



DRAGONS TRAINING CENTER

www.dtcwi.com

If you or your child is getting started in their Taekwondo experience, we want to thank you for starting out your journey with Dragons Training Center (DTC). DTC's goal is to provide a great Taekwondo experience at YMCA's very competitive prices. We have seasoned Instructors teaching every class, with many supporting instructors. Classes are led by Senior Master Strunsee, Master Eric Peterson, and Master Henry Schwichtenberg each of which are [Kukkiwon](#) Certified Black Belts.

- Traditions
 - 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 belts with the salutation Sir or Mam.
 - Parents/Guardians may not enter the training room during class, but may wait outside the training room during class. .
- Image and safety
 - Students will be required to purchase a Tae Kwon Do uniform before their first testing
 - Uniforms and all sparring gear can be purchased through the Dragons Training Center (DTC) , see an instructor or website for details.
 - Uniforms should always be clean and wrinkle free. Uniforms should be washed, but belts are never washed.
 - 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..
- Training
 - 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. .

Tae Kwon Do History at a glance

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 Kungang 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.

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

STUDENT CREED

I will develop myself in a positive manner and avoid anything that would 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.