

Dear New Students of Taekwondo,

Welcome to the family of Velasquez Tae Kwon Do, a Martial Art Educational Institute. I use the word "family" because that is exactly what we are. We are all here for each other.

You have begun a very interesting and educational hobby. Through the study of Taekwondo you will learn self-discipline, coordination, self-control and respect. You will learn to practice the tenets of Taekwondo "**Courtesy, Integrity, Self-control, Perseverance and Indomitable Spirit**". These qualities will follow you out of the classroom and into your everyday life. You will find it easier to deal with stress, to have more patience with parents, your children and your employees or employer. For some it is a healthy outlet for extra energies instead of turning to gangs, drugs or alcohol.

With patience and perseverance you can work your way up to Black Belt rank. This takes much practice and repetition. Promotions are conducted approximately every 3 months; so if you have practiced well and are ready, you may try for your next belt rank. A dedicated student will find that the 2 -3 years it takes to become a black Belt will go by quickly. It is a long road but we are always here to help and encourage you.

As a Black Belt you will be given the opportunity to practice at the Black Belt class, take part in Demonstrations and become a certified referee to help at the tournaments and teach outside programs. All of the Black Belt instructors of Velasquez Tae Kwon Do Academy train on Sundays under Master Jose A. Velasquez, all classes will basically run the same.

I am very happy you have chosen Velasquez Tae Kwon Do Academy and I look forward to work and share time and ideas with you. If you have any problems or get discouraged, remember my door is always open to you, I also welcome any suggestions that could improve your school and the work we are doing on your behalf.

The most important fact to remember is to live your life by the tenets of Taekwondo. By doing so, we will make our lives better and influence the lives of those around us.

I wish you the best as you take your first steps in the art and sport of Taekwondo.

Master Jose A. Velasquez
CEO of Velasquez Tae Kwon Do Academy

TAE KWON DO TERMINOLOGY

TITLES	TERMS	Kicks	TERMS
MASTER	KWAN JANG NIM	FRONT SNAP KICK	AP CHAGI
INSTRUCTOR	SA BUM NIM	OUTSIDE CRECENT KICK	BAKAT CHAGI
REFEREE	JU SHIM	REVERSE ROUND HOUSE	MOMDOLLO CHAGI
GENERAL TERMS		BACK KICK	DWITT CHAGI
ATTENTION	CHARIYUT	ROUND HOUSE KICK	DOLLO CHAGI
BEGIN	SI JAK	SIDE KICK	YEOP CHAGI
BELT	TI	RISING KICK	AP CHAEOLAGI
BLOCKING	MAKKI	AXE KICK	GIGO CHAGI
BLUE	CHUNG		
BOW	KYUNG NEH	STANCE	SEOGI
BREAK	KALRYO	BACK STANCE	DWITT KOOBI
BREAKING	KYUKPA	FRONT STANCE	AP KOOBI
CHEST GUARD	HO GOO	HORSE STANCE	CHOOCHOOM SEOGI
CONTINUE	KAE SOK	WALKING STANCE	AP SEOGI
FIST	JOOMEOK		
FORMS	POOMSE	PUNCH	JERUGI
FREE SPARRING	GYORIOGI	BACK FIST	DWITT MOK
KICKING	CHA GI	HIGH PUNCH	EOLGOL JERUGI
KNIFE HAND	SONINAL	MIDDLE PUNCH	MONTONG JERUGI
ONE STOP SPARRING	HOSHINSUL	LOW PUNCH	ARAE JERUGI
PROTECTIVE CUP	NANG SIM HO GOO		
PUNCHING	JIREUGI	BLOCKS	MAKKI
READY	CHUM BI	LOW BLOCK	ARAE MAKKI
RED	HONG	OUTSIDE MIDDLE BLOCK	MOMTONG MAKKI
RELAX	SHEUT	HIGH BLOCK	EOLGOOL MAKKI
RETURN	BAHRO	INSIDE BLOCK	MONTONG AN MAKKI
STANCE	SEOGI	KNIFE HAND BLOCK	SONAL MAKKI
TOP	GEU MAN		
		RIGHT FACE	JWA WOO
		LEFT FACE	HYRANG WOO
		TAE KWON DO SCHOOL	DO JANG
		TAE KWON DO UNIFORM	DO BOK
		THANK YOU	GAMSA HAM NIDA
		THANK YOU VERY MUCH	TAEDANI GAMSA HAM NIDA
		TIME	SI KAN
		WIN	SEUING
		YOU'RE WELCOME	CHONMAN-EYO

- | | | |
|----------|--------------|-------------------------------|
| 1. HANA | 20. SU MOL | 1 ST IL |
| 2. TUL | 30. SA RUN | 2 ND YEE |
| 3. SET | 40. MAHN | 3 RD SAM (SHORT A) |
| 4. NET | 50. SCHWIN | 4 TH SA |
| 5. DASOT | 60. YEY SOON | 5 TH O |
| 6. YASOT | 70. IL | 6 TH YUK |
| 7. ILGOP | 80. YUDN | 7 TH CHIL |
| 8. YODOL | 90. AHN | 8 TH PAL |
| 9. AHOP | 100. BACK | 9 TH KU |
| 10. YOL | | 10 TH SHIP |



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Velasquez Tae Kwon Do Academy

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TAEKWONDO

Taekwondo is an ancient martial art and a modern sport. The art of Taekwondo originated nearly 2,000 years ago in Korea, and it was an Official Demonstration Sport in the 1988 Olympic Games on Seoul, Korea and at the 1992 Olympic Games in Barcelona, Spain. Literally translated, Taekwondo means way of the striking hand and kicking foot. But to its students, Taekwondo is a way of life.

Beginning students learn the five tenets of Taekwondo: courtesy; integrity; perseverance; self control; and indomitable spirit. It is essential to develop the right attitude toward instructors and fellow students and to show respect for elders in class as well as outside of class. Taekwondo teaches students to respect themselves so that they can respect others. What better gift can a parent give a child than the gift of self-respect.

HISTORY OF TAEKWONDO

The modern philosophy of Taekwondo comes largely from the 7th century Hwarang-do, which means "way of the Flowering Manhood", a corps of noblemen in the kingdom of Silla, the smallest of the three kingdoms on the Korean peninsula.

These young men studied the martial and cultural arts and led Silla to unify the Korean peninsula for the first time in history. The five principles they lived by were: be loyal to your country; be obedient to your parents, be honorable to your friends; never retreat from adversity; and never take life unnecessarily. This is the nonaggressive foundation of modern Taekwondo, the respectful philosophical foundation that sets it apart from other martial arts. Toward the end of the 10th century, Silla was overthrown and the kingdom of Koryo was founded. For the next 500 years it was compulsory for all young men to learn martial arts such as Tae Kyon and Soo Bak. Then the old arts declined and they would have been lost if it had not been for the Buddhist monks who kept them alive in their mountain refuges. During the Japanese occupation from 1910 through 1945, the practice of the martial arts was banned in an attempt to suppress the Korean nationalist spirit. Following WW.II came a flowering of Korean arts and, in 1955, Taekwondo acquired its modern name. Since then it has spread throughout the world and is called by some the fastest growing sport in the world

Taekwondo aims to achieve the following tenets:

1. Courtesy (Yelu)

- to promote the spirit of mutual concessions.
- to be ashamed of one's vices, contemplating, those of others
- to be polite to one another.
- to encourage a sense of justice.
- to distinguish instructor from student and senior from junior

2. Integrity (Iom Chi) in Taekwondo, integrity means being able to define right from wrong, and have the conscience, if wrong to feel guilt.

Example:

- The instructor who misrepresents himself and his art by presenting improper techniques to his students because of lack of knowledge or because of apathy
- The student who misrepresents himself by "fixing" breaking material
- The student who request rank from an instructor, by attempting to purchase rank.
- The student who gains rank for ego purposes or the feeling of power
- The instructor who promotes the art of materialistic gains

3. Perseverance (In Nae) There is an old Oriental saying, "Patience leads to virtue or merit". A serious student must learn not to be impatient: to continue steadfastly, to preserve.

4. Self-Control (Gulk Gil) This tenet is extremely important inside and outside of the Dojang whether conducting ones' self in free sparring or in ones' personal affairs. A loss of ones" self-control can prove disastrous to both student and opponent. An inability to work within ones' capability is also lack of self-control.

5. Indomitable Spirit (Baekjul Boolgool) A serious student will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent with out fear of hesitation and with an indomitable spirit, regardless of whomever or how many the number may be.

EQUIPMENT

UNIFORM

White uniform is to be worn. World Tae Kwon Do Federation patch on left side of

uniform top. VELASQUEZ Tae Kwon Do patch on right side of uniform

top. Korean Flag on left sleeve and American Flag patch on the right sleeves

at the shoulder seam.

MANDATORY EQUIPMENT FOR SPARRING:

Support cup, shin/instep protectors, hand/arm

protectors, mouthpiece, chest protector, and head

gear. All equipment must be purchased from your

instructor. We also have school T-shirts, jackets, bags, and other items in

stock.

SPARRING RULES:

Sparring in the classroom will always be conducted

under the following guidelines:

Sparring takes place only when the Master instructor

or a Black Belt instructor is in the classroom. All

students must wear hand and forearm pads, shin and

instep pads, groin protectors, mouth guards, chest

protectors and headgear.

PROMOTIONS:

There are promotions every 3 months. Uniforms and

patches are mandatory for promotions. There will be

a registration and service fee for each promotion.

TAEKWONDO RULES

1. No smoking in the Dojang at any time.
2. No gum chewing in class.
3. No profanity will be used in class by anyone, at any time, regardless of rank.
4. No jewelry is to be worn during class.
5. Students are not allowed to belong to another Dojang.
6. Never leave class for a break, to get a drink of water, or leave without permission of the instructor.
7. Never lose your temper in the Dojang, especially while sparring.
8. Never lean on the walls or lay on the floor spread out.
9. Students must keep their finger and toenails always clipped short and clean.
10. No horse play, whistling or loud talking in the Dojang, especially when the instructor is speaking to a student or visitor.
11. Telephone the school if you are going to be late or absent from class.
12. When you see you Sabumnim, you must bow to him or her.
13. Always answer "Yes Sir/No Sir or Yes Mam/No Mam when you are given a command.
14. You must always respect your Sabumnim when asking or answering a question.
15. Respect all your senior belts and bow when asking questions.
16. Always keep your uniform clean.
17. When fixing your uniform or belt, do not face your instructor; always turn your back to him/her.
18. Always keep in mind that you are being taught a deadly art. Treat it with respect, and above all, never misuse.
19. Practice discipline, especially while training.
20. NO parents allowed in the Dojang.
21. Students are not allowed to challenge instructors. Doing so will result in an expulsion of the school.
22. All free sparring equipment must be purchased through your martial arts school. Any unauthorized equipment will not be allowed to be worn in the facility.