

## Tae Kwon Do History

.Tae Kwon Do is Korean and means the way of kicking and punching.

During the 6th Century A.D., the Korean peninsula was divided into three kingdoms, Silla, Paekche, and Koguryo. Silla, the smallest was in constant exposure of danger and being overrun by her more powerful neighbors. In response to their pressure, Silla assembled an elite fighting corps of young members of the higher class, which they called "Hwarangdo" or "Flower Youth Corps".

The fighting form of the Hwarangdo was known as Taekyon. At Kyungju, the ancient capital of Silla, two Buddhist images are inscribed on the Kumgang Giant Tower portraying two giants facing each other in a Tae Kwon Do stance. About 935 A.D. the art evolved into Soobokdo. It was the first art which combined the mind and the body into one art. In the Yi Dynasty about 1932 A.D., Soobokdo became a requirement to enter military schools.

The art grew and evolved into Tae Kwon Do as we know it today. Taekwondo was first introduced into the United States in the 1950's. In 1973, the first World Taekwondo Championships were held in Seoul, Korea, which lead to the formation of the World Taekwondo Federation. In 1974, Tae Kwon Do was admitted into the AAU. In 1980, Tae Kwon Do was formally recognized by the International Olympic Committee as a Class A sport, leading the way for Tae Kwon Do to be admitted into the 1988 Olympic Games in Seoul, Korea as a demonstration sport. Finally, Tae Kwon Do became a full medal sport in the year 2000 at the summer Olympic Games in Sydney, Australia.

[www.dragonstrainingcenter.com](http://www.dragonstrainingcenter.com)

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## Tae Kwon Do

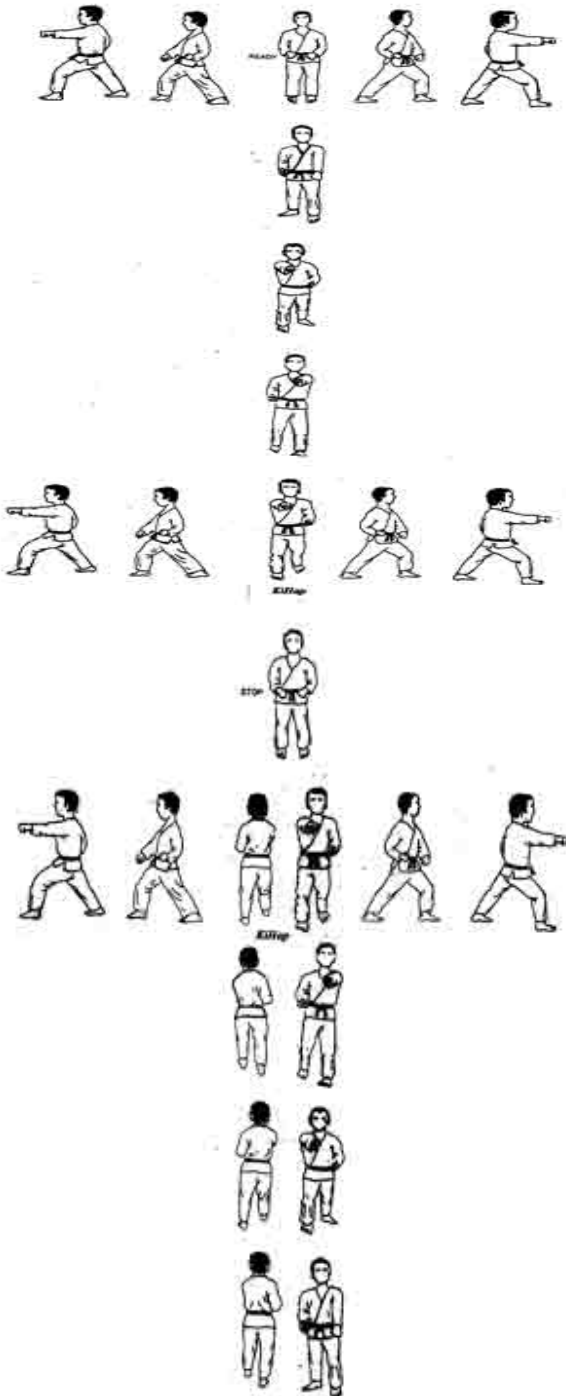
### Information for New Students

DTC's keystone is a world class Tae Kwon Do program. The program is led and instructed by Kukkiwon Certified Master Instructors: International Masters Shawn Strunsee and Jerry Hajewski, Master instructors Master Abner Fernandez and Master Matt Burdick. Kukkiwon certified black belt instructors Eric Peterson, 3rd Dan and Henry Schwichtenberg, 3rd Dan.

DTC's Tae Kwon Do program is an exciting balanced blend of tradition, science, modern training methods, and fun, with a strong dose of reality. Our instructors have been active in the community by leading the YMCA Tae Kwon Do training program for many years at the Southwest YMCA in Greenfield and Wauwatosa, WI.

*DTC's Tae Kwon Do program raises the bar. When you train with us, you will be trained by experienced and recognized masters*

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## Information for New Students

- Tae Kwon Do is a self- defense and a sport. Any student that uses Tae Kwon Do intentionally to hurt anyone will be immediately removed from the school.
- Our school is based on respect for self and others, personal responsibility, and discipline. All students are expected to follow our code of conduct, both in and out of class.
- Class starts promptly at the scheduled time, it is encouraged to arrive early to prepare.
- All students will bow to the flags to show respect when entering and leaving the training room and show a sense of urgency when lining up or being directed by a black belt.
- All students will address all black belt's with the salutation Sir or Mam.
- Students will be required to wear a Tae Kwon Do uniform, loose clothing may be worn for the first few classes.
- Uniforms should always be clean and wrinkle free. Uniforms should be washed, but belts are never washed.
- Why we wear our uniforms: It instills pride in the wearer as a practitioner of Tae Kwon Do. It identifies the individual's attained capacity and degree of Tae Kwon Do education. The uniform is symbolic of Tae Kwon Do heritage and tradition. The belt color denotes a grade and degree change which creates motivation while at the same time protects the principles of humility.
- Uniforms and all sparring gear can be purchased through the Dragons Training Center (DTC) , see an instructor or website for details.
- All Students will keep their fingernails and toenails cleanly trimmed.
- All students will display personal hygiene practices.
- Any student that needs to leave class early must ask permission from a black belt.
- A mouth guard and athletic supporter will be needed for all students. Sparring gear will be required for all students at the green belt level.

- Testing is one of the most exciting times for a Tae Kwon Do student, it is time to show the Master instructor's what you have learned and advance to the next belt.
- Testing is typically every 3-4 Months. March, June, September, and December.
- Your head instructor will approve whether or not you are ready to test.
- The Dragons Training Center (DTC) follows a strict curriculum for each belt level which will be used for belt advancement (testing); you can find the entire curriculum at the DTC website.
- Tournaments are a great opportunity to "show off" the skills you have learned. DTC promotes local tournaments in the area and encourages all students to participate. DTC periodically will host an invitational tournament.
- The Dragons Training Center website is updated often and is your source for upcoming news & training materials.  
[www.dragonstrainingcenter.com](http://www.dragonstrainingcenter.com)
- All Students will be required to have a waiver and photo release on file.
- Parents/Guardians may not enter the training room during class, but may wait outside the training room during class.
- Dragons Training Center operates out of the Southwest YMCA and the West Suburban YMCA location.

### Number System

Ha-na = One  
 Tul = Two  
 Set = Three  
 Net = Four  
 Ta-sot = Five  
 Yo-set = Six  
 IL-gohp = Seven  
 Yo-dul = Eight  
 A-hoop = Nine  
 Yuhl = Ten  
 Se-mul = Twenty

## Tying Your Belt...

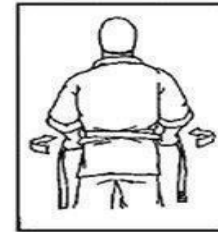
1. Place the center of your belt in the middle of your stomach.



2. Wrap both ends of the belt around yourself.



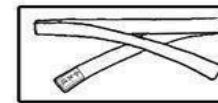
3. Cross both ends and continue towards the front of your body. The left part you are holding should be tucked under the loop of the right part.



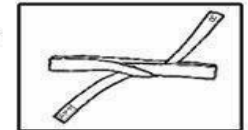
4. Have two equal ends ready to make a knot. the left part should be the inner most layer. (nearest your body)



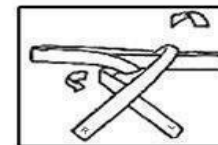
5. Cross the right part over the left.



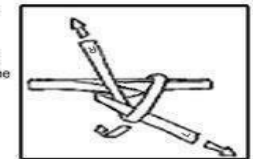
6. Continue the right end up under both wrap.



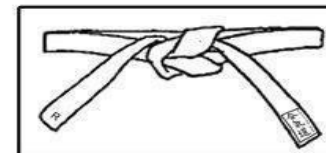
7. Place the right end (the one coming out of the top) on top of the other end making an "X".



8. Continue bringing the top end up through the hole that is formed by the "X".



9. Tighten the knot by pulling sharply to the sides. End result should be a neat, tight square knot.



### Student Creed:

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