



USAMA



WT



UTA

태권도

# STRENGTH & HONOR

TAEKWONDO ACADEMY +

# HANDBOOK

“

BUILDING ONE  
LEADER AT A TIME

”



# Strength & Honor Taekwondo Academy

Established January 1<sup>st</sup> 2026 By Instructor Jason Wright

## Foundations of Strength & Honor

### Chapter 1: Academy Mission & Identity

Strength & Honor Taekwondo Academy+ exists to shape warriors of character—individuals who train not only for skill, but for service. Our mission is to cultivate discipline, humility, and spiritual integrity through martial arts instruction rooted in historical values and ceremonial tradition. We are not a sport school. We are a sanctuary of strength. Every bow, every belt, every word spoken within these walls must reflect our creed:

**“Strength without honor is hollow. Honor without strength is fragile. We carry both.”**

### Chapter 2: Academy Creed

I will train with discipline, focus, and humility

I will speak with respect and act with honor

I will protect the weak, correct the wayward, and stand for what is right

I will respect my instructors, uplift my peers, and guide those who follow

I will carry the shield of Strength & Honor in silence, in struggle, and in victory

### Chapter 3: Tenets of Taekwondo

- Courtesy = Yui (Yee)
  - Conducting yourself with manners & respect
- Integrity = Yom Chui (Yauh m chee)
  - Doing the right thing when no one is looking
- Perseverance = In Nae (En nay)
  - Pushing through instead of giving up
- Self-Control = Guk Gi (Gook key)
  - Control over emotions and language
  - Control over physical body
- Indomitable Spirit = Baekjul Boolgool (Bae jewel Boolgool)
  - Stand strong in your values through every trial

### Chapter 4: Honor Buds Program (Ages 6-8)

- 45 minute time frame
- Focus on posture, listening, and basic etiquette
- Creed phrases introduced through call-and-response
- Colored tape tracks progress
- Promotion based on readiness, not always age & time

### Chapter 5: Traditional Program

- 1 hour timeframe
- Focus on applying techniques correctly
- Memorization of creed, counting & rank requirements
- Respect shown to all instructors & fellow students
- Colored tape tracks progress
- Promotion when all belt requirements & standards have been met

# Code of Conduct

## Chapter 6: Parent & Guardian Expectations

- Support punctuality and creed memorization
- Remain silent and seated during class
- Celebrate achievements of all participants
- Align with the Academy's tone of correction

## Chapter 7: Student Expectations

- Enter silently and bow upon arrival
- Work on forms & stretches before class starts
- Speak with respect and restraint
- Accept correction with humility
- Maintain posture and presence
- Treat uniforms, belts, and crests as sacred symbols

## Chapter 8: Honor Bud Participation Rules

- Parents must be present during classes
- Observers will remain quiet during class
- Students will give effort and try their best
- 

## Chapter 9: Instructor Code of Conduct

- Formally address students by name
- Speak with clarity and restraint
- Correct respectfully and privately
- Accept feedback with humility

## Chapter 10: Disciplinary System

- Level 1: Verbal reminder
- Level 2: Private correction; marker removal
- Level 3: Instructor report; parental meeting
- Level 4: Suspension; Lead Instructor review

## Chapter 11: Uniform & Appearance Standards

- Dobok must be clean and properly worn
- Belt tied with care
- Patches placed only with approval
- Hair contained & hygiene maintained
- Deodorant for the well-being of everyone

# Tiers & Patches

## Chapter 12: Honor Bud Tiers

### **The Shieldlings Tier: White - High Green**

- Build fundamental understandings
- Learn techniques and focus on yourself
- Learn & demonstrate the creed

### **The Shield Bearers Tier: Low Blue - High Brown**

- Maintain a composed demeanor
- Lead by example in drills and etiquette
- Continue to learn & grow

### **The Honor Guard Tier: Low Red - High White**

- Mentor Shield Bearers and Shieldlings
- Prove you understand techniques
- Demonstrate strength & honor in class
- Prepare for ceremonial crossing into traditional class

## Chapter 13: Honor Bud Tier Patch



Honor Guards



Shield Bearers



Shieldlings

## Chapter 14: Patch Location

- Academy Crest – Left chest/shoulder
- Tier Patch – Right sleeve (Honor Buds)
- Instructor Patch – Right sleeve
- Association Patch – Right sleeve
- Council Patch – Back

# Rank Promotions

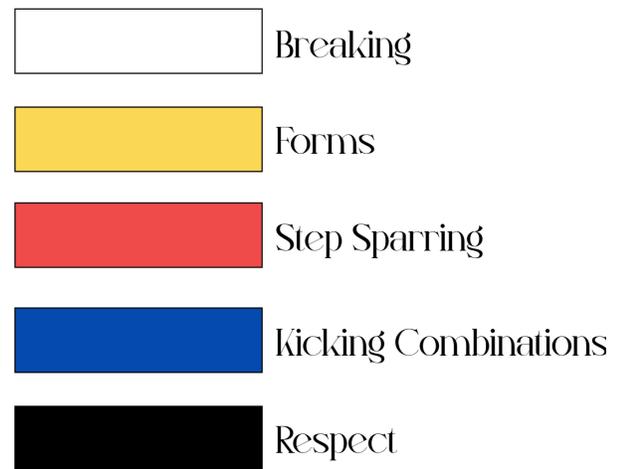
## Chapter 15: Requirements

- Demonstrate all forms up to your current rank
- Demonstrate kicking combinations per rank
- Demonstrate step sparring per rank
- Perform required breaking techniques
- Understand the tenets & creed
- Count to 10 in Korean
- Obtain all belt stripes
- Attend 26 classes between testing cycles
  - Any break in attendance will result in the student being ineligible to test. If you are going on an extended vacation please inform an instructor so we don't count it against the attendance. If you take a break for another sport or general time off your required 26 classes will restart when you return.

## Belt Striping System

### Chapter 16: Respect Stripe:

- This is not only respect shown in class but outside of Taekwondo as well. If parents inform us of behavioral problems at home/school/activities etc. we have the right to withhold your respect stripe until you can prove you have earned it. We are not only an academy for training but also a teaching tool for manners in daily life. Do the right thing when no one is looking, be respectful to parents, teachers and peers & live the Strength & Honor code.



## Korean Flag & Taekwondo History

The flag represents the yin yang symbol which shows the balance in everything we do. Moves and counter moves. Martial Arts is rooted in Korean philosophy and history. During the peak of the Korean war in 1952 General Hong Hi Choi was directed to implement Martial Arts into the military training. Leading to a spike in taekwondo schools and student numbers. The war ended in 1953 and in 1954 General Hong Hi Choi spearheaded the 29<sup>th</sup> infantry division to form the “Taek Kwon” training center. Later on April 11, 1955, masters and historian of different styles gathered to combine knowledge from all systems to benefit everyone’s learning, “Tae Soo Do” was the name agreed upon. Two years later it was renamed “Tae Kwon Do” as suggested by General Hong Hi Choi who is considered the father of Taekwondo. To this day Taekwondo is trained in over 150 countries.



# Honor Bud Belt System & Rank Requirements

This program is designed to help prolong the journey for those who are starting early. Anyone ages 6-8 will automatically be enrolled in Honor Buds unless special circumstances make us feel they are ready for traditional class. Often, we see younger students lack the attention span, mental ability to understand what we are asking of them and the maturity to take martial arts seriously. Our Honor Bud system is a series of white belts that allows a longer time as a “novice” rank to help build their fundamentals for a stronger future. Each rank will promote roughly every 3 months or as seen fit. Once they graduate from high white they will be promoted to yellow belt and join the rest of Strength & Honor students in the traditional classes.



## **White Belt:**

- Kicking Techniques:
  - Front snap kicks
- Blocking Techniques:
  - Down blocks in front stance
- Board Break:
  - Push kick (Dominated side)



## **Yellow Stripe:**

- Kicking Techniques:
  - Round kicks
- Blocking Techniques:
  - Side blocks in back stance
- Board Break:
  - Step behind side



## **Orange Stripe:**

- Kicking Techniques:
  - Side kicks
- Blocking Techniques:
  - Down block & side block while moving
- Board Break:
  - Side kick (back leg)



## **Green Stripe:**

- Kicking Combinations:
  - Front snap (R), Reverse Punch (L)
- Step Sparring:
  - Slide back, Push kick (R)
- Board Break(s):
  - Elbow
- Form:
  - First 8 moves





### **Blue Stripe:**

- Kicking Combinations:
  - Round kick (R), Reverse Punch (L)
- Step Sparring:
  - Slide back, round kick (R), Punch (L)
- Board Break(s):
  - Advancing (Hop) push kick
- Form:
  - All 16 moves of white belt pattern



### **Brown Stripe:**

- Kicking Combinations:
  - Step behind side kick (L), Reverse punch (R)
- Step Sparring:
  - Step front stance (R), Backfist to the side of the head (L)
- Board Break(s):
  - Ball of the foot front snap kick
- Form:
  - All moves with correct stances



### **Red Stripe:**

- Kicking Combinations:
  - Push kick (R), Front snap kick (L), Reverse punch (R)
- Step Sparring:
  - Step front stance (L), Elbow to the face (R)
- Board Break(s):
  - Push kick (non-dominant side)
- Form:
  - All moves with correct loads for blocks



### **Black Stripe: (High White)**

- Kicking Combinations:
  - Front snap kick (R), Front snap kick (L), Reverse punch (R)
  - Round kick (R), Round kick (L), Reverse punch (R)
- Step Sparring:
  - Horse-riding stance (R), Outer forearm block (L), Middle punch (R)
  - Front stance (L), Inner forearm block (L), Middle punch (R)
- Board Break(s):
  - Hop side kick
- Form:
  - All moves with correct stances, loads & blocks.



# Traditional Belt System & Rank Requirements



## White Belt:

- Kicking Combinations:
  - Front snap kick (R), Front snap kick (L), Reverse punch (R)
  - Round kick (R), Round kick (L), Reverse punch (R)
- Step Sparring:
  - Horse-riding stance (R), Outer forearm block (L), Middle punch (R)
  - Front stance (L), Inner forearm block (L), Middle punch (R)
- Board Break(s):
  - Step behind side kick



## Yellow Belt: Il Jang

- Kicking Combinations:
  - Front snap (R), Step behind side kick (R), Back fist (R)
  - Round kick (R), Step behind side kick (R), Back fist (R)
- Step Sparring:
  - Step back (R), Front snap kick (R)
  - Step back (L), Step side kick (R)
- Board Break(s):
  - Hammer fist
  - Side kick



## Orange Belt: Ee Jang

- Kicking Combinations:
  - Front snap kick (R), Stretch kick (L)
  - Front snap kick (R), Reverse side kick (L)
- Step Sparring:
  - Front stance (R), Knife hand outer block (L), Knife hand neck strike (R)
  - Horse riding stance (R), Rising block (L), Middle punch (R), Face punch (L)
- Board Break(s):
  - Reverse side kick



## Low Green Belt: Sam Jang

- Kicking Combinations:
  - Front snap (R), Round kick (L), Step behind side kick (L)
  - Front snap kick (R), Round kick (L), Reverse side kick (R)
- Step Sparring:
  - Front stance (R), Knife hand outer strike (L), Knife hand neck strike (R), Knee Strike (R)
  - Walking stance (L), Knife hand down block (L), Backfist (L)
- Board Break(s):
  - Front snap kick (Ball or top of foot)



## High Green Belt: Sa Jang

- Kicking Combinations:
  - Front snap kick (R), Axe kick (L)
  - Round kick (R), Step hook kick (R)
- Step Sparring:
  - Front stance (R), Knife hand rising block (L), V hand neck strike (R)
  - Front stance (L), Knife hand outer block (R), Round kick (R)
- Board Break(s):
  - Elbow strike
  - Axe kick



### **Low Blue Belt: Oh Jang**

- Kicking Combinations:
  - Low high front snap kick (R), Low high round kick (L)
  - Low high step behind side kick (L), Low high hook kick (R)
- Step Sparring:
  - Inner forearm block (R), Spin (Counter clock wise), Elbow (L), Back fist to face (L)
  - Inner forearm block (L), Spin (Clockwise), Elbow to middle & face (R)
- Board Break(s):
  - Round kick (Ball or top of foot)



### **High Blue Belt: Yuk Jang**

- Kicking Combinations:
  - Fount snap kick (R), Jump front snap kick (R)
  - Round kick (R), One step flying side kick (R)
- Step Sparring:
  - Step to the side (R then L), Out-to-in axe kick (R), Elbow strike (L)
  - Step back (L), Jumping reverse side kick (L)
- Board Break(s):
  - Jump front snap kick (Ball or top of foot)
  - Palm strike



### **Low Brown Belt: Chil Jang**

- Kicking Combinations:
  - Round kick (R), Spin whip kick (L)
  - Round kick (R), Tornado kick (R)
  - Round kick (R), Step Axe Kick (R)
- Step Sparring:
  - Front stance (L), Down block (L), Knife hand stike (R), Trip leg (R)
  - Front stance (L), Knife hand outer block (R), Pull neck down, Knee strike
  - Horse riding stance (To the L), Palm strike (R), Grab Dobok/hair (L), Grab behind Knee (R)
- Board Break(s):
  - Flying side kick
  - Knife hand



### **High Brown Belt: Pal Jang**

- Kicking Combinations:
  - Round kick (R), Jumping reverse side kick (L)
  - Round kick (R), Jumping whip kick (L)
  - Round kick (R), Tornado kick (R), Spin whip kick (L)
- Step Sparring:
  - Step back (L), Reverse side kick (L)
  - Step back (L), Spin whip kick (L)
  - Step back (L), Tornado kick (R)
- Board Break(s):
  - Front leg hook kick
  - Elbow through 2 boards



### **Low Red Belt: Il Jang - Sa Jang.**

- Kicking Combinations:
  - White - High Green
- Step Sparring:
  - Front stance (L), Knife hand outer block (R), Round kick (R), Kick behind the knee
  - Front stance (L), Rising block (L), Middle elbow strike (R),
  - Front stance (L), Knife hand outer block (R), Push down with knife hand (L), Front snap kick (R), Axe kick (R)
- Board Break(s):
  - Whip kick

### **High Red Belt: Oh Jang - Pal Jang**



- Kicking Combinations:
  - Low Blue - High Brown
- Step Sparring:
  - Create your own & explain why the techniques would be effective.
- Board Break(s):
  - 2 Board foot technique of choice
  - 2 Way break (one board on the left & one board on the right, flow from one board directly into the next)

### **Temporary Black Belt:**



- Kicking Combinations:
  - Review all
- Step Sparring:
  - Review all
- Board Break(s):
  - Tornado kick or Jump round kick
  - 2 Board power break of choice (Front leg picking up & kicking without stepping)
  - 2 Board hand technique of choice

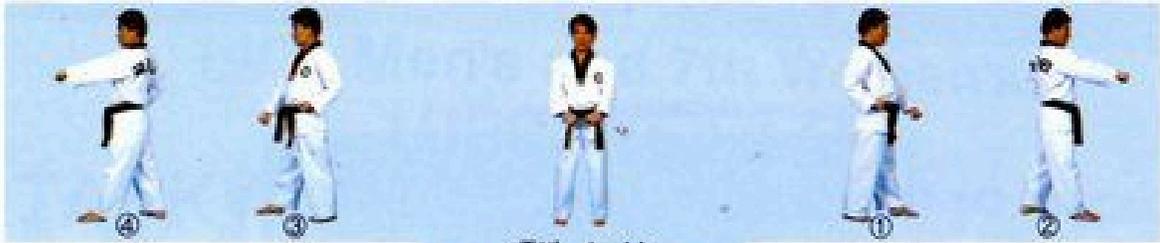
## **Korean Terminology**

Charyoth = Attention	Dwee = Reverse	One = Hana	Eleven = Yul Hana
Kyung nea = Bow	Dee huh = Jumping	Two = Dul	Twelve = Yul Dul
Jhoonbe = Ready stance	Vi jung = X Stance	Three = Set	Thirteen = Yul Set
Se Jak = Begin	Ap chaggi = Front kick	Four = Net	Fourteen = Yul Net
Ko man = Stop	Dol yeo chagi = Roundkick	Five = Dasut	Fifteen = Yul Dasut
Baro =Return to order	Bal chaggi = Kicking	Six = Yusut	Sixteen = Yul Yusut
Chunjin =Forward	Voep chagi = Side kick	Seven = Ilgop	Seventeen =Yul ilgop
Shuhl = At ease	Kong keok = Punching	Eight = Yoduhi	Eighteen = Yul Yoduhl
Dojang = Training hail	Sang gwin = Double	Nine = Ahhup	Nineteen = Yul Ahup
Pu sung = Certain victory	butah oligi upper rising kick	Ten = Yul	Twenty = Soonmil
Dobak = Unifonn	han dahi chagi hook kick		
Kihap = Yell	Ap hulio chagi = Cresent kick		
Makki = Block	Ha on chagi = Tornado kick		
Bal = Foot	Moke chiki = Neck attack		
Son = Hand	Sudo makki = Knife hand attack		
Chonguija sae Front stance	Kwon sue = Spear finger		
Hugul ja sae = Back stance	Yup sudo = Ridge hand		
Kimo ja sae = Horse stance			

# 태극 1장 품새선 (The Poomsae Line of Taegeuk 1 Jang)

나 Na

라1  
Ra1



다1  
Da1

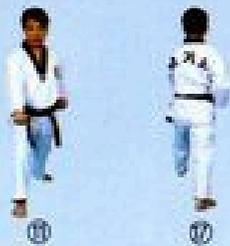
준비 · Junbi



라2  
Ra2



다2  
Da2



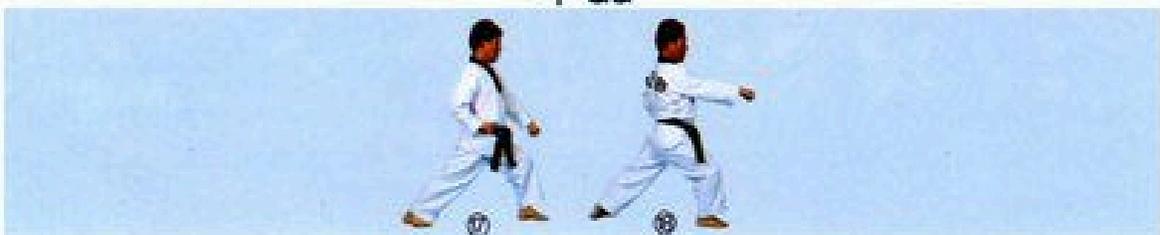
라3  
Ra3



다3  
Da3

가 Ga

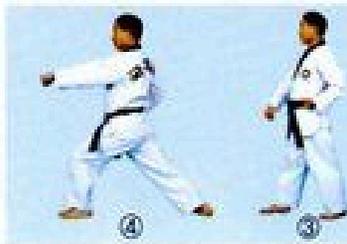
측면  
Lateral  
view



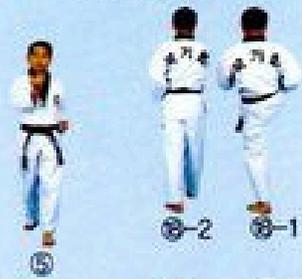
# 태극2장 품새선 (The Poomsae Line of Taegeuk 2 Jang)

나Na

라1  
Ra1



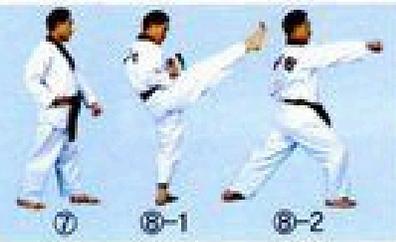
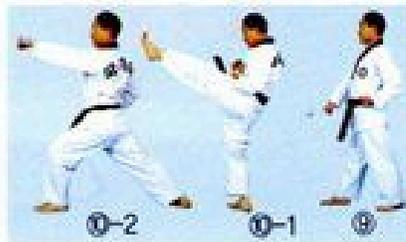
준비 · Junbi



다1  
Da1



라2  
Ra2



다2  
Da2



라3  
Ra3



다3  
Da3

가 Ga

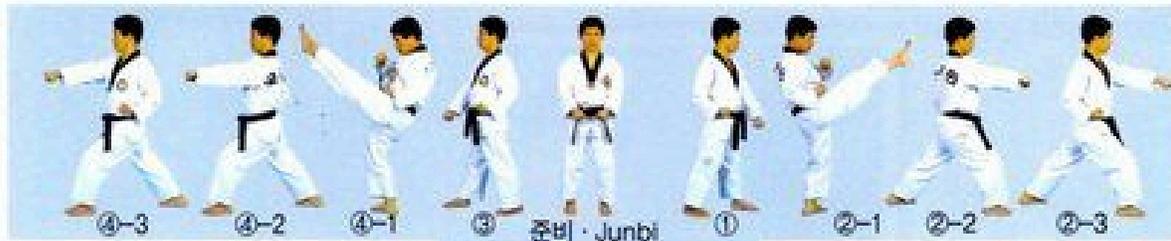
측면  
Lateral  
view



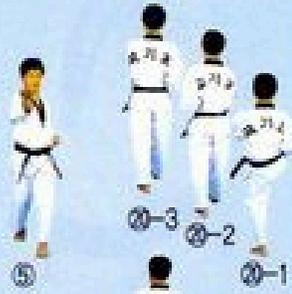
# 태극3장 품새선 (The Poomsae Line of Taegeuk 3 Jang)

나Na

라1  
Ra1



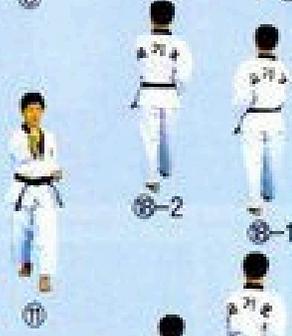
다1  
Da1



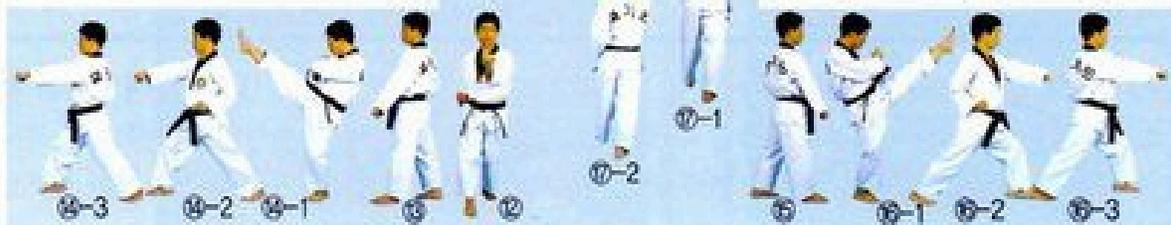
라2  
Ra2



다2  
Da2



라3  
Ra3



다3  
Da3

가Ga

측면  
Lateral  
view





# 태극5장 품새선 (The Poomsae Line of Taegeuk 5 Jang)

## 나Na

라1  
Ra1



다1  
Da1

라2  
Ra2



다2  
Da2

라3  
Ra3



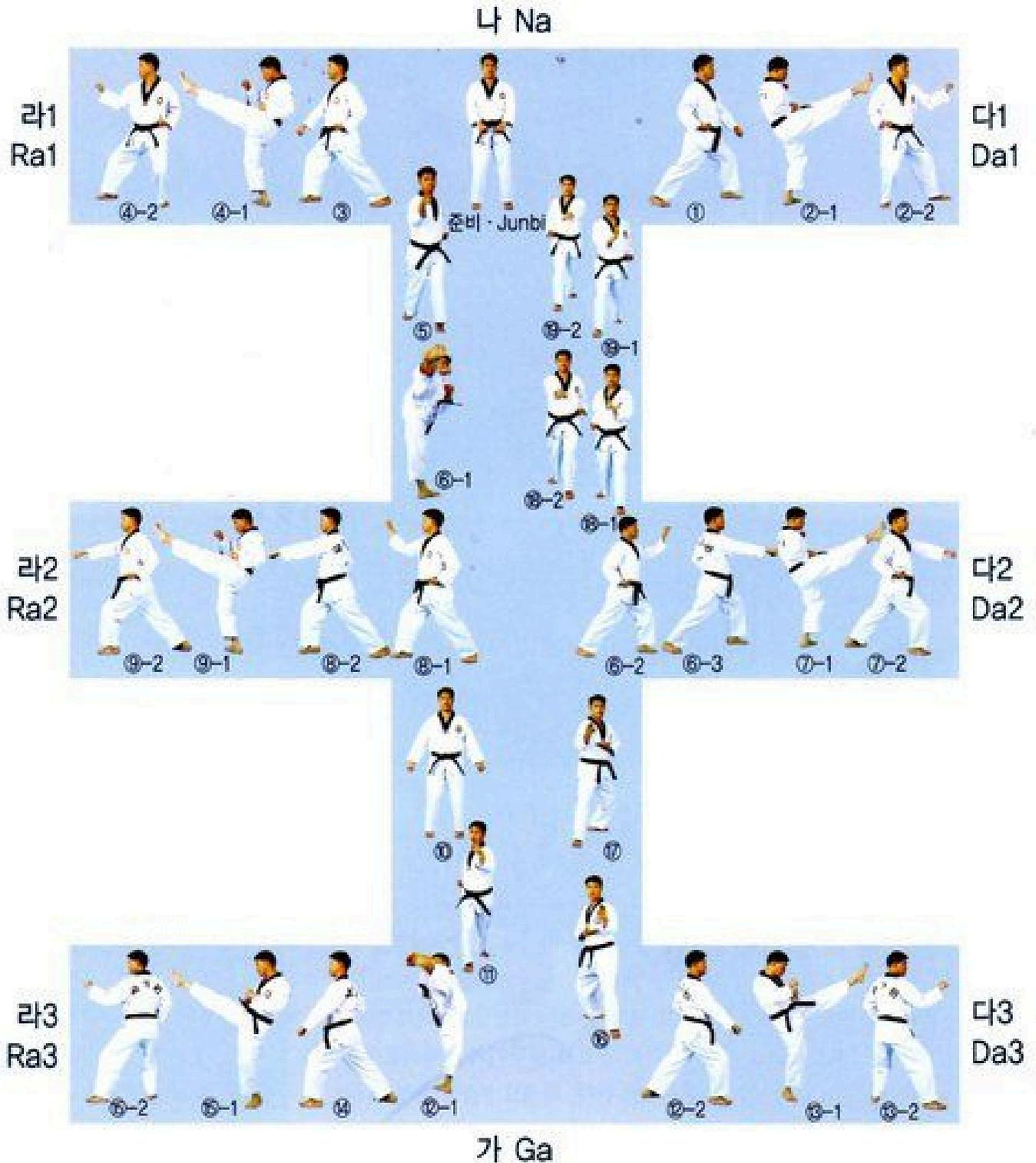
다3  
Da3

## 가Ga

측면  
Lateral  
view



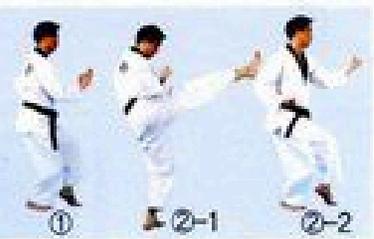
# 태극6장 품새선 (The Poomsae Line of Taegeuk 6 Jang)



# 태극7장 품새선 (The Poomsae Line of Taegeuk 7 Jang)

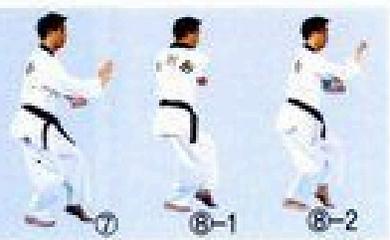
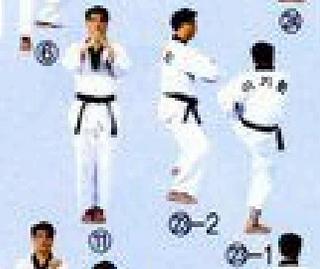
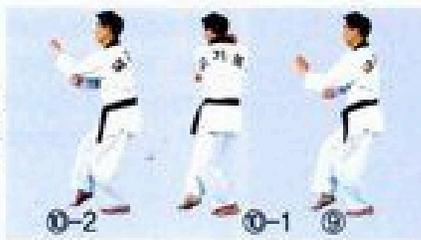
나Na

라1  
Ra1



다1  
Da1

라2  
Ra2



다2  
Da2

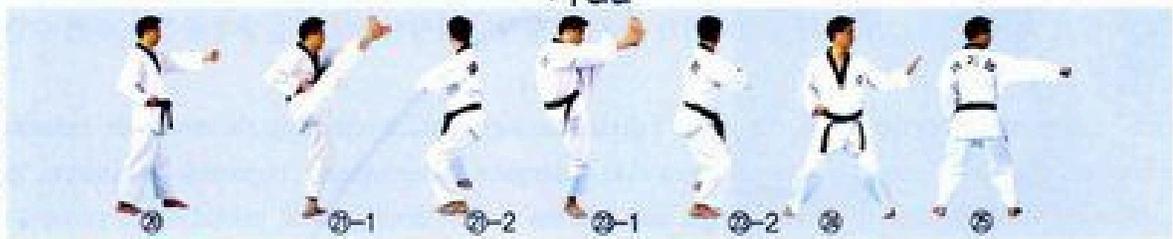
라3  
Ra3



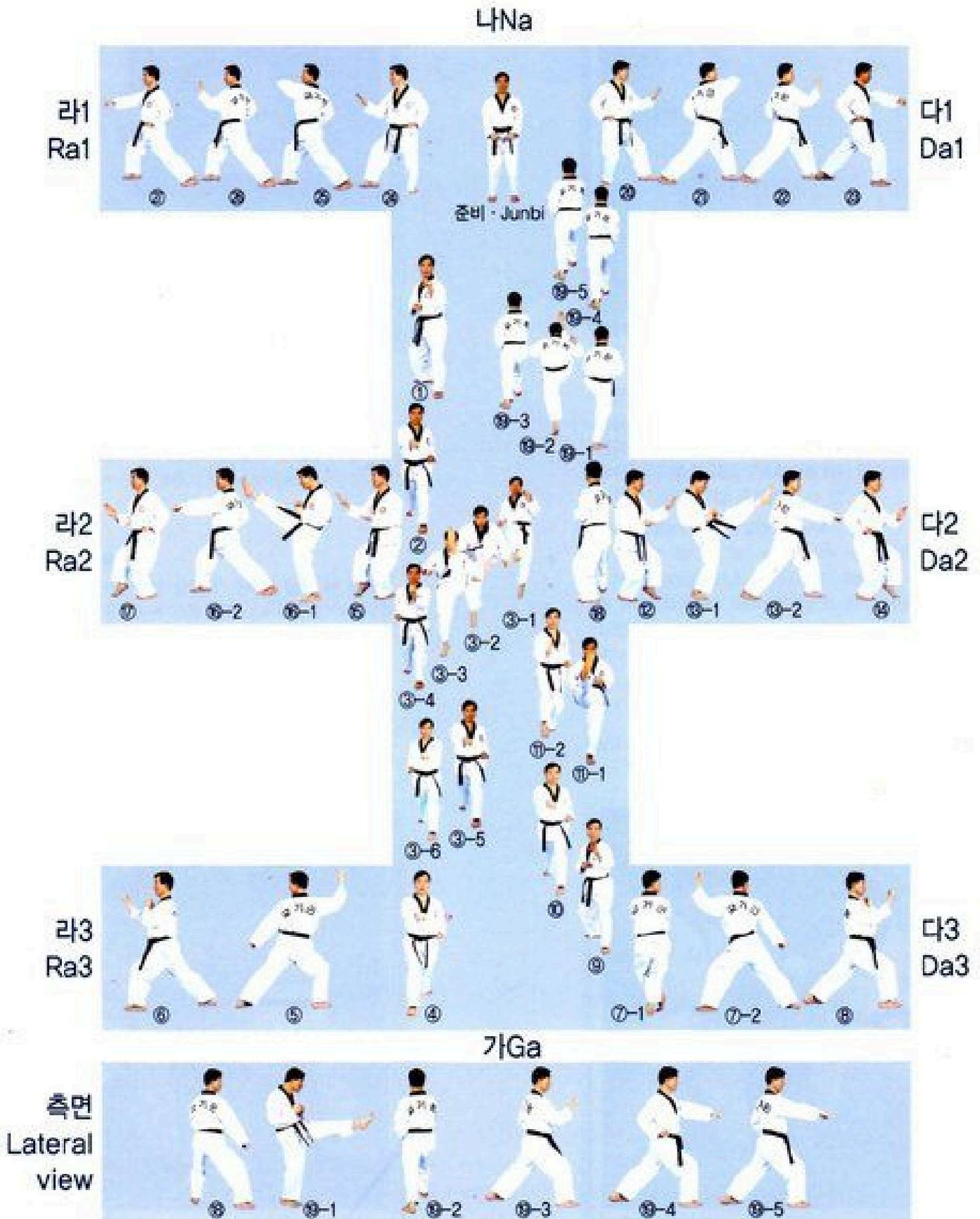
다3  
Da3

가Ga

측면  
Lateral  
view



# 태극8장 품새선 (The Poomsae Line of Taegeuk 8 Jang)



# Strength & Honor Leaders



School Owner & Instructor  
Jason Wright  
2<sup>nd</sup> Dan



Instructor  
Eve Schmitt  
4<sup>th</sup> Dan

## USAMA Association

Strength & Honor Taekwondo is proud to be a part of USA Martial Arts. This organization includes multiple martial art schools throughout the Midwest. We help build each other, compete together & learn from one another. Through this association it allows students to train at other dojangs knowing they will be respected and welcomed. If you ever find yourself traveling or moving, keep an eye out for any of the USAMA schools.  
<https://usamartialart.com>



221 First Street NE, Mount Vernon, IA  
Located in the basement level

<https://strengthhonortkd.com>  
[strengthhonortkd@gmail.com](mailto:strengthhonortkd@gmail.com)

319-975-0570