

三叶草



# Welcome to Cho's Martial Arts

On behalf of Cho's Martial Arts and its members,

We would like to welcome you to Cho's Martial Arts. You will experience the complete of martial arts and learn Cho's philosophy from our certified master instructors.

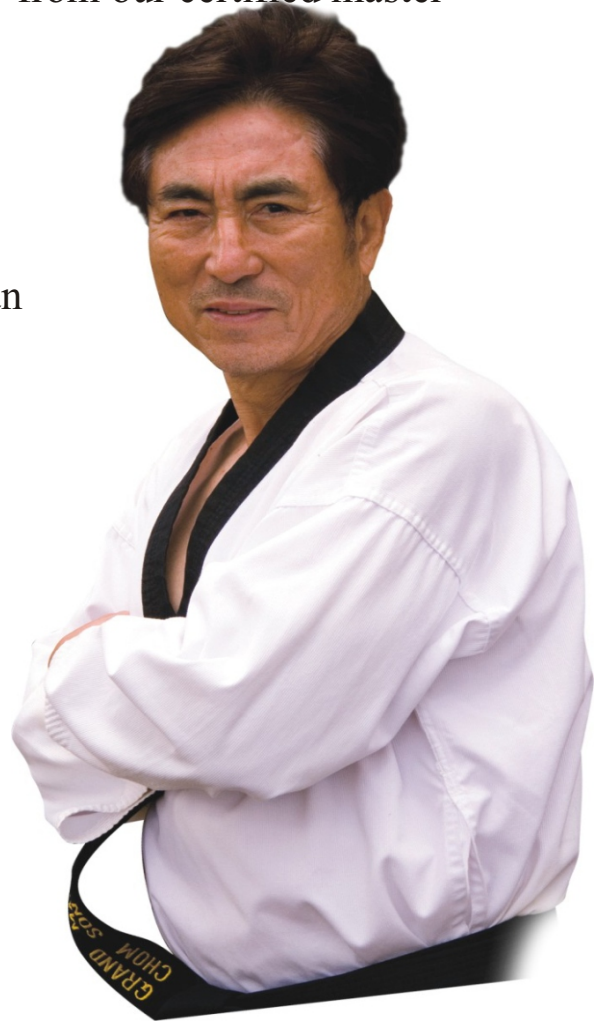
Cho's Martial Arts training, experience and knowledge has brought our students over 300 championship titles, 2000 Black Belts and 20 Master Instructors. It is our hope that you too can join their ranks.

We, at Cho's Martial Arts, have dedicated our lives and careers to furthering the martial arts. We believe and strive to offer you the very best in martial arts instruction. It is our hope that you will derive the benefits of the martial arts as we have and that you will become a lifelong practitioner.

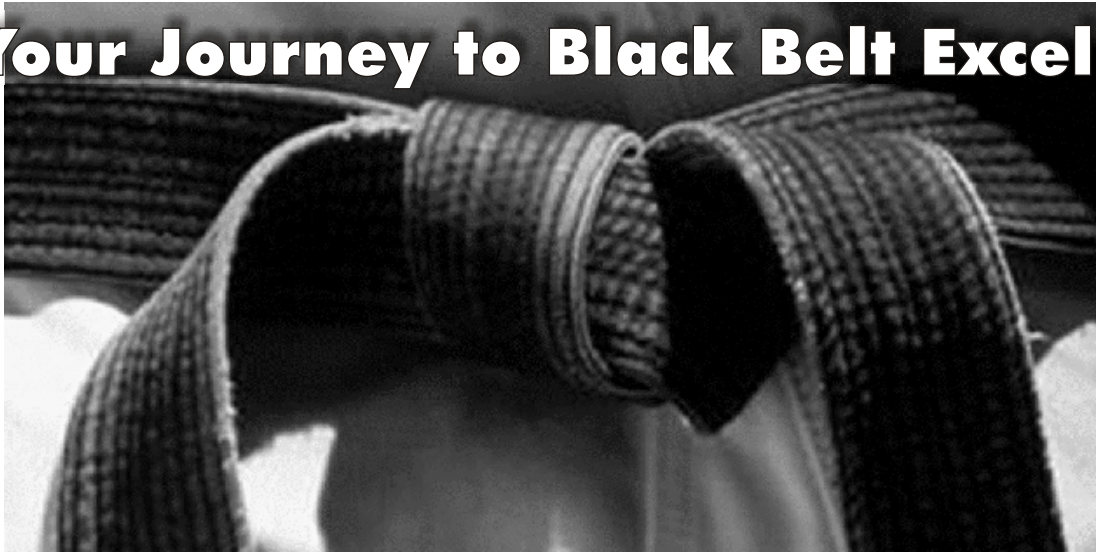
Remember, we do not grow if you do not grow.

Again, we welcome you to Cho's Martial Arts and assure you that you will receive the special benefits of the martial art techniques that we have created and refined from years of training and searching.

Cho's Martial Arts will guide you as you fulfill your quest for a healthy body, a sound mind and an indomitable spirit.



# On Your Journey to Black Belt Excellence



Inch by inch is a sinch; yard by yard can be very hard. Success in Cho's program, or in life for that matter, has to be gained one step at a time. The little things you do on a daily basis makes the difference in your development and level of achievement.

Our successful Black Belt system is a step by step program that will instill confidence in your abilities to set and achieve goals. Each belt level represents a goal that requires you to learn and master the steps, while executing with intense and skilled precision. Accomplishing these goals will show you great rewards and create a sense of accomplishment.

Possessing a striving attitude to improve day after day, you will reach your greatest potential in Taekwondo and life. Remember, however, that competition with any body but yourself will only hinder your growth.

Look at each class as a learning experience; as a voyage to exploit your true potential. Set small daily goals for yourself and you will begin to see an increase in your output.

Whether we're talking about training in the martial arts, personal, or professional development, the key to growth and improvement is to give and do just a little more than you did the day before.

Start now on your journey to Cho's Black Belt excellence. Begin by thinking of three steps that you can take today to make your class or your day a more successful one. Follow through and take those steps, take action, and then look back and realize your improvement. Remember, our journey of a thousand miles begins with a single step.

# THE MAKING OF GRANDMASTER CHOM SON CHO



Grandmaster Cho, Founder and Grandmaster of Cho's Martial Arts, has a special teaching philosophy. He believes Martial Arts is important for personal growth and development affecting all areas of life. Ultimately, he emphasizes respect for oneself and others, the power to strengthen ones mind as well as body and to obtain the discipline to set and achieve one's goals.

Grandmaster Chom Son Cho comes from a long tradition of martial arts excellence. He began the study of martial arts early in life with his father and uncle, who were high ranking Judo and Kendo practitioners. At the age of 13, Chom Son Cho began his formal Taekwondo studies with Il Sup Jung, a 6th degree black belt and former champion of Korea and Japan. Il Sup Jung knew his student was very special, calling him "one in a million," and within six months awarded him his first degree black belt. In those days, it was unheard of for a student to receive his first Dan after just six months, so Chom Son Cho, wearing his brown belt, was sent to the National Tournament in Seoul to earn his first degree black belt in competition. After winning fifteen straight matches in the black belt competition, Chom Son Cho received his well deserved black belt from Kuk Ki Won (World Taekwondo Headquarters).

In 1963, at the age of 28, he decided to compete internationally and with encouragement from his family, he went to compete in the Japanese National Games in Tokyo. Grandmaster Cho won 19 matches and then defeated the Japanese Champion to become the Korean and Japanese National Champion. After the tournament, Grandmaster Cho returned to his family in Korea, turning down a position as Master Instructor at Osaka University and for the next nine years he held the title of Heavyweight Champion.

When he retired from competition in 1972, Grandmaster Cho was undefeated in over 250 straight matches. In addition to competing, he taught at Cambridge in England, many police academies throughout Korea, and with the United States Air Force and the Green Berets.

Grandmaster Cho was promoted to International Grand Master Instructor by the World Taekwondo Federation in 1972.

When he opened his school in Milwaukee, in 1973, Grandmaster Cho realized that the Americans were fifteen years behind Asian countries in fighting techniques. He not only taught the new techniques, but created them including the “spin kick” as well. After establishing himself in the United States for seven years, he moved his family to Milwaukee. Since then, he has taught not only other Master Instructors, but also his two sons Won and Ung, who are both former Korean and American National Champions. They both continue the tradition of martial arts excellence inherent to their name. Grandmaster Cho is largely responsible for Ji Do Kwon’s popularity and position as the foremost Taekwondo style (Ji Do Kwon boasts 90-95% of all world champions).

Throughout his career, Grandmaster Cho has created over 2,000 black belts, 300 champions at State, National and Junior Olympic levels and over 20 Master Instructors in the United States.

Master Cho was now the Korean and Japanese National Champion. The Japanese officials were so impressed with Master Cho’s skill they offered to make him a Master Instructor at Osaka University. Master Cho chose to return to his family however and for the next nine years he held the title of Heavy-Weight Champion.

Retiring from competition in 1972 at the age of 37, he was undefeated in over 250 straight matches. Master Cho did more than just compete; he taught many police academies throughout Korea. In 1967 he was recruited to teach to the United States Air Force and the Green Berets. In 1972, Master Cho taught in Cambridge England and then in 1973 Master Cho came to the United States and opened a school in Milwaukee, Wisconsin.

When first entering the United States, Master Cho realized that the Americans were fifteen years behind the Asian countries in fighting techniques, this challenged him to bring American students up to date. He not only taught the new techniques, but created them as well. Master Cho is the inventor of the spin kick, and the unique in and out fighting technique with a counter attack which we learn today.

Master Cho’s philosophy of teaching is special. He believes Taekwondo is important for personal growth and development affecting all areas of life.

Ultimately, he emphasizes respect for oneself and others, the power to strengthen one’s mind as well as body and to obtain the discipline to set and achieve one’s goals.

Master Cho is largely responsible for Ji Do Kwon’s popularity and position as the foremost Taekwondo style (Ji Do Kwon boasts 90-95% of all world champions). Throughout his career, Master Cho has created over 2000 black belts, 300 champions at State, National and Junior Olympic levels and over 20 Master Instructors in the United States.

Master Cho was promoted to International Grand Master Instructor by the World Taekwondo Federation on December 29, 1972. After establishing himself in the United States, he moved his family to Milwaukee (ending a seven year separation).

Since then he has taught not only other Master Instructors, but also his two sons Won and Ung, who are both former Korean and American National Champions. Indeed, they are both now continuing this tradition of martial arts excellence inherent to the name Cho.

# DEFINITION OF CHO'S MARTIAL ARTS



Art in this case means a method or technique utilized to demonstrate truth, perfection, elegance, and perseverance. Truth can be further interpreted to mean reality and virtue. The art is a reality we face in our daily life. We cannot escape it even if we wanted to. It is not a dream that we cannot see or touch, or that disappears when we wake up. The truth of the Art is maintained in the midst of our society, and its virtue is exercised in human life.

The Martial Arts should not be seen merely as a technique of fighting or a means of defeating an opponent. Martial Arts should not be utilized as a destructive skill to demonstrate hatred or jealousy, pride or arrogance. Those who take pride in their use of the Arts to show such motives are guilty of abuse and carelessness and are ignorant of the underlying significance, principles, and purposes of the arts. It is important to remind such individuals of the Tenets of Martial Arts that they are required to know and understand as students of the Arts.

**“The ultimate aim of Martial Arts lies neither in victory nor defeat, but in the perfection of the character of its participants.”**

The knowledge of Martial Arts is unlimited.  
The more we learn, the more we realize how little we actually know.

We may think that we know all there is to learn about a certain technique, but before we even finish saying it, we often find ourselves faced with a different version of the same technique which was totally unknown to us.

The more our imperfection is revealed to us, the more we understand the deeper knowledge of the Arts. It is a lifelong learning process towards perfection: Never really reaching that goal, but always deeply motivated and devoted to the pursuit of happiness, beauty, humility and self-control.

Progress in Martial Arts is measured day by day in our personal development, both mentally and physically, toward that goal of perfection.

# **Perfection implies beauty which has a significant role in Martial Arts.**



Beauty is the medium through which Martial Arts is revealed. Without it, Martial Arts loses its perfection and existence. The result of this loss will be decreased determination and concentration of physical and mental abilities. Technical losses will result in imperfections in form, stance, speed, and accuracy.

The beauty of Martial Arts is also known in the personality of the artist who demonstrates a real love and kindness, a deep sense of devotion and tolerance and a sense of dignity and appreciation for his fellow man.

Martial Arts requires the individual to develop a more responsible personality. It demands of the individual daily physical exercise and an unlimited search for new techniques and new applications of old techniques. It requires the perfection of these techniques and their applications in a manner that positive and beneficial to oneself and to others.

If selfishness, hatred, dishonesty, anger, disrespect, or bigotry still persist in an individual after a period of time studying the Arts, then that individual will have to start all over again in order to find the real meaning of the Martial Arts.

1. Courtesy: Respect for other people.
2. Humility: Recognizing one's own shortcomings and realizing that no matter what a person's accomplishments maybe, they are small next to the wonders of nature.
3. Integrity: A sense of wholeness, living a true life by adhering to one's principles.
4. Perverserance: Maintaining one's path and goals even in the face of adversity.
5. Self-Control: Mental and physical command. Being able to remain calm under stress.
6. Indomitable Spirit: Knowing that if you are travelling a true path and have faith in what you are doing, that you will achieve your goals.

To this day, we try to instill these qualities in our students so that they may see that Martial Arts is much more than just a physical discipline.

We expect our students to show respect for the history and teachings of Martial Arts at all times. This means that each and every student is an ambassador of the Art to society.

At no time should we do anything in our everyday life that is not representative of a true martial artist. All martial arts requires of its students a great deal of devotion and commitment as well as continuous practice and a pursuit of perfection.

The student, therefore, should cultivate the following attributes: a Willingness to learn, the Determination to achieve a goal, the Desire to practice on a daily basis outside of class, and Cooperation with the instructor and classmates.

The DoJang is where one comes to learn of humbleness and obedience, respect and good manners. It is where one observes leadership, commitment, friendship and unity. It is where one becomes physically tired, but mentally strong and energetic.



## **PURPOSE OF MARTIAL ARTS**

The purpose of Martial Art is to create individuals who are physically and mentally progressive and productive.

As you become a martial artist, individuals will be more aware of their physical, mental, and moral obligations to themselves and others. “Doing Your Best for All.” The ultimate goal of Martial Art is neither in victory nor in defeat, but in the perfection of the character of its participants.

The following quote may best describe the purpose:

“Those who come here to learn cannot always have the highest scores, but all can be winners.”



## **THE STUDENT CREED**

I will develop myself in a positive manner and avoid anything that will reduce my mental growth and my physical health.

I will develop self-discipline in order to bring out the best in myself and others.

I will use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.

We are a Black Belt School.

We are motivated.

We are dedicated.

We are on a quest to be our best.

## **THE EIGHT MANNERS OF SOLEMNITY**

1. View Rightly
2. Feel Rightly
3. Think Rightly
4. Speak Rightly
5. Order Rightly
6. Contribute Rightly
7. Use Ability
8. Conduct Rightly

## **HWA RANG DO KAE**

The Hwa Rang Do were the warriors of ancient Korea who were created to preserve and maintain the stability and welfare of Korea. They were an elite fighting force who were trained in what is now known as Taekwondo. This is the creed they adhered to.

1. Loyalty to one's country and his instructor.
2. Courtesy and love to one's parents.
3. Trust among friends.
4. Never retreat from battle.
5. Know what to kill and what not to kill.

**At Cho's, we strive to deliver a comprehensive martial arts program that covers all unexpected situations. Whether the confrontation occurs on your feet or on the ground, Cho's will teach the necessary means. We specialize in the Korean arts of Taekwondo, Hapkido, and Jujitsu which when utilized can provide confidence.**

## **WHAT IS TAEKWONDO ?**

Taekwondo, "The Art of Kicking and Punching", incorporates the abrupt, linear movements of Karate and the flowing circular patterns of Kung Fu with its own incomparable kicking techniques to form an integrated system unique to Korea.

Taekwondo is an exact system of symmetrical body exercises designed for unarmed self-defense and counter attack. The significance of this definition, however, is only physical and superficial, for Taekwondo means, more importantly, a state of mind.

Thus, the control of one's mind, self restraint, kindness and humility must accompany physical grace. Taekwondo also develops such control, coordination, and balance that the punching and kicking can be stopped just short of their target.

## **THE STYLES OF TAEKWONDO**

There are nine styles of Taekwondo. They are; Ji Do Kwon, Moo Duk Kwan, Sung Moo Kwon, Oh Do Kwon, Han Moo Kwon, Chung Do Kwon, And Chung Moo Kwon, etc.

The style we practice is Ji Do Kwon. Ji means intelligence, knowledge, and the right way of life to cultivate one's mind; Kwon, the spirit of one's mind. Over ninety percent of all national champions and the U.S. Olympic team practice Ji Do Kwon style of Taekwondo. It is favored for its fluidity and speed.

## **STORY OF JIDOKWON**

Many centuries ago there lived a Hwa Rang Do general. This general was engaged in a fierce battle with an invading enemy.

Badly beaten, the general retreated to the mountains to regroup his thoughts. He deliberated over and over again, "How can I win this battle?" While contemplating this, he looked around and noticed a spider spinning a web. Frustrated, he took his hand and knocked it down and repeated this seven times.

The spider never once gave up the task of spinning the web. The general then understood what he needed to do.

He returned to the battle and fought long and hard just like the spider had done. Eventually, the general won the battle.

This story is where Ji Do Kwon symbol is derived from. Ji Do Kwon means if you fall seven times you must get up eight. The outside of the symbol has eight leaves which represent the eight manners of solemnity.

## WHAT IS HAPKIDO?

The philosophy of Hapkido uses minimal force to overcome a stronger opponent. The application of pressure points, joint locks, holds and twists are used take control of your opponents weight and force. By redirecting their energy , Hapkido uses balance, leverage, and movement to the maximum efficiency.

Hapkido teaches takedowns and joint locks to control and eliminate threats. When turning or twisting joints into the postions taught in this Korean martial art you will be able to defend yourself from even larger opponents .

## WHAT IS BACKSUDO OR HOSINSUL?

Backsudo or Hosinsul are the art of 100 ways to submit your aponnant, and escape. Many times people are put in a position where they cannot distance themselves to allow the use of kicking and punching techniques, therefore being able to defend themselves involves close quarter defense and ground defense.



# HISTORY OF TAEKWONDO



Taekwondo, or loosely, the Way of the Hand and Foot, is the culmination of many centuries of learning and practice,

In the 6th century A.D., after the fall of the Roman Empire in the west, the Korean Peninsula was shared by three kingdoms; Paekche in the west, Koguryo in the north, and Silla the smallest, in the east. Now Koguryo had a system of military training called Sunbae, teaching mental and physical discipline.

This made them into the strongest of the kingdoms. Soon Koguryo had taken over vast lands to the north and threatened to overtake Paekche and Silla.

So King Chin-Hung in Silla called together the strong and patriotic youth of that kingdom and formed the Hwarang-do, the "Flower of Youth Corps" or "Flower Knight", and taught them not only military skills but spiritual training as well. Because of this training, Silla defeated both Paekche and Koguryo and united Korea for the first time in recorded history.

In the subsequent Koryo dynasty (about a thousand years ago), we have written records detailing some of the techniques used for military training; T'as-Kyon, a foot technique and Subakhi, a hand technique were prevalent; there were also Kwon-bup, Kwon-buk, and subyuk. These appear to be variants and styles of weaponed and weaponless fighting.

After the Mongolian occupation and the establishment of the Ming dynasty in China (1392 or one hundred years before Columbus came to America), a general named Yi Song-gye was ordered to stop the advancing Ming troops in Manchuria, a region north of Korean.



Viewing this as a way to more or less banish him, Yi turned back and established a new kingdom called Choson, taking the best of Koryo and improving on it. This he did so well that for over 500 years Korea was united under Yi.

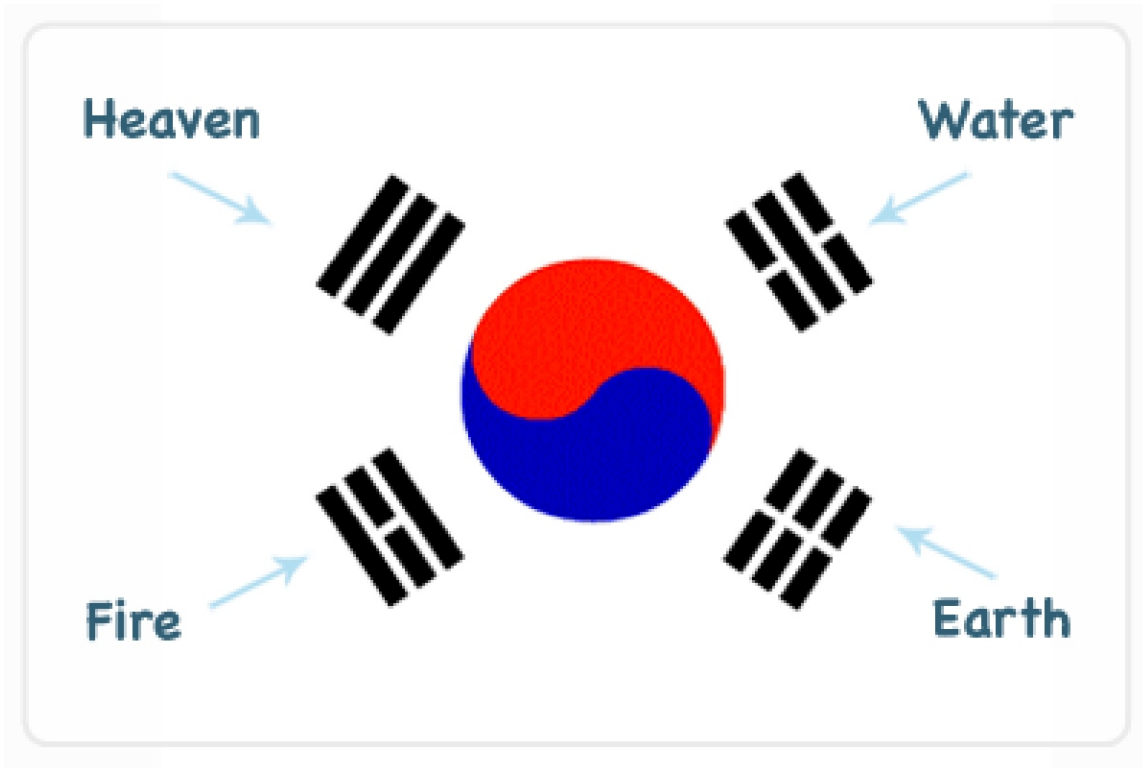
During this time martial arts fell out of popularity due to the trend toward literary arts and intellectual pursuits, and full knowledge of the martial arts retreated to Buddhist monasteries. There is evidence that the name Taekwondo of Tae-kyon was known and used by the 1700's.

Korea shut itself off from the world until the late 1800's when Western influence could no longer be avoided.

During the Japanese occupation of 1910-1945, Koreans continued to practice Tae-kyon in secret and combined the traditional martial arts known as Tang-su, Kong-su, Karate and Tae-sue.

After the liberation in 1945, Koreans sought to bring a name to this unique national martial art and in 1955 the name Taekwondo was chosen.

It was made available not only to the military but the general public as well . In 1963 it became the national sport and in 1988 Taekwondo was a demonstration sport in the Olympics.



## THE KOREAN NATIONAL FLAG

The circle in the middle represents the yin (Korean: um ) and the yang, the blue is yin, The original meaning of yin is the cloudy, or the overcast.

Yang means banners waving in the sun, or something shone upon, bright. The circle is a symbol for all that exists in a world of opposites, male and female, cloudy and bright, dark and light, yin and yang.

The yang provides substance and limitations through which the yin passes. The results are forms: physical manifestations infused with creative force. Each of the Taeguk forms is based on these forms or trigrams.

The lines in the four corners represent four of the trigrams from the Book of Changes. The three solid lines in the upper left hand corner represent Ch'ien, Heaven.

The three divided lines, in the lower right hand corner represent K'un, earth. The lower left hand corner represents Li, Fire. The upper right hand corner represent K'an, Water.

The trigrams and the yin-yang are placed on a white background which represents purity and sincerity.



## **YIN AND YANG**

Yin and Yang is best described as a universal unit which reflects itself in the behavior of Human Nature. The balance of destruction and creativity, of hope and despair, of good and bad within an individual emphasizes the basic philosophy of Taekwondo.

Taekwondo, in recognition of these qualities, institutes the basic mental coordination of a Being. It helps individuals to recognize their potential capabilities and direct them to make full use of themselves in more positive and productive ways.

As depicted in the individual absorbs what is good and productive and excretes what is bad and nonproductive.

In the meantime, one keeps both opposites in equilibrium, thereby reflecting the uniqueness of Human Nature.

The student of Taekwondo is encouraged to learn one's potential and recognize the positive characteristics of one's own self. One, then utilizes these attributes to the maximum benefit of self and human societies.

The student also recognizes one's own shortcomings and so develops a more realistic approach to life. On a much larger scale, Taekwondo helps the individual to know and recognize human values and human potentials both physically and mentally.



## **THE WEAR AND CARE OF YOUR ( DOBOK ) UNIFORM**

Why we wear our uniform: It is most likely that your first contact with Taekwondo will be the wearing of your new uniform. The uniform reflects a Taekwondo tradition and is symbolic to the practitioner wearing it. It is very important that you are taught to wear it correctly and treat it with pride.

Your uniform is to serve the same purpose as that of a policeman's or nurse's uniform. The uniform is designed to allow freedom of movement.

It is considered a necessity in training for the following reasons:

1. It instills pride in the wearer as a practitioner of Taekwondo.
2. It identifies the individual's attained capacity and degree of Taekwondo education.
3. The uniform is symbolic of Taekwondo heritage and tradition.
4. The belt color denotes grade and degree changes which creates motivation while at the same time protects the principles of humility.

Care of your uniform: Because your uniform is so important, there are certain ideas that should be followed to maintain a sense of pride for it. These guidelines are as follows.

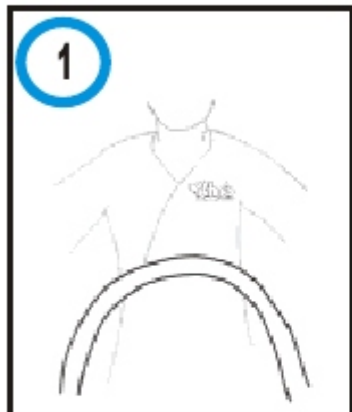
1. Your uniform must be kept clean and pressed. The uniforms which we provide are wash and dry 50/50 material, but should still be hung up or folded after the drying to avoid any wrinkles.
2. No unauthorized decoration will be worn on your uniform.
3. Your belt is NEVER TO BE WASHED.



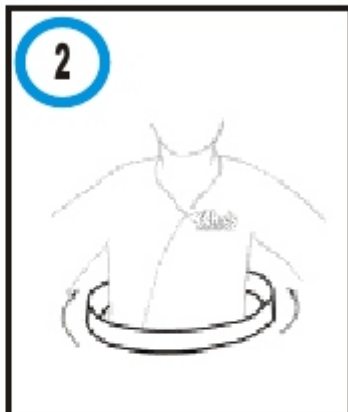
As you've probably noticed a Martial Arts belt is about twice as big as your waist.

## BELT TYING GUIDE

Follow these ten easy steps to tie your belt correctly!



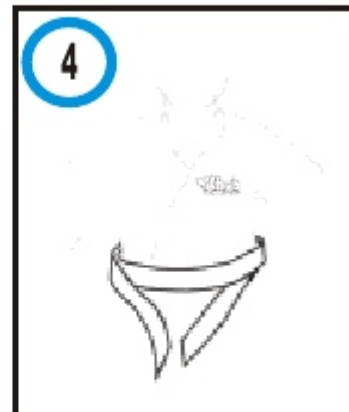
1 Fold your belt in half with the ends together to find the center. Place the center of the belt on your stomach just below your bellybutton.



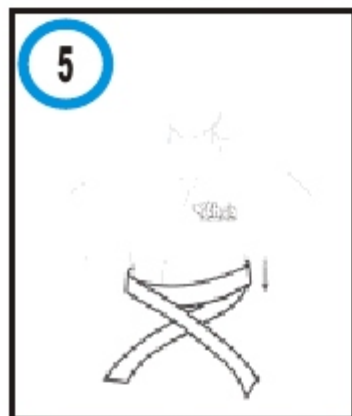
2 Pull the belt across your belly and to the back.



3 Take the belt on your right side and cross it over the belt on your left side. Pull both ends around to the front. Bring both belts to the center of your belly.



4 Even the length of the belt all the way around. The belt should not be twisted or criss-crossed.



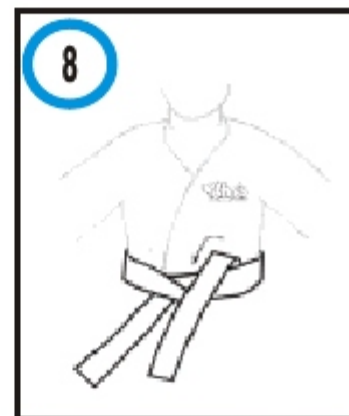
5 Cross the right side of the belt over the left.



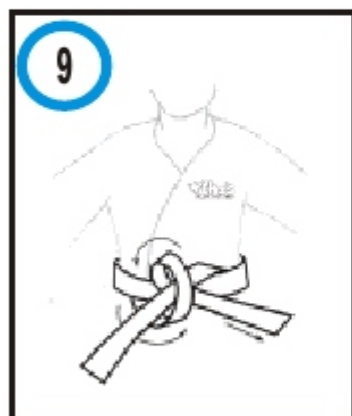
6 Take the right side of the belt and tuck it under the section already around your waist.



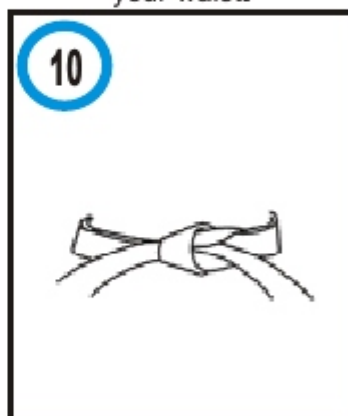
7 Pull Tight.



8 Take the top end of the belt (or the left side now) and bend it over the right side.



9 Continue to loop the left side under the right side and up through the hole up to make the knot. Pull the knot tight making sure that both ends are the same length.



10 If done correctly, the knot should form an arrow shape pointing to your right and both ends are the same length.



The highest compliment  
you can pay your  
Instructor is to refer  
a Friend or Family Member!  
Please ask about  
Cho's Referral  
and Family Programs!!



Although the colors of the belt have changed over the years, they still have a very specific meaning to the art. The following information will explain the symbolism for each color.

**WHITE:** Innocence, as that of a beginning student who has no previous knowledge of Taekwondo.

**YELLOW:** Earth, from which the plant sprouts and takes root as Taekwondo foundation is being laid.

**GREEN:** Growth, as the young plant grows and flourishes so does the skill and strength of the student.

**BLUE:** Heaven, towards which the plant matures into a towering tree as the student's training and experience progress in Taekwondo.

**RED:** Danger, like the flashing red lights send out a warning to all who see so it is with the student who has Black Belt technique, but not Black Belt wisdom, knowledge, and gentleness.

**BLACK:** Impervious, to the darkness of fear. A mysticism which compares to the unknown secrets of the universe. As the darkness we come from at birth so the Black Belt is born into a world of wisdom.

One of the most important aspects of wearing your uniform pertains to the manner which you tie the belt. It is difficult to explain in writing how to tie it so be sure to find out from one of the instructors how to properly tie the belt. It is likely that either the principal or master instructor will call for a uniform inspection and he or she will be checking for any belts tied incorrectly.

A student must take care of personal hygiene when taking class at the Do-Jang (Training

## GENERAL BEHAVIOR

As any other club or organization has rules for the maintenance of their gathering place, we also have rules for the school (Do-Jang). The purpose of these rules is to ensure your greatest benefit from study of Martial Arts.

Please follow these rules and help set a good example for others. The regulations are closely related to the student Oath, and have been a part of Martial Arts since its origins.

1. Your martial arts school is intended to be a positive and healthy place for you to attend. In order to help you to benefit the most . We encourage respect, not only for others, but towards yourself also.
2. Inappropriate conduct such as the use of profanity, obscene gestures, or excessive roughness toward a fellow student is prohibited.
3. Students are expected to be courteous and understanding and to help fellow students when ever possible.
4. Do not teach or demonstrate Martial Arts without the approval of your instructor.
5. Horseplay has no place in Martial Arts and will not be tolerated.
6. You must have the approval of the school to participate in any tournament. The school will be proud to display any trophies its students win in open competition.
7. Do not participate in activities held by another martial arts clubs or school without permission from the school.
8. Personal hygiene is your responsibility, your uniform should be washed regularly, your nails trimmed, etc.

Disciplinary action will be taken for continued violations of the above regulations. This will vary with the severity of the infraction and may or may not include demotion of rank, suspension, or even termination of membership.

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## PROCEDURES FOR RESPECT

It is important for the student to know and observe the rules or courtesy and respect. The rules are as follows.

1. Whenever you first enter the school, you should pay tribute to the flags by bowing. This will show your respect for the art and your country.
2. Whenever you enter or leave the training area and there is a Black Belt in the training area, it is important that you wait for him to acknowledge your entrance to exit. When he notices your presence you should bow and he will return the bow. This is a display of your respect for his rank and he returns the compliment to you, by returning the bow. You may now enter or leave the training area (Do-Jang).
3. Do not enter class late or leave early without permission of the instructor.
4. Never criticize a higher ranking belt. This is a display of disrespect to the higher belt and the Art. It is the privilege of either an equal or a higher belt to offer criticism. This common error is usually found when a lower belt practices with a higher belt. The lower belt should only offer his suggestion and opinions when asked to by the higher belt.
5. Whenever you meet a Black Belt, whether it be in the school or somewhere in public, it is customary to bow and acknowledge the presence of the Black Belt. The Black Belt is considered a title and a professional in his field of study. The Black Belt will always return the bow to compliment you on your knowledge and humility. A Black Belt is proud that a student display his respect for the rank he holds.
6. If a higher ranking belt or a Black Belt shows or corrects a technique for you specifically, you should once again show gratitude by executing a bow. He will return your gratitude by bowing back.
7. Always treat your fellow students in the same manner that you would wish to be treated. If there is a mix-up when you are lining up, politely ask that student to move. It is not very courteous to just push a student into or out of place. If a student doesn't follow these guidelines, he will cause discord amongst himself and others around him. This will mean a lack of harmony in the class, and the instructor may be forced to terminate the student. This is sometimes true of higher belt, because they forget how to be humble.

## CLASS PROTOCOL

Beginning the class:

1. The highest ranking colored belt will call the class at attention and have everyone turn away from the instructor to make themselves presentable for the beginning ceremony.
2. The next command will be for you to turn to face and bow to the flag.
3. You will then be asked to turn and face the instructor in order to bow.

The majority of the classes that you attend will begin with warm-up exercises and calisthenics. The warm-up exercises consist of stretching and joint rotation which will assure you of an injury-free workout.

Warm-up exercises is a similar to starting your car and letting it run awhile before you put it into gear to go somewhere. Letting the car warm-up will assure you of its continued performance while traveling to your destination, so it is with the mechanics of your body.

A wide variety of calisthenics are performed throughout the course. In the earlier sessions, calisthenics will be more conventional. However, as the students acquire more "basic technique" the calisthenics will begin to change and become more closely related to martial arts activity. In the event that a student should arrive early for class (and it is recommended that you come 15 minutes early) it is advisable for the student to put in some extra warm-up time.

This is more beneficial to the student than talking or joking around. After all, you think enough of your car to warm it up, don't you think enough of your body to give it the same consideration?

Ending the class:

1. Instructor will call the class to attention and have everyone turn away from the instructor to make themselves presentable.
2. The next command will be for you to turn and bow to the flag.
3. You will then be asked to turn and bow to the instructor.
4. After the instructor returns your bow it is respectful to thank him for teaching you.



## TESTING FOR PROMOTIONS

The testing is sanctioned by the United States Taekwondo Union and the world Taekwondo Federation. Testing is conducted according to the rules and regulations that are issued by these bodies. All belt ranking results from the promotion are recognized by the Olympic Committee. All masters grading in the event are either 5th degree black belt and above or authorized representatives of Master Ung Cho.

FEE:

**WHAT TO BRING AND WHAT TO EXPECT:** Students must bring a pre-filled Promotion Application Form. This form was handed out in class by the instructor prior to testing. This form must be filled in by the person testing and by the school's First Instructor or Master.

If any portion or items are missing, you cannot test. Students are advised to arrive a little earlier than usual. The testing procedure is usually the same throughout all ranks. Students begin with sparring techniques, followed by forms, board breaking and actual sparring for any student above the rank of Yellow belt. All of these tests will be conducted at your current level.

**HOW TO PREPARE:** First and foremost. Attendance in classes is a necessity and cannot be substituted for promotion and mastery of your skills. Practicing at home also reduces the possibility of failure. Showing excellence in testing might have some benefits, awards, trophies is commonplace. Rewards from your instructor may also be received.

**POLICY:** Students are not required to test. However this is the only way you can go up to your next belt level and master more advanced techniques. because the testing order varies from time to time.

**Getting Ready to learn:** There are three main areas of Taekwondo that you will be learning; they consist of: forms, board breaking, and sparring. The next chapters will discuss these three topics.

Understanding Forms: Forms are an essential part of any martial arts. With the practice of martial Arts being banned at many different times it was dangerous to be seen practicing. Because of this people had to practice individually to keep up their skills.

Being alone forced the Practitioners to create patterns or forms. These forms were to help Practitioners learn how to defend themselves. The forms have been passed down through generations from Master to student for centuries.

This is where forms are generated. The forms that we use at Cho's are called Taeguek. Forms are ancient patterns which are practiced to improve the fluidity of movement along with the visualization that is needed to reach the goals which are set in our daily lives.

Importance of Forms: Form is movements of fighting without your actual opponent, but you must visualize your opponent to apply feeling and power in every given move and situation.

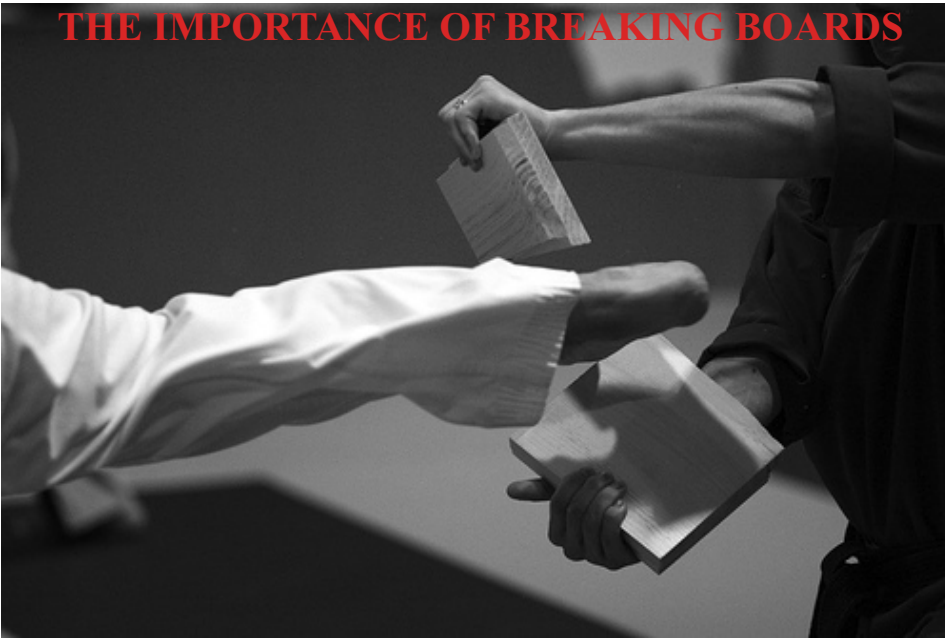
- |             |                      |
|-------------|----------------------|
| 1. Power    | 2. Concentration     |
| 3. Control  | 4. Balance           |
| 5. Movement | 6. Breathing Control |

More about Forms: In the preceding chapter you have learned a little about the philosophy of the forms; and what they are intended to represent. What is the basis for these philosophies? Although you may not be tested in-depth, it is important to know from whence the meaning came.

Several times throughout, the Book of Changes is mentioned. This work, (of Chinese origin ) is one of the Five Classic which form the Canon of Confucianism. It is attributed to four people: Fu Hsi developed the eight trigrams (four of which can be seen on the Korean Flag),

King Wen developed the sixty-four hexagrams, the Duke of Chou, son of King Wen, wrote an explanatory text and Confucius edited and annotated it. Although the book of Changes was originally a book of oracles, today it is regarded as a book of profound wisdom, intending to act as a guide on how to live and to act and interact within society.

## THE IMPORTANCE OF BREAKING BOARDS



"When board breaking, it is important to bring out your inner strength (believing in yourself). Look at the target, focus your energy from your mind and body, then strike with a confident ki hap. A strong ki hap will help you use your inner power at the strike zone"

1. Confidence
2. Focus
3. Use your inner strength
4. Accuracy

Some keys to excelling on your board breaks:

Accuracy is important on breaks, make sure to practice kicking small targets. When kicking, it is essential to go through your board not just to the board.

Your holder will be expecting you to try to hit them in the chest, they will be ready for that. Landing forward will also help you to accelerate through the board. Lastly, remember to add a strong confident Ki hap at the time of impact. These tips should help you to perform with the utmost confidence.

In order to provide a fair, consistent, and accurate means of judging each tester's board break, plastic boards will be used for promotion day. This ensures that each tester will be given equal opportunity to demonstrate their technique.

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## **KI UP** ( KI: Inner Power UP: Focus )

A "Ki Up" is the loud scream or yell which is performed by a martial artist when executing either an offensive or defensive technique.

Unfortunately, most beginning students feel strange or uncomfortable in the early stages of developing a ki-hap.

This uneasy feeling is usually resultant of the student's lack of understanding both the purpose and benefit of executing a good ki-hap .

Therefore, the purpose of this lesson plan is to inform you, the student, of the reasons and advantages of developing a good ki-hap, as well as giving you some basic knowledge on verbalizing it.

A key factor in overcoming the fear of developing a good ki-hap is the amount of confidence a person has in himself. A well executed ki-hap directly reflects the executioner's confidence in their abilities to overcome the situation at hand.

A good ki-hap is loud and aggressive which will draw attention to the performer. Therefore, the person who lacks confidence will tend to be quiet, so as to not draw attention to himself. The more secure a student becomes in their ability to execute physical technique the better their ki-hap. The purpose of the ki-hap is centered on the concentration of both the attacker and the defender. A strong, aggressive, loud ki-hap will break the concentration of the opponent while simultaneously focusing the concentration and drawing out the inner strength of the person executing the ki-hap.

The martial artist who executes a superior ki-hap will most likely gain control of any situation and maneuver an opportunity to overcome their opponent in the split second that they distract them.

Some of the benefits of a well executed ki-hap are as follows:

1. Builds Confidence
2. Breathing Control
3. Increases Power in a Technique
4. Increases reaction and timing

The actual physical execution of the ki-hap is not difficult if you keep in mind that the purpose is to expel all the air from the body's diaphragm by quickly tightening the muscles in the abdomen (stomach). As the air is being discharged, it is important to vocalize the air as it goes out through the throat.

All the air should be expelled so as to obtain maximum tenseness of the abdomen muscles. By changing the shape of the mouth, different sounds will be formed. A student should experiment with developing different sounds until they find one that they feel comfortable with.

Students should work at overcoming the fears of executing a good ki-hap as soon as possible in order to experience the benefits of increased concentration, power, and confidence.

## KOREAN TERMINOLOGY

### NUMBER SYSTEM

One.....	Ha-na
Two.....	Tul
Three.....	Set
Four.....	Net
Five.....	Ta-sot
Six.....	Yo-set
Seven.....	Il-gohp
Eight.....	Yo-dul
Nine.....	A-hoop
Ten.....	Yuhl
Twenty.....	Se-mul
First.....	Il
Second.....	Ee
Third.....	Som
Fourth.....	Sa
Fifth.....	Oh
Sixth.....	Yook
Seventh.....	Chil
Eighth.....	Pal
Nine.....	Kuu
Tenth.....	Ship
Twentieth.....	Ee-ship

### COMMANDS

Attention.....	Cha-ryut
Bow.....	Kyung-nae
Begin.....	Si-ji
Stop.....	Ko-man
At ease.....	She-yu
Return to stance.....	Pa-row
Switch stance.....	Bal-bok-wul
Ready stance.....	Jhoon-bee
Fighting stance.....	Tae-ryun Chase-se
Horse-riding stance.....	Jang-gul Cha-se
Front stance.....	Yung-gul Cha-se
Back stance.....	Hoo-gul Cha-se
Front kick.....	Ahp Cha-gi
Round house kick.....	Do-lyo Cha-gi
Side Kick.....	Yup Cha-gi
Ax kick.....	Nae-dyo Cha-gi
Spin kick.....	Teeidor-rah Cha-gi
Punching.....	Ji-ru-gi
Infighting.....	Chun-jin koug quck
Out fighting.....	Hoo-jin koug quck

강부총합니다.

사랑합니다.

### MISCELLANEOUS

Grand Master Instructor.....	Kwon-jah-nim
Master Instructor.....	Sah-bum-nim
First Instructor.....	Po Sah-bum-nim
Black Belt Instructor.....	Kyo-kwon-nim
Black Belt Holder.....	Yu-don-ja
Uniform.....	Do-bok
Belt.....	Dee
Training Area.....	Do-jang
Faith in Certain Victory.....	Pil-sung
Form.....	Poom-se
Breaking.....	Gyuk-pa
Sparring.....	Gy-ru-gi

### SOME BASIC EXPRESSIONS

Yes.....	Ne
No.....	A-nyo
Thank you.....	Kam-se-ham-ni-da
Thank you very much.....	Tae-dan-hi kam-se-ham-ni-da
Good morning.....	An-nyong-ha-shim-ni-ka
Good afternoon.....	An-nyong-ha-shim-ni-ka
Good evening.....	An-nyong-ha-shim-ni-ka
Good night.....	An-nyong-hi chu-mu-se-yo
I am .....(name).....	Chon-un.....im-ne-da
I am very pleased to meet you.....	Man-na-so pan-gap-sum-ni-da
How are you?.....	Pyo-go op-su-shim-ni-ka?
Very well, thank you.....	Dok-pun-ae
Excuse me.....	Shil-lye-ham-ni-da