance | Bear hug |
| L-stance | Empty hand attacks |

Patterns

| | | | |
|-------------|---|-----------------|-----------|
| White | | Kibon 1 | 2 months* |
| Orange |  | Kibon 2 | 2 months* |
| High Orange |  | Kibon 3 | 2 months* |
| Yellow |  | Kibon 4 | 2 months* |
| High Yellow |  | First ½ Chon-Ji | 2 months* |
| Brown |  | All Chon-Ji | 2 months* |
| High Brown |  | Dan-Gun | 2 months* |
| Purple |  | First ½ Do-San | 2 months* |
| High Purple |  | All of Do-San | 2 months* |

*Minimum classes needed to earn high white belt & yellow belt is 14.

Technical Knowledge

Purpose of bowing: To show respect to the flags & their colors, to the instructor(s) and higher-ranking students.

Purpose of the American and South Korean flag hanging in the Do-Jang: To show respect for the country we live in, and the country where Tae Kwon Do originated.

Why do we Ki-up: To ensure proper breathing, to frighten/startle opponent, and to add power to techniques.

Definition of the Rank White:

White signifies innocence and purity. The student has no previous knowledge of Tae Kwon Do.

Definition of the Rank Yellow:

Yellow signifies the Earth where the plant (seed) takes root as the foundation of Tae Kwon Do is being laid.

Di-up:

Stepping back with the right foot into a walking stance while executing a low block with the left arm.

Ee-up:

Stepping back with the right foot into an L-stance while executing a middle guarding block (fighting stance/guarding stance).

Definition of the 5 Tenets of Tae Kwon Do:

Courtesy: Courtesy means being polite, having gracious manners.

Integrity: Integrity means pure character, knowing right from wrong and doing what is right. Honesty, and rigid loyalty to a code of behavior.

Perseverance: Perseverance is to hold to a course of action without giving way.

Self-Control: Self-Control is control of emotion and actions through strength of will.

Indomitable-Spirit: Indomitable-Spirit is incapable of being overcome or subdued.

Count to ten in Korean: — Hanna=1, Dul=2, Set=3, Net=4, Tasot=5, Yosot=6, Ilgop=7, Yodol==8, A-hop=9, Yol=10.

Definition of the American Flag: The 50 stars for the 50 States; The 13 Stripes represent the 13 original colonies; Red stands for courage & hardness; Blue stands for perseverance, justice, and vigilance; White stands for innocence & purity.

Definition of the South Korean Flag: The center circle divided equally into the Yang (Red) on top and the Um (Blue) on bottom. These two halves express the dualism of the cosmos (fire/water, day/night, hot/cold...). The corner bars also represent opposition and balance. Beginning from the top left corner and going clockwise, they are Heaven (Keon), Water (Gam), Earth (Gan), and Fire (Ri). The white background signifies purity and sincerity.

Color code of awareness:

White: means safety, like when you are at home with doors locked.

Yellow: means caution, be careful, aware, but not paranoid. Observe your surroundings.

Orange: means something awry, suspicious, possibly being approached in a threatening manner (you were always aware of this approach because you were practicing yellow). Be prepared for action.

Red: means danger, go attack. All attempts of evasion and/or retreat have been made. Because of the code, you have been mentally preparing. You have been cautious, aware, and evasive. Now your options are depleted. It is time for action. Attack swiftly and decisively without mercy until threat has passed or help arrives.

Definition of Chon-Ji: (Yellow belt with black stripe and above)

Chon-Ji literally means “the Heaven the Earth”. It is, in the orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth (19 movements).

Definition of Dan-Gun: (Brown belt and above)

Dan-Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C. (21 movements).

Story of Dan-Gun: (Purple belt and above)

Korean legend from 2333 B.C. states that Korea’s origin is based on the story of Dan-Gun. The story goes: Dan-Gun’s father was Hwan-Ung, a heavenly being who wanted to live on Earth. God granted his request on the condition that he starts a kingdom. Once on Earth, he met a Tiger & a Bear who wanted to become Human. Hwan-Ung told the animals to live in a cave and eat only mugwort & garlic for 100 days, and whoever stayed for the 100 days would become Human. The Tiger did not have the patience and failed. The Bear emerged from the cave as a beautiful woman. Hwan-Ung married her, and the offspring of their union was Dan-Gun. Dan-Gun became the first leader of the Korean people and the nation of Korea was born.

Definition of Do-San: (Purple belt and above)

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement. There are 24 movements.