

ABOUT YOUR MASTER INSTRUCTOR



Master J.W.Kim was born in Seoul-Korea and started in Taekwondo at age 4. He achieved his black belt at age 13. Over the next years he proceeded to win many of the prestigious tournaments and became a well known competitor. Ever since he achieved his black belt, he has been actively involved in teaching and coaching Taekwondo.

Being accepted at New York University, Master Kim left Brazil to New York City at age 18. In only 3 years, he learned English and received a degree in economics. Master Kim is also multilingual.

After graduation, Master Kim went on to open J.W.Kim Taekwondo in Greenwood Village, Colorado. Since 1995, J.W.Kim Taekwondo has become one of the largest operations in martial arts in Colorado and started affiliate programs in Palo Alto, CA, Denver, CO- Highlands Ranch, CO and Castle Pines-CO Master Kim has also graduated over 100 students to the level of black belt.

- 6th degree black belt- Kukkiwon Certified (2004)
- Former V.P of Colorado Taekwondo Association (1999-2002)
- September 20th is official J.W.Kim day proclaimed by Denver's Mayor Wellington Webb.
- Presidential Sports Award from President Bill Clinton in 1996.
- Coach of many National and International champions
- Special commendation from Kukkiwon president Woo Kyu Uhm for Master Kim's unlimited efforts of self sacrifice to bring the popularization of the sport Taekwondo (2004)

Other martial arts experience: Hapkido and Brazilian JiuJitsu

HISTORY OF TAEKWONDO

Taekwondo is a **Korean martial art that began over 2000 years ago**. Archaeologists have found drawings on the walls of ancient tombs that show men practicing different blocks and punches. The existence of these murals allows historians to date the origins of what we now call Taekwondo to around 50 BC.

In ancient times, Korea was divided into 3 kingdoms; **Koguryo, Paekje and Silla. Silla later unified the three kingdoms** after winning the war against Paekje in 668 AD and Koguryo in 670 AD. **The Hwa Rang Do** helped in this unification. The Hwa Rang Do was an elite group of young noble men who devoted themselves to improving both their minds and bodies to better serve their **kingdom of Silla**. The **Hwa Rang Do** had an honor code and practiced various forms of martial arts, including Tae Kyon and Soo Bakh Do. These forms of martial arts are the origins of what we call Taekwondo today. Additionally, the honor code practiced by the Hwa Rang Do is the philosophical basis of modern Taekwondo.

Many years of peace followed the unification of the 3 kingdoms and allowed the people of Korea to learn and practice these martial arts. Unfortunately, in 1909 the Japanese invaded Korea and forbid the practice of their martial art, that was then being called Soo Bak. Fortunately, people continued to prac-

tice Soo Bak in secret.

At the end of WWII, when Japan was driven from Korea, several different styles of martial arts began to develop. **A style or school of martial arts was called a “Kwan”**. Some of the different Kwans that developed were; “Chung Do Kwan”, “Moo Duk Kwan”, “Yun Moo Kwan”, and “Ji Do Kwan”. Although they were similar in many ways, there were small differences. **There was no unified way to bow, punch, kick or compete**. Eventually, the leaders of the separate kwans agreed that the different styles needed to unite in order to grow. **In 1955 the kwans unified and in 1957 the name Taekwondo was adopted**. In 1973, the World Taekwondo Federation (WTF) was founded and in 1980 the International Olympic Committee (IOC) recognized the WTF. The 1988 & 1992 Summer Olympics presented Taekwondo as a demonstration sport and **beginning with the 2000 Summer Olympics** in Sydney, Australia **Taekwondo has joined Judo as the only two martial arts to be recognized by the IOC**.

RULES OF THE DOJANG

1. Arrive early for class.
2. Always bring your attendance card into class.
3. Bring your sparring equipment to every class in case it is needed.
4. Attend twice a week.
5. Students must bow to the Master Instructor, the flags and all black belts when entering or leaving the DoJang.
6. Never bring food, gum or drinks into the DoJang.
7. Always wear a clean and neat Dobak (uniform).
8. Tie your belt correctly.
9. Never climb on the kicking bags.
10. Never use bad language or insult another student.
11. Help keep the DoJang neat and orderly.
12. Do not engage in rough play before or after class.

Tenets of TaeKwonDo

1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable Spirit
5. Self Control

The TaeKwonDo Oath

1. Observe the Tenets of Taekwondo
2. Respect my instructor and senior belts
3. Never misuse Taekwondo
4. Build a more peaceful world
5. Be a champion of freedom and justice

Commands

Charyot	Attention
Kukke Yea Deehayo	To the Flag
Kwanjang Neem	To the Head Master
Sabumnim Kye	To the Master (4th to 6th degree)
Kyosanim Kye	To the Instructor (1st to 3rd degree)
Kyunyeh	Bow
Kamsa Habneeda	Thank You Very Much
Heecho	Dismissed

How to Address Senior Belts

“Kwanjang Neem” – Head Master

“Sabumnim” – Master Instructor – 4th degree Black Belt or Higher

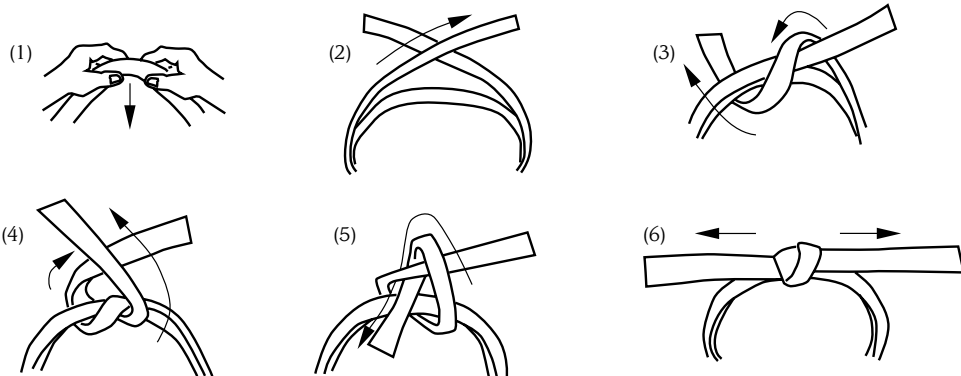
“Kyosanim” – Instructor – 1st to 3rd degree Black Belt

When you are at the school, you must always address all senior belts as Sir or Ma’am. All questions are to be answered Yes or No Sir/Ma’am.

BELT SYSTEM AND MEANINGS

10th Gup	White Belt	Purity – No knowledge of Taekwondo
9th Gup	Yellow Belt	Sunrise – Opening to receive knowledge
8th Gup	Orange Belt	Sunset – Promise of a better Tomorrow
7th Gup	Green Belt	Plant – Growth
6th Gup	Purple Belt	Power – The royal color of majesty
5th Gup	Blue Belt	Sky – Unlimited Boundaries
4th Gup	Red Belt	Fire – Caution
3rd Gup	Red w/ Brown Stripe	Volcano – Fire creating Earth
2nd Gup	Brown Belt	Earth – Solid like Mountains
1st Gup	Brown w/ Black Stripe	Maturity – Ready to face responsibility
1st Dan	Black Belt	Completion of a life cycle and a beginning of a new life

How to Tie a Belt:



SAMPLE TEST APPLICATION

In order to test to the next level, you must fill out application.

THE WORLD TAEKWONDO FEDERATION
AND
J.W. KIM TAEKWONDO CENTERS
APPLICATION FOR PROMOTION TEST
FEE: WHITE TO PURPLE BELT (\$50) BLUE TO BROWN (\$75)

NAME: AGE: CURRENT BELT:

BELT SIZE:

My new belt TaeKwonDo goals:

My academic improvement plans:

Parent comments or goals for my child:

I hereby submit this application to the promotion board in accordance with the rules and regulations of the World TaeKwonDo Federation.

STUDENT SIGNATURE

PARENT OR GUARDIAN SIGNATURE

POOMSE (FORM) OF TAEKWONDO

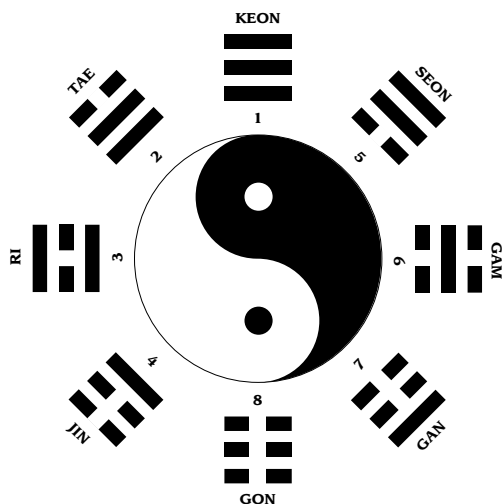
A **poomse** is the Korean word for a form. All students of Taekwondo are required to learn certain forms. As students of the WTF style of Taekwondo you will learn Taegeuk Poomse. The Taegeuk forms of Taekwondo are paradigms of the martial art. They contain the basic physical movements and also the philosophical thoughts from which the art was derived.

Literally, “**Tae**” means **bigness** and “**geuk**” means **eternity**. Combined **Taegeuk** means “**great eternity**”. The **8 patterns** of the Taegeuk forms derive their meanings from the basic tenets of the orient’s oldest philosophical work, **The Book of Changes**. Koreans call this book Jooyeok. In the Book of Changes the universe is divided into eight subsequent combinations derived from the major forces of the universe, Yin and Yang. **Yin is the ultimate creative power** and **Yang is the ultimate receptive power**.

Each combination is represented by a symbol called a trigram, because it contains three lines. As the figure on the following page demonstrates, the 8 trigrams are arranged in a circle around the symbol for Yin and Yang. Opposite pairs are positioned across the circle from one another, to represent the interdependent polarities that compose the universe.

The following chart denotes the eight forms of Taekwondo and their meanings:

1. Taegeuk Il Jang	Keon	Heaven & Light
2. Taegeuk Yi Jang	Tae	Joy
3. Taegeuk Sam Jang	Ri	Fire & Clarity
4. Taegeuk Sa Jang	Jin	Thunder
5. Taegeuk Oh Jang	Seon	Wind
6. Taegeuk Yook Jang	Gam	Water
7. Taegeuk Chil Jang	Gan	Mountain
8. Taegeuk Pal Jang	Gon	Earth



Together these concepts and symbols represent the balance of all nature. In the training of Taekwondo, as in life, we hope to find this balance. The poomse carry with them not only the physical movements but also the meaning of Taekwondo.

ESSENTIAL INFORMATION ABOUT POOMSE (FORM)

The following should be considered while performing forms:

1. Form should begin and end at exactly the same spot. This indicates the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next .
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.