

In Nae Taekwon-Do

New Student & Parent Orientation



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Welcome Students and Parents to In Nae Taekwon-Do!

Let us take a minute to introduce ourselves to you and to help familiarize you and/or your child with our do jang! First, you may want to know what “In Nae” means. In Nae is Korean for “Perseverance”. Perseverance is one of the tenets of Taekwon-Do. Next, please take a few minutes to learn about our instructors.

Our Instructors:

Mrs. Shirley is the lead instructor for In Nae Taekwon-Do and is currently a 2nd Dan (Dan means degree and is pronounced “Dawn”) black belt preparing for her 3rd Dan test. She first studied Taekwon-Do as an adolescent and returned to the art in 2014 when her daughter, Miss Feller, took an interest in starting Taekwon-Do. The two of them joined a class together. Before they knew it, Mrs. Shirley’s son wanted to participate, and when her husband moved to Colorado, he also joined. Mrs. Shirley loves that Taekwon-Do is a family affair.



In 2018 Mrs. Shirley qualified for International Taekwon-Do Federation’s (ITF) World Championships by earning a 1st place in Women’s Second Degree Senior Patterns, 1st place in Women’s Senior Specialty Breaking and 3rd Place in Women’s Senior Power Breaking divisions at the National Qualifier Tournament.

In July of 2018, Mrs. Shirley and her family traveled to Buenos Aires, Argentina for Mrs. Shirley to compete in World Championships. She returned home with a Gold Medal in Senior Women’s 2nd Degree Patterns and a Bronze Medal in Senior Women’s Power Breaking.

Outside of Taekwon-Do, Mrs. Shirley has many years of teaching experience. Mrs. Shirley was a professor for 11 years but recently moved on to have more time with her family. Outside of her career, Mrs. Shirley also coached soccer at the recreational and club levels for many years.

Miss Feller is a 1st Dan black belt and one of the assistant instructors. She started Taekwon-Do in 2014 and earned her first black belt in October of 2018. She has quite a talent for patterns and line motions, but her love is sparring. Her dream is to qualify for the 2021 World Championships. She has been assisting with instructing since 2016, so although she is young, she is experienced and works well with both adults and children.



Our other assistant instructor is Mr. Shirley. He is a high red belt, which is one rank away from his first dan black belt. He joined Mrs. Shirley in Taekwon-Do after moving to Colorado in late 2015. He has been assisting in classes since 2016. Many adults shy away from Taekwon-Do because they feel “too old” to learn something new. Mr. Shirley is a great example of how Taekwon-Do is for all ages. He works well with adults, as he has been in their shoes as an adult learner, but he excels at working with children.

Communication:

There are two primary ways we plan to communicate with you. We can communicate face-to-face in class (or before/after class) but we will also communicate through our website. Schedules, announcements, tournament information, history and rank requirements will all be available on our website. Please check it frequently.

Our do jang (pronounced Doe-jang):

In Nae Taekwon-Do was established in January 2020. Prior to starting her own do jang, Mrs. Shirley and her family worked out of another do jang in Northern Colorado. Mrs. Shirley did a significant amount of instructing there, as well as a lot of work in the background, so she has a strong understanding of skills and knowledge necessary to head up her own school. Additionally, Mrs. Shirley has the support of Maum Sin Yong for any necessary resources.

Fees:

Monthly registration fees will be paid to the Windsor Recreation Center. There are additional fees for testing, which will be paid to Mrs. Shirley at each test. Testing fees vary according to rank. Testing fees will be posted on the NoColInNaeTKD.com site as well as on the testing permission forms.

Uniforms and gear:

New students are not required to have a uniform. A Taekwon-Do uniform is called a, “Do bok” (doe-bach). Although you may order a do bok right away, we encourage you/your child to try a few classes first before you start investing in clothing and gear. When you are ready to place your order, please see Mrs. Shirley. Students must have an ITF patch on their do boks as gold belts and higher.

We participate in contact sparring. This is part of our training. Students must wear protective gear for this activity. New and lower rank students do NOT need to buy sparring gear right away; it is provided in class. Green belts and above are required to have their own sparring gear. This may also be purchased through Mrs. Shirley.

Philosophies and Etiquette:

In Nae Taekwon-Do practices a very traditional style of Taekwon-Do; we are *not* a mixed martial arts school. That being said, we do have guest instructors from other arts who come to our school and teach us different techniques from time to time, but when we test, our tests are traditional Chang-Han Taekwon-Do.

At the beginning of class, we start with a formal bow-in. During this time, we recite the Tenets of Taekwon-Do and the Student Oath. These principles are the foundation of our art. We strive to practice these things in the do jang, but ultimately, we want our students to make these principles a way of life. The Tenets of Taekwon-Do follow: Courtesy, integrity, perseverance (in nae), self-control, indomitable spirit. The student oath is: I shall observe the tenets of Taekwon-Do. I shall respect my instructor and seniors. I shall never misuse Taekwon-Do. I shall be a champion of freedom and justice. I shall help build a more peaceful world.

In class, students and instructors are addressed as Mister or Miss/Mrs./Ms. regardless of rank or age. Black belt instructors may also be addressed as “Sabum” (which means instructor in Korean). In general, even when we see each other outside of the do jang, it is rare for us to call each other by our first name.

Just as passing a grade in school is a big deal, so is earning your rank in Taekwon-Do. Testing for a new rank is dependent *in part* on ability; hours in class, attitude and maturity are also considerations. It is the job of the head instructor to decide if and when a student is ready to test. There are many factors that are considered when the instructor is evaluating a student’s readiness to test. As stated earlier, part of the student oath is respecting instructors and seniors. That being said, please understand that a student (or parent) is not supposed to ask an instructor if/when he/she will test; this is considered disrespectful. When the student is ready to test, the instructor will give him/her written notice of this approval. Let us expand on this: In Taekwon-Do, rank and gender are irrelevant. A blue belt should look and act like a blue belt whether that blue belt is a boy, a girl, a woman, a man, is six years old or 80 years old. Blue belts are responsible for teaching other students. Therefore, the maturity of students, the example they set, the technique when performing skills, the attitude they have with the instructor, the attitude they have with their classmates, and the attitude they have at home are all part of what is considered for testing. Permission to test is based on a big picture, not just whether a student knows the kicks, blocks, attacks, forms, etc. for their current rank.

The frequency of testing varies on the number of students and their ranks. The higher the rank of the student, the longer he/she must wait (the more hours they need to put in to class) to test (*among other requirements*). Also, as rank increases, so does responsibly inside and beyond the do jang.

Expectations beyond the do jang:

As stated earlier, the tenets of Taekwon-Do and the student oath should be carried beyond the walls of the do jang. A student's behavior outside of the do jang should still reflect that he/she is a martial artist. Performance/behaviors outside of the do jang are also considered when deciding if a student will be eligible to test for new rank.

Next, there are only so many hours in a day, or in our case, in a month of Taekwon-Do. During testing students are asked a series of questions regarding the history of Taekwon-Do and techniques. Although we occasionally review these in class, students need to study their history outside of class; essentially, it is homework. Links to practice history can be found on our website: NoColNaeTKD.com You can also access this information online at <http://quizlet.com>. Go to the search bar, and enter "sheshirley23", this will take you to In Nae's history questions. History questions can also be found on www.getkahoot.com, again search for the user "sheshirley23". There is a lot to study for the white belt ranks. Children under 7 are not expected to know *all* the history questions for white belt ranks, you will find links especially for children under 7. By the time these children are gold belts (regardless of age), they are expected to know all the white belt histories as well as gold belt history.

As stated earlier, as rank increases, so does responsibility. We host and attend numerous tournaments throughout the year. As a student's rank increases participating in these tournaments is another testing requirement. Each tournament has an entrance fee. The fee varies depending on the location and type of tournament and are the responsibility of the student/parent.

Student expectations according to the Founder:

Two-star General, Choi (pronounced Chey) Hong Hi is the founder of Taekwon-Do. In his Taekwon-Do book/manual, he lists the following expectations of students, which we follow:

1. Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the do jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural they will attempt to emulate senior students
4. Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside of the do jang reflects the art and instructor.

7. If a student adopts a technique from another do jang and the instructor disapproves of it, the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful of the instructor. Though a student is allowed to disagree with an instructor, the student must first follow instructions and then discuss the matter later (in private).
9. A student must always be eager to learn and ask questions.
10. Never betray the instructor.

Testing

Students will be advised by their instructor whether or not they should participate in testing and/or tournament activities. Any student testing may be asked to perform any techniques or pattern(s) up to his/her level and proficiency. Additional fees will be charged for testing and tournament activities. No test fees will be refunded if the student fails the testing. Below are some key points for testing.

- Students must have the instructor's permission to test. Permission is earned, please do not ask. (see additional bullet below)
- Class attendance is required. Students must hold their rank longer as they increase in rank.
- Students' attitude, etiquette, attendance, techniques and ability to teach (as rank increases) will be considered for testing requirements.
- An additional testing fee will be attached to testing. Ask your instructor how much your fee will be for the particular rank you are receiving.
- As the student achieves higher rank, more responsibility will come with it.
- A new belt is provided to all students who are promoted to a new belt color. This is where part of the testing fees go.
- If a student fails his/her testing, no money will be refunded. The student may try again when given permission, and he/she will be required to pay another test fee.
- Rank must be achieved one step at a time in a normal testing schedule.
- A student never requests rank from an instructor. If he/she does, this will only delay promotions. The head instructor will tell you when you are ready to test.
- If a student misses the regular scheduled testing date, he/she may have to wait until the next available testing date.
- Students may be asked any question or to perform any technique up to his/her level of rank and testing. (Previous history questions should not be "out of sight, out of mind.")

- During testing, be prepared with a clean, pressed uniform and never turn your back on the testing board while testing.

Closing:

Thank you for taking the time to familiarize yourself with the basics of our do jang. We hope you have found this packet helpful. Of course we cannot answer all of your questions within these few pages of information, but at least this gives you a start. If you have questions beyond this, please feel free to ask Mrs. Shirley, Miss Feller, or Mr. Shirley. We look forward to working with you/your son/daughter in class.

Sincerely,

Mrs. Shirley, Il Dan
Miss Feller, I Dan
Mr. Shirley, 1st Gup (High Red)