

WHAT DOES TAE KWON DO OFFER?

Tae Kwon Do requires training and exercises which involve muscles throughout the entire body. Tae Kwon Do will keep you in good health, trim and strong. Additionally, of course, Tae Kwon Do is one of the most effective and powerful arts of self-defense. The student of Tae Kwon Do gradually develops self-confidence as he learns the skills of the sport. He also is taught techniques of mental concentration and relaxation.

WHO CAN LEARN TAE KWON DO?

Anyone! Regardless of age or sex, the art, sport, and devastating power of Tae Kwon Do can be learned.

HOW LONG DOES IT TAKE TO LEARN TAE KWON DO?

A good Tae Kwon Do student can learn enough self-defense in approximately six months to handle himself in most situations.

However, proficiency in the art depends upon the individual student's interest and time spent in practice. Promotions are held at the school approximately every three months. Here the students display to a group of Master Instructors their skills in the forms, sparring, and breaking techniques of Tae Kwon Do. Students who pass the examinations advance in grade from white belt ultimately to black belt. The sequence of belts are: White, yellow, green, blue, red and finally BLACK.

BRIEF HISTORY OF TAE KWON DO

TAE KWON DO began as an ancient form of unarmed combat in Korea during the first century A.D. (over 1900 years ago). It is the oldest of the existing martial arts. It began almost entirely as a form of foot fighting but through the centuries, strong hand and fist techniques were introduced to improve the attack capabilities of Tae Kwon Do. The present day martial art of Tae Kwon Do evolved through improvements constantly being introduced over the centuries since its origin over 1900 years ago.

Tae Kwon Do is an important part of Korean culture and heritage. It is practiced throughout Korea in gymnasiums of all the schools and universities as well as in the military and police force. Tae Kwon Do is not only the Korean art of self-defense but is the national sport of Korea.

WHAT DOES TAE KWON DO MEAN?

Translated literally, Tae Kwon Do means, "art of foot and hand fighting." "Tae" means to kick, jump or smash with the foot. "Kwon" denotes a fist used to punch or destroy. "Do" is the art, the way, the method. In its totality, Tae Kwon Do, in addition to being a spirit and way of life, is a technique of un-armed self-defense involving the skilled application of kicks, punches, blocks, dodges, and the inter-actions of the hands, arms, and feet in order to bring about the rapid containment or destruction of the opponent.

TESTING

The information that the student needs for testing will be posted in the school approximately four weeks before the testing date.

Although these are no set patterns for testing, a student testing for High Yellow Belt and above should know all Poomses, Breaking Techniques and One Steps that were previously taught.

The student will be responsible for having a general knowledge of Tae Kwon Do. A few sample questions that the board may ask are:

1. What does Tae Kwon Do mean?
2. What does your belt mean?
3. What do the other belts mean?
4. Explain the Korean flag.
5. Explain the Tae Kwon Do mark we wear.
6. How many movements in your Poomse? How many kicks? How many punches? How many KI-Ups?
7. How has Tae Kwon Do helped you?

Of course, the higher the belt the student is testing for, the more difficult the questions and the more critical the Testing Board will be judging your techniques.

The best way to prepare for testing is to go to class as often as possible. When you do not understand something, ask the instructor to explain it, and make sure to practice.

THE BELTS

WHITE	BEGINNING OF THE DAY
YELLOW	EARTH
GREEN	GROUND
BLUE	SKY
RED	SUN
BLACK	UNDERSTANDING OF THE NIGHT

With the exception of White Belt there will be two tests per belt. I.E. Low Yellow to High Yellow and High Yellow to Low Green. Testing will be approximately every **THREE** months. Black Belt Testing will be once a year. (around **NOVEMBER 1.**)