



Student Handbook

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General Rules

Spirit – Observe and promote the true spirit and code of martial arts: Honor, Respect, Integrity, Discipline, and Self-control.

Authority – All lower ranks shall obey all higher ranks, and higher ranks shall not abuse or take advantage of this authority. This aids in the development of leadership and the practice of following.

Timeliness – Be on time for all classes, tournaments, meetings, etc.

Smoking – Smoking will not be allowed in or near any training facility.

Alcohol – Alcohol will not be allowed in or near any training facility.

Safety – Potentially dangerous objects or behavior will not be allowed in any workout area. The instructor's judgment prevails.

Drugs – Any instructor who suspects a member of being under the influence of alcohol or any other drug while attending class will immediately remove the member from the class.

Public School – Any student that has been suspended or disciplined by a public or private education facility is not to attend class during the period of discipline and must request permission from the Instructor before returning.

Talking – Students are allowed to talk, at a low volume, during the initial stretching. After stretching talking is to be limited to class activities. This is done to assure all students can hear the Instructor and to prevent potential injuries.

Tae Kwon Do tenets

Courtesy – Be considerate of others and be polite.

Integrity – Always be honest and ethical.

Perseverance – Never give up, no matter how difficult the task.

Self-control – Be able to control your physical and mental state.

Indomitable spirit – Have the right attitude, win or lose.

Affiliations

South Central Tae Kwon Do - <http://www.innernet.net/thilsctkd/Site/Home.html>

Keedysville Karate is a child school of South Central Tae Kwon Do (SCTKD), which is located in Waynesboro, PA. SCTKD is the location for the yearly tournament, various seminars, black belt camp, and all black belt testing. SCTKD is operated by Grand Master Ted Hillson.

Chung Do Kwan USA - <http://www.chungdokwanusa.com/>

Chung Do Kwan USA (CDK) is a national organization formed by Grand Master Ted Hillson and Master Ron LeBlanc. The purpose of CDK is to unite practitioners of a Korean martial art first taught by Master Won Kuk Lee, then brought to the United States by Master Duk Sung Son, and now taught by occidental masters.

All students must sign up for a CDK membership, currently \$20 per year, and keep the membership current. This membership provides reduced rates for seminars, testing, and is required for promotion to black belt.

Class information

Class structure

Starting class – Students line up according to rank and seniority, senior members present on the right front. The instructor will take a position in the front center of the class and students will bow in.

Stretches and warm-ups - to prevent strained or pulled muscles and to increase flexibility

Basics - the fundamental movements of Tae Kwon Do.

Forms – pre-planned movements designed to deal with multiple opponents

Three-step sparring - various pre-arranged sequences of give-and-take to understand the applications of the form movements. This simulates attacks and defenses.

Free sparring - for yellow belts and above. No contact is permitted.

Cool down - movements to reduce soreness and increase muscle suppleness.

Testing requirements

Yellow belt

No less than 2 months of class time.

Consistent progression in basics.

Proper behavior in class.

Kuk Mu 1

Kuk Mu 2

Five 3-steps

Three knife hand blocks, right punch to upper target

Three knife hand blocks, right knife hand strike to neck

Two knife hand blocks, X block, left front kick, right knife hand strike to neck

Two knife hand blocks, step to left, right side kick to ribs, double fist block

Two knife hand blocks, step to right, right front kick, left side kick, double fist block

Demonstrate soft side blocks for side kicks, roundhouse kicks, and front kicks

Green belt

Meeting all Yellow belt requirements plus the following;

No less than 4 months of class time as a Yellow belt,

Pyong An 1,

Kuk Mu 3,

Pyong An 2,

Five 1-steps

Outside in block, punch to ribs, punch to upper target

Butterfly block, punch to ribs, punch to upper target

X block, left front kick, double knife hand strike to neck

Outside double forearm block, backfist, sweep

Inside double forearm block, elbow to middle target, backfist, knife hand strike

30 second sparring

Purple belt

Meeting all Green belt requirements plus the following;

No less than 4 months of class time as a Green belt,

Pyong An 2

Pyong An 3

Chien 1

Six 1 steps, 3 with a right punch defense and 3 with a left punch defense

Outside in block, punch to ribs, punch to upper target, sweep

Butterfly block, punch to ribs, punch to upper target, sweep

Four student created one steps.

Break one 1x12x10" white pine board with a leg technique

45 second sparring

Brown belt

Meeting all Purple belt requirements plus the following;

No less than 6 months of class time as a Purple belt,

Pyong An 4

Pyong An 5

Kuk Mu 4

Any other lower belt form as requested

Six 1 steps, 3 with a right punch defense and 3 with a left punch defense. All must be combinations.

Break two 1x12x10" white pine boards with a leg technique

1 minute sparring

Black belt

Meeting all Brown belt requirements plus the following;

No less than 1 year of class time as a Brown belt,

Chul Gi 1

Kuk Mu 5

Palsek

Five 1 or 3 steps

Break three 1x12x10" white pine boards with a leg technique

1 minute sparring