

AREGIS TAEKWONDO STUDENT REFERENCE GUIDE

TESTING DEFINITIONS

Students are responsible to know the meaning of their belt colors and pattern definitions to their rankings. The following information is designed as a study guide so that the student will be prepared for their promotional testing.

- White Belt - signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.
 - Chon Ji - 19 moves, left foot returns
 - Song Song - 30 moves, right foot returns - Song Song means "Imagination." In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations, and from this, visualize their achievements in advance.
- Yellow Belt - signifies the earth, from which the plant sprouts and takes root as the Taekwondo foundation is being laid.
 - 1&2 Stripe - Dan Gun - 21 moves, left foot returns
 - 3&4 Stripe - Do San - 24 moves, right foot returns
 - Song Song - 30 moves, right foot returns - Song Song means "Imagination." In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.
- Green Belt - signifies the plant's growth as taekwondo skills are developing.
 - 1&2 Stripe - Won Hyo - 28 moves, right foot returns
 - 3&4 Stripe - Yul Gok - 38 moves, left foot returns
 - Yong Gom - 40 moves, left foot returns - Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to self-inspire themselves into action, as they develop a sense of self-worth.
- Blue Belt - signifies the heavens, toward which the plant develops into a towering tree, as the Taekwondo training progresses.
 - 1&2 Stripe - Joong Gun - 32 moves, left foot returns
 - 3&4 Stripe - Toi Gye - 37 moves, right foot returns
 - Yong Gom - 40 moves, left foot returns - Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to self-inspire themselves into action, as they

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develop a sense of self-worth. Without this, one may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.

- Red Belt - signifies danger, warning the student to exercise control and the opponent to stay away.
 - 1&2 Stripe - Hwa Rang - 29 moves, right foot returns
 - 3&4 Stripe - Choong Moo - 30 moves, left foot returns
 - Hyun Sil - 50 moves, left foot returns - Hyun Sil means "Actualization." Actualization is to take the first step and enter into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

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STUDENT OATH

The Student Oath reinforces the Tenets of Taekwondo and further exemplifies the results of practicing the Tenets.

- I Shall Observe the Tenets of Taekwondo. The Tenets of Taekwondo are traits, or characteristics, that all students of Taekwondo should apply to their daily lives. Students of Taekwondo should set an example for others by displaying these tenets in their actions.
- I Shall Respect My Instructors and Seniors. As with parents, teachers, and other authority figures, your instructors and seniors have worked very hard to achieve their position and deserve to be treated with the respect that recognizes their hard work and accomplishments.
- I Shall Never Misuse Taekwondo. Taekwondo is taught for the purpose of self-defense. It is not to be used for intimidation or to get your way. The Tenets of Taekwondo describe how you should apply your skills and talents.
- I Will Be a Champion for Freedom and Justice. As a student of Taekwondo, you have been taught the difference between right and wrong, good and bad. You should take it upon yourself to see that all those around you are treated in a fair and just way.
- I Will Build a More Peaceful World. By applying the tenets of Taekwondo to your life: showing respect, using your Taekwondo properly, and being a champion of freedom and justice, you will help make the immediate world around you a more pleasant and peaceful place to live.

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TENETS OF TAEKWONDO

Students must know the Tenets of Taekwondo and their meaning. As a student's training progresses, the student will learn the importance of applying the Tenets into everyday life.

1. Courtesy - Being courteous means to show respect for others and treat them, as you would wish to be treated. The practice of courtesy encourages a sense of justice and humanity. The practice of courtesy and proper etiquette allows us to distinguish instructor from student, senior from junior, and elder from younger. Students should practice courtesy to build their character and to allow us to conduct training in an orderly manner.
2. Integrity - We must be truthful and honest, not only with others, but also with ourselves! Integrity means to have a wholeness that is often associated with truth and commitment to principles. Integrity should lead you in your daily decisions and the way you live your life.
3. Perseverance - "If at first you don't succeed, try, try again!" We are all familiar with this popular expression that demonstrates the spirit of perseverance. Life is a series of challenges and, frequently, we face obstacles in the path to our goals. We must patiently face these obstacles with a positive mental attitude, not seeing them as problems but as challenges to be met and surpassed on the road to achievement.
4. Self-Control - To control not only your body in its physical motions, but also your mental attitude so that you are open to learning and able to achieve your goals. To achieve control, you must first take responsibility for all of your actions. By recognizing the things you can change to avoid problems and failure, or merely to improve your technique, you can then learn to control them. Self-control means you are in control of your own actions and have the option of making your own decisions. With self-control will come the rewards and consciousness of our actions.
5. Indomitable Spirit - Indomitable Spirit means to have the courage and strength of character to face adversity, whether mental or physical, and to triumph over it.