

# BOLTZ'S FAMILY MARTIAL ARTS ACADEMY



Traditional Taekwondo Student Handbook

2014 Edition

## Welcome!

Welcome to Boltz's Family Martial Arts Academy. At Boltz's Family Martial Arts Academy, we teach Olympic-style Taekwondo in a format that accommodates individuals and families alike. Our curriculum is structured to allow students to develop as martial artists in a non-overwhelming environment that remains exciting and challenging. As you or your family develop as martial artists, you will see marked improvement in many areas of your life above and beyond athletic conditioning.

This handbook will help you during your training and answer many commonly-asked questions. Topics contained within this handbook provide insight into the many facets of training, from the day to day activities that occur during class to testing for belt advancement.

Later in your training, the Student Handbook will serve as the complete study guide for the written portion of your Dan (Black Belt) or Poom (Junior Black Belt) tests.

On behalf of Boltz's Family Martial Arts Academy, I would like to congratulate you on your decision to join our school. We look forward to training with you on the mat.

Master Greg Boltz Bolton  
Owner and Head Instructor  
Boltz's Family Martial Arts Academy

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# Boltz's Family Martial Arts Academy

## Programs Offered

Boltz's Family Martial Arts Academy offers the following programs:

### Taekwondo

At Boltz's Family Martial Arts Academy, we instruct the Korean martial art of Taekwondo. Our programs are specifically tailored for the following diverse groups: preschool/kindergarten-age; school-age children; teens; adults; and families. All of our students receive the benefits of training both mentally and physically. While enhancing the body through physical fitness, cardiovascular endurance, flexibility and coordination, training also improves the mind and spirit by promoting confidence, self-control, mental discipline, stress relief and a never-give-up attitude. Taekwondo develops the student as a martial artist with a focus on the traditional aspects of Taekwondo.

### Little Ninjas (Ages 3-6)

Children between the ages of three and six are building behaviors and characteristics based on their environment. Sufficient exposure to positive qualities and skill-building activities during this time will help to lay the foundation for growth and development throughout their childhood. Little Ninjas students will gain the physical benefits of fitness and coordination while improving focus, self-control, confidence, and cooperation with their instructors and their peers.

### Youth and Family Traditional Taekwondo (Ages 5+)

Our Youth and Family Taekwondo classes are a great extra-curricular choice for your child to get them active, build social skills, increase focus and develop self-control. These classes are a great fit for kids seeking a beneficial and fun extra-curricular as well as the top choice for families looking for an activity to enjoy together. "The family who kicks together sticks together!"

### Teen and Adult Traditional Taekwondo\* (Ages 12+)

We offer great opportunities for teens and adults to begin their martial arts journey or continue on a journey long-forgotten. We have a large population of teen and adult students at various levels. Participation in our Teen and Adult classes will help our dedicated students develop and hone their skills on their path towards Black Belt.

\*Youth students, Blue Belt and above, are also welcome at these classes.

### Haidong Gumdo

Korean Sword, or Haidong Gumdo, consists of basic techniques, forms, step sparring, sparring, energy building exercises and cutting practice. Additionally, there exists a mind/body/spirit balance to Haidong Gumdo. Advance to Black Belt in Haidong Gumdo while creating balance and harmony in your day-to-day life!

### Competition Team

Boltz's Family Martial Arts Academy-Boltz's Taekwondo's competition team, the Red Dragon Warriors, is for students who desire to take their training to the next level in the sport of Olympic-style Taekwondo. The Red Dragon Warriors meet regularly to prepare students for local, regional and national competitions.

Sparring Team meets for two hours each week for intense training to hone team members' sparring skills which allows this award winning team to continue bringing home the Gold! The two hour team



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practice is led by two coaches, a strength and endurance coach who takes to team through drills and high intensity cardio as well as the Head Coach who focuses on strategy, technique, and skill.

## Leadership Development Program

The Leadership Development Program is for students who are interested in helping with classes or for those who aspire to become instructors, counselors or coaches. The Leadership Development Program will help develop leadership skills and the knowledge to assist or lead any program.

- Senior Leadership Team (SLT) – The SLTs assist with the instruction and training in the Taekwondo program. SLTs must be 13 years of age or older and blue belt or above.
- Junior Leadership Team (JLT) – The JLTs assist with the instruction and training in the Little Ninjas program. JLTs must be 7 years of age or older.
- Counselor in Training (CIT) – The CITs assist with the training and activities during the School Release Camps and the summer camp programs. This training program is for future counselors. CITs must be 12 years of age or older.
- Coaching – The coaches program is for individuals that want to assist with the competitive teams.

## Birthday Parties

We take birthdays to a whole new level with obstacle courses, games and Taekwondo! The birthday star will get to cut their cake with a real Ninja Sword! Parties can be tailored to accommodate any age group, 4 years old to adult!

## Private Lessons

Private lessons with our trained staff for one on one instruction are available to provide you additional assistance when you need it.

## After School Martial Arts Program (AMP)

AMP is for students in grades K-6 and offers daily after school activities and all day programming on select school holidays. AMP provides transportation for students from their school to the gym for our fun and focused after school care. AMP students are provided an after school snack, directed homework time and martial arts classes.

- AMP includes transportation from your school to the gym, snack time, assisted homework help, arts and crafts, games, activities and martial arts classes.
- School Release Camps includes full-day camps on most of the days your school is closed for teacher work days, school release days and select holidays.

## Summer Camp

Summer Camps run all summer long and offer a wide variety of themes week-to-week. Our daily schedule includes, arts and crafts, science experiments, story time, camp-themed activities, LOADS of outdoor time and, of course, martial arts classes!



# Boltz's Family Martial Arts Academy

## **Boltz's Family Martial Arts Academy Membership**

Your enrollment in Taekwondo with Boltz's Family Martial Arts Academy gives you access to all of our programs, activities and events as long as you maintain an active membership. Along with this, you will receive:

- The official Boltz's Family Martial Arts Academy Patch
- A Boltz's Family Martial Arts Academy Student Handbook, which will provide insight into training.
- Weekly email newsletters updating you with what's going on at the gym.
- Rank advancement and certification through Boltz's Family Martial Arts Academy and the USA Taekwondo/Kukkiwon (the international authority for all Olympic-style Black Belt certification.)



# Boltz's Family Martial Arts Academy

## Introduction to Taekwondo

Taekwondo is a modern martial art; however, its origins and evolution can be traced back through 2,000 years of Korean history. For centuries, martial arts have been an integral part of Korean culture and heritage that has been improved and passed down from teacher to student. When the Japanese occupation in Korea ended after World War II, there was an resurgence of national pride that led Korean martial artists to renew their links to Korea's ancient martial arts. This led to the development of a new Korean martial art that, in 1955, was officially named Taekwondo. Today, Koreans practice Taekwondo in grade school and during military training as a way to build a strong sense of justice, fortitude, and humility using strict discipline, physical conditioning, and mental training. Taekwondo gradually spread to countries around the world where it is practiced as both a traditional self-defense system, and as a competitive sport. Taekwondo is a way for people of any age to learn self-defense and increase their physical fitness while training with others who have similar interests. Taekwondo not only develops the physical being, it also develops the moral being, which involves such things as character, integrity, and honor. These moral aspects develop unconsciously while students consciously train in the physical aspects of Taekwondo.

Taekwondo is a combat sport that uses bare hands and feet to fend off attackers. Due to its numerous kicks, each with many variations, many people call Taekwondo the "kicking martial art." This is not to say that Taekwondo does not use hand techniques. It uses the same basic hand techniques used in other martial arts, which makes it a well-rounded empty-handed martial art. Over the last few decades, sport Taekwondo organizations have worked together to develop Taekwondo into a modern international amateur and Olympic sport, while maintaining its proud tradition as a martial art.

Taekwondo is a science. By continual evaluation the techniques are evolved to improve their effectiveness. The result is the delivery of practical technique through the most effective means. This allows the student to adjust the power of their technique to fit any situation. The application of physics in this athletic activity is a solid real-world example of math and science being used outside of the classroom.

Taekwondo is physical fitness. The training required to perfect each technique requires the muscular exercise of the whole body. Taekwondo techniques may look easy but take time to learn. It takes concentration and effort to attain perfection. The mind and body must work in concert for a technique to be effective.

Taekwondo has become one of the most practiced martial arts in the world. Its popularity may be attributed to it being an official Pan-American sport, a demonstration sport in the 1988 and 1992 Olympics, and a full medal sport since the 2000 Olympic Games in Sydney, Australia. However, its popularity is mainly due to its spectacular techniques and enjoyment for all ages.

## Definition of Taekwondo

Taekwondo translates to "the art of foot and hand fighting." Taekwondo combines sharp, strong angular movements with graceful and free-flowing circular movements to produce a harmonious balance of beauty and power. Taekwondo's trademark is its devastating kicking techniques but is also complemented with an integrated and unique system of self-defense and personal development.



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## **Taekwondo Philosophy**

Although the literal translation of Taekwondo is the art of kicking and punching, it is only a superficial translation. The Korean word "do" implies a philosophical approach to life, a pathway to achieve enlightenment. Taekwondo is not only a method of self-defense; it is also a way of life. Through rigorous physical training, students of Taekwondo try to improve themselves physically, mentally and spiritually. True Taekwondo practitioners strive to extend the art to all aspects of their lives to achieve harmony with nature and a stable and peaceful existence.

## **Taekwondo as a Life-Leveler**

Taekwondo is a life-leveler. It evens out attitudes, emotions and actions. If you are short-tempered, it makes you more tolerant. If you are meek, it makes you more assertive. If you are impulsive, it makes you more restrained. These changes will occur slowly so they may not be as noticeable to you as they are to friends and family.

## **The Art and Sport of Taekwondo**

Taekwondo sparring is a useful tool to continue the development of the students understanding of the practical uses of their techniques and skills. The sport competition of Taekwondo utilizes sparring as a game to promote the overall art form, to incorporate application of skill and to test the practitioner's abilities against others.

## **Value of Taekwondo**

Taekwondo has practical values as a martial art, a self-defense system, and as a competitive sport. It also has ideological value based upon its technical and philosophical ideals. The technical ideal is derived from Taekwondo's stress on performing techniques with perfection. The philosophical ideal is attained when the technical and artistic aspects of Taekwondo bring balance and harmony to one's daily life. The ultimate value of Taekwondo is attained when the practitioner becomes aware of changes or threats in his or her environment and is able to effortlessly and properly react to them. This state of mind becomes possible through the mastery of a broad range of offensive and defensive Taekwondo skills.

## **Taekwondo vs. Karate**

Karate is a Japanese word and Taekwondo is Korean. In the past, the word Karate was used in the name of a Taekwondo school. This occurred as a business decision because the word Karate used to be a very general American term for all martial arts. In recent years, Taekwondo has gained popularity and the Taekwondo name is becoming more common. In short, Karate is a Japanese martial art which focuses more on hand technique whereas Taekwondo is a Korean martial art which emphasized powerful kicking combinations in addition to hand techniques.





# Boltz's Family Martial Arts Academy

## The Uniform, Patches and Belt

### The Uniform

The Taekwondo uniform is called a Dobok. Like everything else in Taekwondo, it is steeped in tradition and history. The Dobok consists of a jacket, pants and belt. The Dobok is not only for wear during Taekwondo training and testing, it is the required uniform for competition in tournaments and in the Olympics.

### Reasons for Wearing the Uniform

- It instills pride in the student as a practitioner of Taekwondo.
- It identifies the degree of skill that the wearer has attained.
- Rank levels indicated by belt color create incentive to achieve higher rank while also preserving humility.
- It is practical and healthy for physical activity.
- It distinguishes martial arts practitioners.

Students should keep their Doboks clean, ironed, folded neatly and in good repair. They should wear them with pride and proper respect.

### Where to Wear the Uniform

The uniform is an outward display of the students' respect for their training academy. The uniform is to be worn for classes, tournaments and other martial arts events when appropriate. It is disrespectful to wear the uniform anywhere else. Improper use of a Dobok increases the chance for stains and other mishaps that will ruin the uniform and make it unusable in class.

### Uniform Requirements

One of the requirements of every student is that they need to wear a uniform for their class training. There are many different uniform manufacturers and your school will have uniforms of varying cost and quality for students to purchase. Purchasing a uniform from outside the school is not recommended due to the variance of proper style, quality of the product, correct sizing and support of your school. Any uniform purchased outside the school must be approved before it can be used in association with any training related to the school.

### Color Belt Uniform Requirements

Color belt students should wear a plain white uniform with a white collar. Manufacturers' insignias and design work are also permitted. Uniforms designed for enthusiasts, amateurs and competitor product lines are acceptable, but must follow our uniform requirements.

### Warrior and Champion Member Uniform Requirements

Black Belt and color belt students who are Warrior or Champion members may wear approved red uniforms signifying their special membership.

### Summer Uniforms

Summer uniforms consist of your white or red Taekwondo uniform pants, your current belt and a Boltz's Family Martial Arts Academy or school specialty approved Taekwondo t-shirt. T-shirts that were not purchased at the gym must be approved before you wear them for class. Leadership Team summer uniforms include blue uniform pants, current belt and a Leadership Team Taekwondo T-shirt.



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## Leadership Team

When in class as part of the leadership team, you must wear a blue uniform after you have passed the probationary learning period. This signifies your reason for attending class and sets you apart as the example for students to follow. You will be required to change out of this uniform when participating as a regular student.

## Dress Uniforms

When attending a belt test or school events within the school, students are expected to dress in a full uniform. This would be a white or red (Warrior or Champion member) uniform and all the required patches fixed neatly on the uniform. The uniform should also be clean and free of any stains from training or other sources. At these times, you are representing yourself, the entire school and our entire organization.

When attending tournaments, events or seminars outside the school, students are expected to dress in full white uniform with all the required patches fixed neatly on the uniform. The uniform should also be clean and free of any stains from training or other sources. At these times, you are representing yourself, the entire school and our entire organization.

## Black Belt Uniform Requirements

- First Degree Black Belts will wear white uniforms that have a black v-neck top, or a red uniform with a black v-neck top.
- Second Degree Black Belts (Junior and Senior) have the option to wear black uniform pants and a white uniform top with a black v-neck. The white uniform top cannot be replaced by a red uniform top with a black v-neck.
- Third Degree Black Belts (Junior and Senior) have the option to wear black uniform top with white uniform pants or the black uniform pants with a white uniform top with a black v-neck. The white uniform top or bottom cannot be replaced by a red uniform top with a black v-neck or red uniform bottoms.
- Fourth Degree Black Belts and higher have the option to wear an all-black uniform.

## Patches

Maintaining uniformity is part of your martial arts training. These are the rules we follow in regards to what patches can be worn on your uniform and where they will be located:

### Boltz's Family Martial Arts Academy Patch

All students are required to have the Boltz's Family Martial Arts Academy patch fixed to their uniform on the left chest. The patch should align over the student's heart.

### USA Taekwondo Patch

All students who are members of USAT will have the USAT patch fixed to their uniform on the left shoulder. This patch should be fixed on the left arm 2 inches below the center of the left shoulder seam. All students are encouraged to maintain their membership while they are an active student of Boltz's Family Martial Arts Academy.

### Attaching the Patches

Patches should be fixed onto the uniform tight and clean with matching thread. Any patches that are falling off the uniform will be required to be fixed.



# Boltz's Family Martial Arts Academy

## **Belt**

The Taekwondo belt is called a Dee. Like everything else in Taekwondo, it is steeped in tradition and history.

### **The Belt System**

When you first walk into the Dojang (martial arts gym), you will notice that the students are wearing white uniforms and belts of various colors. You may wonder about the significance of the different color belts. The belt colors signify the approximate Taekwondo skill level of the student.

In the Dojang, there are not any age, gender, cultural, or racial barriers; all students begin their training at the lowest skill level, the white belt. Each student can train and progress at his or her own rate in accordance to his or her own desire and ability. During this training process, students develop proficiency at performing Taekwondo techniques while also developing the physical characteristics of strength, stamina, speed, flexibility, coordination, and balance. They develop the important mental characteristics of patience, humility, self-control, perseverance, concentration and respect. They also gain knowledge about Taekwondo and its origin. As students develop these skills and knowledge they are awarded colored belts to signify their level of proficiency.

A specific colored belt is awarded to students based upon their meeting the requirements for each belt and for their demonstration of skills during a test that have substantially improved from his or her last belt test. Belts are awarded to students based on improvement of their own personal skills. For this reason, belts give only a rough estimate of a student's actual Taekwondo skills. One red belt student may display extraordinary skills in comparison to another red belt student. It may appear that the lesser skilled red belt does not deserve the red belt, when in actuality, he or she trained an extraordinary number of hours and showed great progress to earn the belt in comparison to the more skilled red belt who was able to easily learn the skills in a short time.

The final goal of Taekwondo is the "perfection of human character." Many times this goal is forgotten. If you listen to Taekwondo students talk to each other, you would think the goal of Taekwondo is to achieve the rank of Black Belt. However, traditionally Black Belt is seen as the true beginning to a student's training. Therefore, a student's growth and development as a martial artist, and their demonstration of Taekwondo ideals stands first and foremost above and beyond rank.

Anyone who is willing to make the commitment of time and effort can learn Taekwondo and advance through the belt system. For some, advancement may take longer than others due to time conflicts with other phases of life, financial problems, physical differences, physical or mental disabilities, or injuries. However, since belt advancement is awarded on personal improvement, anyone who perseveres can be successful. The secret to advancing in Taekwondo is simple – commitment and perseverance.

### **Purpose of Belts**

In Taekwondo, the belt serves the utilitarian purpose of holding the uniform together; however, its main purpose is to document a students' progression through Taekwondo training. The belt system rewards students for their struggle and perseverance while encouraging them to develop their skills, discipline, and self-control so they may progress to higher belt levels. Belt color denotes the proficiency level of the student and it is the outward expression of the student's inner level of confidence and wisdom.



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Belts also help the instructor properly manage a class. Instructors may quickly evaluate the training levels of the entire class by viewing the belts.

## Belt Ranks

Within your martial art organization, martial art school, family, friends, and personal knowledge, you may hold a certain rank and have all that rank's responsibilities, privileges, and prestige. However, in the minds of people in the outside world, your rank only means what they think it means. It may mean a lot to them, or it may mean nothing; do not expect them to treat you any differently than they would treat an ordinary person.

## The Color Belt Ranks

The following list is the progression of the color belt ranks:

- White Belt
- Orange Belt
- Yellow Belt
- Green Belt
- Blue Belt
- Purple Belt
- Brown Belt
- Red Belt
- Provisional Black Belt

## The Black Belt Ranks

The following list is the progression of the Black Belt ranks:

For Youth, the Junior Black Belts or Poom, are for students under the age of fifteen.

- 1<sup>st</sup> Poom Red and Black Belt
- 2<sup>nd</sup> Poom Red and Black Belt with two bars
- 3<sup>rd</sup> Poom Red and Black Belt with three bars
- 4<sup>th</sup> Poom Red and Black Belt with four bars

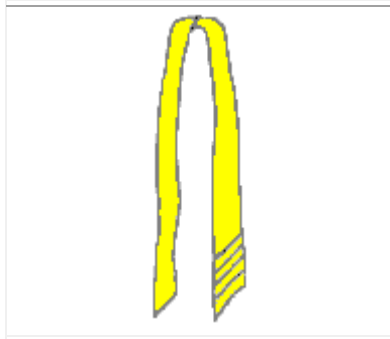
For Adult, the Black Belts or Dan, are for students age 15 and older.

- 1<sup>st</sup> Dan Black Belt
- 2<sup>nd</sup> Dan Black Belt with two bars
- 3<sup>rd</sup> Dan Black Belt with three bars
- 4<sup>th</sup> Dan Black Belt with four bars, title of Master
- 5<sup>th</sup> Dan Black Belt with five bars or Black Belt Red Stripe
- 6<sup>th</sup> Dan Black Belt with six bars or Black Belt Red Stripe
- 7<sup>th</sup> Dan Black Belt can be a variety of colors, title of Grand Master
- 8<sup>th</sup> Dan Black Belt can be a variety of colors
- 9<sup>th</sup> Dan Black Belt can be a variety of colors

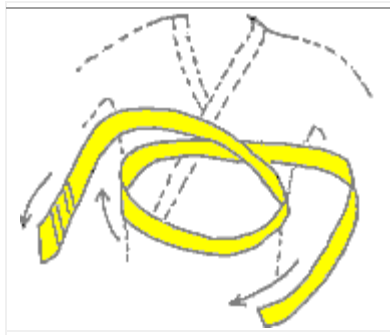


# Boltz's Family Martial Arts Academy

## Tying the Belt



Hold belt at its center, ends even, with stripes (if you have them) on the left side.



Place center of belt on front center of jacket, about one inch below the navel. Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.



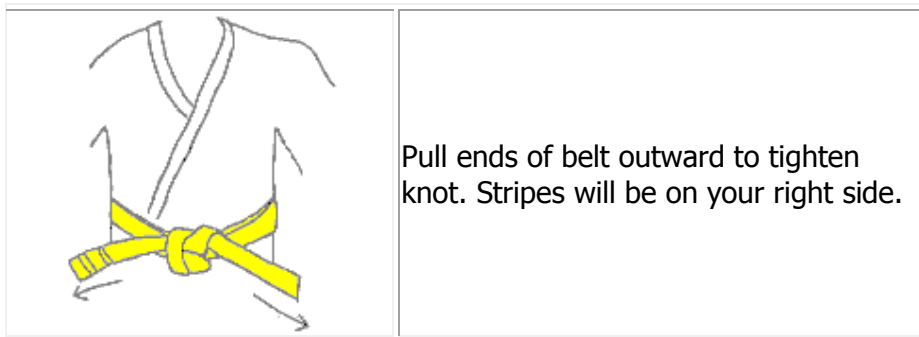
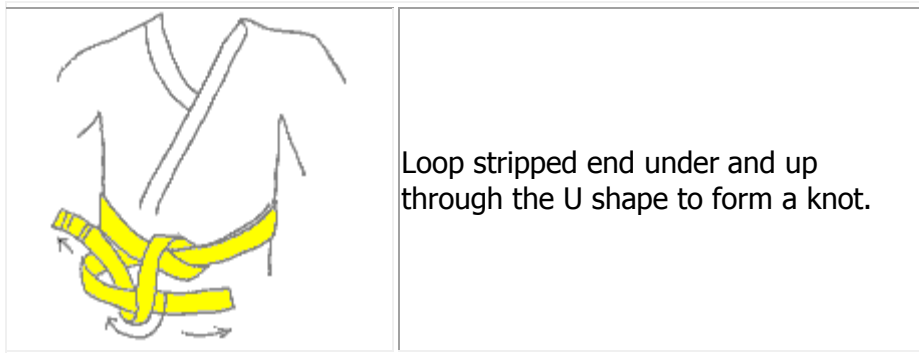
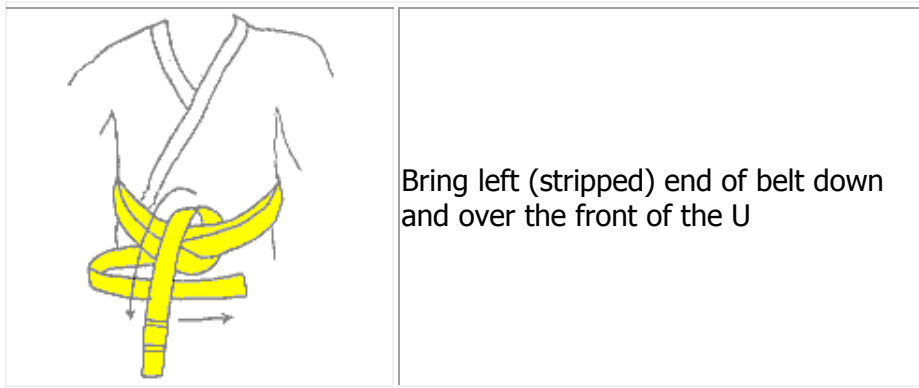
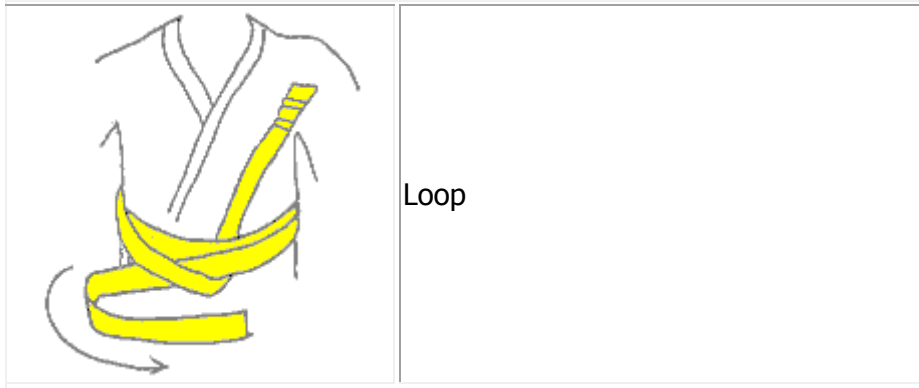
Lay the left side of belt over the navel. Lay the right side of belt across the navel. Stripes will now be on your left side.



Slide the left side of belt (striped side) under and behind all the belt layers at the navel. Stripes will still be on your left side.



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## Care of the Uniform and Belt

The uniform and belt are primary pieces of equipment for your training and the most visible display of your respect for your martial arts training.

### Storing

Care of the uniform between classes is almost as important as wearing the uniform in class. To keep your uniform neat and clean you can hang your uniform or fold the uniform to be placed neatly in your training bag.

A student should never cram a sweaty uniform in a bag to be pulled out wrinkly and foul-smelling for the next training class. This is disrespectful to the other students, to the school and to the art of Taekwondo. Always strive to display a positive appearance.

The belt should be folded or rolled up and placed in a bag or pocket. This will keep your belt safe and decrease the chances of loss or theft. Students should not wear their belts out in public unless they are participating in a demonstration or other training situation. In the minds of other people, your rank only signifies what they think it means. Wearing your belt in public might initiate a challenge. These are situations that are best avoided if possible.

### Cleaning

The uniform should be washed and dried after each class to keep the uniform neat, clean and free of odors. All stains should be removed or the uniform should be replaced. When a uniform gets ripped or frayed it must be repaired or replaced. Students with permanently stained or damaged uniforms will be instructed to no longer wear the stained or damaged uniform and to purchase a replacement.

Belts should never be washed. Traditionally, it is believed that the belt holds all your martial arts knowledge. If you wash your belt, it is said that you wash away all your martial arts knowledge. And ... usually a student washes their belt with their uniform and then the uniform turns the color of the belt!

### Alterations

Uniforms must be sized correctly. Pants should be long enough to touch the ankles and no longer than to touch the top of the foot. Jackets sleeves should touch the wrists and should be no longer than the back of the hand.

Belts may need to be re-sized to an appropriate length. Belts should wrap around the student a total of two times, to be tied correctly and have enough length on the ends for challenge stripes. Belts cannot be so long as to have the ends (when tied with equal lengths) reach the students eyes as this is a safety hazard.

## Belt Etiquette

The belt holds deep traditional significance which means that there are certain guidelines to follow regarding your belt. These are good rules of thumb that will ensure respect with relation to the belts as well as ensure a long life for your belt.

### Never touch another person's belt!

It is important to note that everything you wear in class is seen as an extension of yourself. This idea is a staple of martial arts training. Therefore, if you touch another person's belt without their permission



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it is seen the same as if you have touched them for no reason. Remember, "keep your hands to yourself" applies to belts as well.

## **Never play with your belt!**

As stated above, the belt is an extension of you; therefore, playing with your belt can be compared to picking your nose or other impolite or socially unacceptable behaviors. Additionally, when you are playing with your belt, including overzealous tightening of the knot and general fidgeting, you are not paying attention to your instructors or training partners.

## **Never let your belt touch the floor!**

As explained earlier, it is believed that your martial arts knowledge is held by your belt. This means that the experiences of training are present in your belt at all times. This includes the respect and enjoyment that you have gained from training. So, to set your belt on the floor shows that you do not respect those experiences and essentially throwing them away.

## **Never wash your belt!**

In the beginning, the belt system consisted of a white belt. From there the student would train for several years until the belt had turned black. At this point the student was considered a master. It was said that the change of color came from all the knowledge gained. This is also why washing the belt was said to remove the knowledge earned. In modern times this tradition lives on although we have many belts. This is mostly to avoid any unsanitary concerns that may arise from having a white belt so long that it turns black. The modern complete belt system eliminates the need to wash your belt, and allows the tradition to endure.

## **Always wear the correct sized belt!**

Taekwondo is a style that requires a lot of movement and activity. Therefore, it is imperative that you are completely focused on the task at hand. This is why the right size belt is so important. If the belt is too long it could (and most likely will) hit you in the face. Similarly, if it is too short you may have difficulty tying it, or it will become untied from time to time. These are concerns that can cause unsafe distractions in class. For example, what if a corner of your belt hit you in the eye, or what if it comes untied, and while picking it up you get kicked in the head. These are simple but frequent dangers that can be eliminated simply by having the correct sized belt.

## **Always tie your belt correctly!**

This idea has two very important and very different reasons. First, the knot used in class provides the best way to tie the belt while keeping it small and out of the way. While there are stronger knots, those knots are too bulky and distracting as the knot lays front and center of your body. Second, the uniformity of the knots conforms to Taekwondo's philosophy on family and unity. Obviously you will not be related to everyone you train with, so then why call it a "TKD family?" The answer is simple. While training, you should feel welcomed and safe. By creating a family environment in class you are free to feel welcomed and safe. We take this a step further by instilling uniformity amongst our fellow students. Just as brothers and sisters look similar to one another so does the TKD family. You may look completely different than your partners but you can appear similar by wearing your uniforms the same and, of course, tying the belt correctly.





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## **Always keep your belt in a safe place!**

The reasons for this should seem obvious; however, we would like to take this opportunity to introduce you to Murphy's Law. Murphy's Law states: anything that can go wrong will go wrong. This good-intentioned idea is too often overlooked by most people. It is for this reason that you may, on occasion, see a sun-faded pink belt instead of a red belt, or a parent may hear, "it was there yesterday." It is also the reason that from time to time an instructor may hear, "We've looked everywhere and just can't find it." Luckily, there is a solution; you can simply store your belt in a safe place. This place does not have to be a specially built room or a bank vault. However, it should be somewhere that you will always be able to access and preferably does not change like a closet, or a desk drawer, or even a training bag stored in a closet or desk. These things will not completely eliminate bad luck, but they will sure slow it down a lot.

## **Always wear your own belt!**

In every belt, you put a great deal of effort, training and accomplishments. In these things you should feel a great deal of pride and honor. Why would you want someone else to take credit for your accomplishments? By the same token, why would someone else want you to take credit for their accomplishments? When you wear someone else's belt you are pretending to be someone you're not, and discounting your own accomplishments while stealing theirs.

## **Always wear your current belt!**

Students need to present themselves as their current rank. This adheres to Taekwondo's policy of honesty and integrity. No matter what the reason, it is better to wear no belt at all, than to wear a belt that misrepresents your rank.

## **Exceptions to the Rules!**

There are times instructors may make contact with a student's belt. This is allowed as it is a part of the student's training. Instructors are knowledgeable in belt handling and care. Do not take this as a form of disrespect but as an opportunity for the instructor to help you with your training.



# Boltz's Family Martial Arts Academy

## Equipment

Like any other activity or sport there is a necessity for certain equipment. The equipment required by Boltz's Family Martial Arts Academy has been selected by the instructors for quality and safety features, with consideration to price. Often, multiple options are available.

## Required Equipment

### Uniform

The uniform is the first and most obvious piece of equipment every student needs. Boltz's Family Martial Arts Academy will require every student to have a properly fitted uniform by the time they are an orange belt. There are inexpensive uniforms that are designed for the everyday classes and more expensive uniforms that have a more comfortable cut, softer material, brand names, and other bells and whistles. Check with your school's pro shop for current brands and pricing.

Uniforms are required for students by orange belt.

### Chest Protector (Hogu)

The next most likely piece of training equipment needed will be the chest protector or Hogu. The Hogu will have a variety of designs. There are some Hogu's better suited for the sparring technique done in class and other Hogu's that are better for competition. Check with the pro shop for options and prices.

A chest protector is recommended for intermediate (yellow and green belt) students and required for advanced (belt and above) students.

### Gloves

Gloves are used to ensure safe training when performing techniques that use a large number of hard striking hand techniques and help develop students' hand-eye coordination. This training tool is used predominantly, but not exclusively, in the advanced classes. In the advanced class, students will also use their gloves for target holding as they learn to work back and forth with partners.

Gloves are required for advanced students.

### Weapons

Weapons are a required portion of the Black Belt material including bo staff, chucks, sword, and iron whip. Advanced students will periodically get the opportunity to learn basic weapons technique in special weapons seminars and/or classes. Because of the dangers in training with these weapons, only advanced students are allowed to purchase weapons. Boltz's Family Martial Arts Academy has strict rules as to what weapons are allowed for use in training at the gym. All weapons should be purchased through the schools pro shop. (Please see "Where to Purchase Equipment" section for more details.)

Weapons are required for Black Belts.



# Boltz's Family Martial Arts Academy

## Recommended Equipment

### Equipment Bag

The most helpful training accessory is a dedicated equipment bag. Although the size can vary, the function of this accessory is to provide easy and safe transportation of all the training gear and accessories such as the student handbook, uniform, belt and Hogu. Duffle bags from home are a great option for the novice student, there are equipment bags designed for the needs of martial arts students that can provide options to handle the specific equipment used.

### Kick Paddles

Kick Paddles (or clappers) are an effective and low cost training tool. The paddles are designed to make a clapping noise when technique is performed correctly. Also the small and lightweight design allow for the holder to give quick transitions to various targets while remaining outside the danger zone.

Paddles are recommended for intermediate and advanced students..

### Re-breakable Boards

The Re-breakable board can be a useful at-home training tool. Although the difficulty of the board can vary, this training tool can be used throughout the students training career. Contact your pro shop and your instructor for advice as to which re-breakable board is best suited for your training needs.

### Other Miscellaneous Training Gear

There is a variety of training equipment and gear that can be used on the floor and at home. Shin and instep guards, groin cup, hand targets, kick bags, training mats and a variety of other equipment are all available through your school's pro shop. As a student of Boltz's Family Martial Arts Academy you have the benefit of an expert to give you sound advice as to what equipment will best-suit your individual training needs.

## When to Purchase Equipment

The following schedule is the belt ranks in which the equipment is required for a student's training.

- |                   |             |
|-------------------|-------------|
| • Uniform         | Orange Belt |
| • Chest Protector | Blue Belt   |
| • Gloves          | Blue Belt   |
| • Weapon          | Black Belt  |

## Where to Purchase Equipment

Boltz's Family Martial Arts Academy has selected particular brands and styles of equipment which best suits the needs of the students. We continually evaluate and research equipment to provide the cutting edge of equipment design. In our evaluation we seek the most durable equipment with safety features specific to our style, while maintaining a price point that is considerate of the protection that it gives.

### Purchase at the gym

All training gear should be purchased at your school's pro shop to ensure that the correct and safe equipment is used for your training. Many regularly used items are kept on hand and can be purchased and picked up the same day. Special equipment can be ordered.



# Boltz's Family Martial Arts Academy

## **Contraband Equipment**

Any equipment not purchased from the school is considered contraband equipment. If this equipment does not meet Boltz's Family Martial Arts Academy standards, the equipment or gear will not be allowed for use on the training floor. This could pose a danger to the student, fellow students and the instructors. All contraband equipment must be reviewed and approved before use. If equipment is deemed unsafe and/or is not approved for use, do NOT take the equipment onto the training floor.

## **Gifted Equipment**

There are times that students will receive hand-me-down equipment from family members and/or friends. This equipment must still be approved by Boltz's Family Martial Arts Academy (See "Contraband Equipment" for more details). If a family member or friend is interested in purchasing equipment for a student, contact the pro shop of your school to purchase the equipment.



# Boltz's Family Martial Arts Academy

## **Policies and Procedures**

In an effort to standardize the day-to-day practices of students and proactively communicate policies and procedures, Boltz's Family Martial Arts Academy expects students and instructors to adhere to the following rules:

### **Teaching Technique**

At Boltz's Family Martial Arts Academy, we pride ourselves in our trained staff of Black Belt Instructors. Only Black Belt Instructors are allowed to teach techniques from our curriculum. We do this for our students' safety and to maintain the integrity of our curriculum. The only exceptions to this rule include Leadership Team members with instructor approval and visiting Black Belt Instructors who have been given approval by Boltz's Family Martial Arts Academy.

### **Demonstration of Technique**

Whenever students plan to perform or demonstrate technique outside of the gym it is required that they get specific permission before doing so. This is required so that your school instructor can review what is being demonstrated and that it is done in a safe manner. If you are asked to demonstrate, please notify your Chief or Head Instructor and they may help with planning your demonstration.

### **Communicating Health Issues**

We are aware that health issues occur from time to time for our students and their families. Your health, safety and well-being are of the utmost importance. Please contact us to discuss any health issues that you may have that could affect your training and safety. Your instructor will identify and offer solutions to address your individual needs. Most often adjustments can be made to allow the student to temporarily modify technique. Again, your health, safety and well-being are of the utmost importance to us. Please contact us to discuss any concerns you may have.

### **Severe Weather Attendance**

In times of severe weather, we ask parents and students to take a "Safety First" consideration when traveling to and from the gym. Always call your gym to confirm classes are being held in cases of severe weather. If traveling could be dangerous, we recommend that you do not travel.

### **Training Proximity**

Because of the nature of martial arts we ask that students, parents and guardians understand that physical closeness and unintentional contact may happen between any and all students. If you are uncomfortable with this at any time, please bring your concerns to the Chief or Head Instructor on staff. Concerns will be addressed by the Boltz's Family Martial Arts Academy Board and alterations to training may be approved if warranted. Students are expected to continue as instructed until such times as training techniques are changed by policy of the Board.

### **Grades in School**

A student should strive to live by the Tenets of Taekwondo. This translates to the student's grades in school. It is expected that a student perseveres in their academic efforts. An indication of lack of effort would be poor grades. If this occurs, a parent-instructor conference can be arranged to discuss the student's continued training.

### **Leave of Absence**

We are aware that sometimes our students will need to take a leave of absence. Please contact the Head Instructor or Program Director for the details of putting your membership on hold.



# Boltz's Family Martial Arts Academy

## **Rules for a Leave of Absence**

A leave of absence will begin after written notification is received and approved. Non-attendance is not considered notification of a leave of absence. Tuition is due until leave of absence is approved.

Terms for leave of absence can vary. Contact the Head Instructor or Program Director for details.

## **Returning from Leave/Absence**

When returning from a leave of absence, it is important to take it slow and not push yourself too hard; give your body time to readjust to the training. It's OK to attend the beginning class to start with a lighter workout. Take your time and participate in a graduated workout in the advanced class. Students have expressed concerns towards the look of a returning student being out of shape. Students and instructors will know that you have been out and be happy to see you back in class. Instructors and students understand that returning students need time to get back into shape.



# Boltz's Family Martial Arts Academy

## Social Interaction

### Social Proximity

While at the gym and martial arts functions we ask that students act in an appropriate manner around each other and for the perception of the public. Part of martial arts training enjoyment is the camaraderie developed between students of a variety of ages. Physical contact between students must be of an appropriate nature and not be perceived as inappropriate. For example, if a 17-year-old student has developed a friendship with an 18-year-old student, the content of their discussions and the physical contact must remain professional at all times. Please contact an instructor immediately if there are any questions or concerns.

### Minor Student Transportation

Boltz's Family Martial Arts Academy provides student transportation for AMP, Summer Camp, field trips, some tournaments and other events. Parent/guardian approval is required for such transportation to occur. On occasion, families may arrange transportation or ride-sharing with other students or families at the gym. It will be assumed that the parent/guardian of minor children have approved the transportation. The staff may, at their discretion, call and confirm a minor transportation arrangement with the minor's parent/guardian in an effort to ensure the safety of all of our students. However, carpools and ride-shares not involving Boltz's Family Martial Arts Academy staff are solely the responsibility of the families participating in the transportation.

### "Two-Deep Adult Policy"

Any time minors are present at the gym or at outside activities, we will do everything we can to ensure more than one adult is present. In the event this is not possible, a Boltz's Family Martial Arts Academy senior staff member will accompany the minor child. If this will not be possible for the duration of an event, the child may not be able to attend. We may ask the caregiver of the child to stay in attendance or receive permission from the caregiver for that event to be in the care of another specified adult.

### Dating Students

Students training at Boltz's Family Martial Arts Academy come to the gym to learn and practice martial arts. They attend class to increase their skill with a solid focus on their goals. Some students training at Boltz's Family Martial Arts Academy also come to the gym for the social aspects, community events and to be a part of the TKD family. Dating a fellow student at the gym is not recommended as it can be distracting to the goals of the dating students and other students in class. However, with the great amount of time that many spend at the gym, it is understood that relationships between students of appropriate dating age may occur. In the event two students are dating; they must conduct themselves with the tenets of Taekwondo at all times. If they fail to behave appropriately or if their relationship interferes with any aspect of any class at any time, they will be approached by the head instructor for disciplinary action.

### Student Family Member Relationships and Friends

While we encourage families and friends to train together, it is important for students to understand that while training on the gym floor, we view everyone as a student. Please understand and remember your friends, children, parents, spouse, or significant other are all equal students while on the gym floor.



# Boltz's Family Martial Arts Academy

## **Boltz's Family Martial Arts Academy Brand**

Boltz's Family Martial Arts Academy is selective about what will be associated with its name. Our desire is to maintain excellence in martial arts. Currently the Boltz's Family Martial Arts Academy has the following policies in regards to the use of its logo and branded products:

### **Boltz's Family Martial Arts Academy Logo**

The Boltz's Family Martial Arts Academy logo can only be used on Boltz's Family Martial Arts Academy approved items. The Boltz's Family Martial Arts Academy patch (received when registering or purchased at your school) can only be attached to your martial arts uniform. Before the Boltz's Family Martial Arts Academy logo or its likeness can be used in any way, such as in publication, on any type of equipment or clothing, direct permission must be requested to and given by Boltz's Family Martial Arts Academy.

### **Boltz's Family Martial Arts Academy Student Handbooks**

The Boltz's Family Martial Arts Academy student handbooks are resources for any student within the organization. To maintain the integrity of each student handbook, we expect that there will be no duplication of the handbooks. If a replacement handbook is needed the student should contact their school to purchase a replacement.

### **Boltz's Family Martial Arts Academy Apparel**

The Boltz's Family Martial Arts Academy apparel is designed for students, families and friends. The T-shirts, Sweatshirts, warm-ups and any other equipment and apparel can be worn outside of the gym. (Exceptions would be uniforms and equipment designed solely for in-class training.)

### **Red Dragon Warriors**

The Red Dragon Warriors logo can only be used on Boltz's Family Martial Arts Academy approved items. Before the Red Dragon Warriors logo or its likeness can be used in any way, such as in publication or on any type of equipment or clothing, direct permission must be requested to and given by Boltz's Family Martial Arts Academy.

### **Little Ninjas**

The Little Ninjas logo can only be used on Boltz's Family Martial Arts Academy approved items. Before the Little Ninjas logo or its likeness can be used in any way, such as in publication or on any type of equipment or clothing, direct permission must be requested to and given by Boltz's Family Martial Arts Academy.

### **Fitness**

The Fitness logos can only be used on Boltz's Family Martial Arts Academy approved items. Before the Fitness logos or their likenesses can be used in any way, such as in publication, on any type of equipment or clothing, direct permission must be requested to and given by Boltz's Family Martial Arts Academy.





# Boltz's Family Martial Arts Academy

## Overview of Training

A typical Taekwondo training session usually lasts for fifty minutes or one hour and consists of the following:

### Warm Ups

Warm up starts with a variety of exercises to get the blood flowing. It is important that the muscles are warm before stretching, to help prevent injury. Once warmed up, students will perform various stretching exercises to prepare the muscles for class as flexibility is important for performing high, fast kicks. During the warm up, students will perform calisthenics and other muscle building exercises to build strength and stamina.

### Skills

The skills instructed to develop a student's abilities include Patterns, Self-Defense Techniques and Kicking Combinations, Sparring Drills and Breaking Techniques.

### Pattern

Patterns involve a series of predetermined moves applied against an imaginary opponent or opponents. Pattern training helps develop proper blocking and striking techniques, proper stances, focus on target area, breath control, flexibility, agility, mental discipline and strength.

### Self-Defense Techniques and Kicking Combinations

In Self-Defense Techniques and Kicking Combinations, students work with partners to practice blocks and attacks in a realistic manner. Movements are predetermined. These teach students ways to defend themselves against a variety of attacks and builds confidence with techniques. They also help to develop power, speed and accuracy and increases knowledge of opponent's vital areas.

### Sparring Drills

Sparring Drills teach students to develop mental approaches and fighting techniques in a free flowing environment. Students apply the knowledge and skills in mock combat. Precise control is used to prevent injury. As skills and experience increase, blocks and attacks become "second nature" and they occur without conscious thought.

### Breaking

Board breaking, using boards or bricks, gives students an opportunity to demonstrate power, gain confidence in their skills and to gauge the effectiveness of their techniques.



# Boltz's Family Martial Arts Academy

## Material Teaching Plan

Our testing cycle consists of seven or eight week periods in which students are instructed on their required material for promotion. The material teaching plan explains the order in which the curriculum is presented. The following is the teaching plan that the instructors adhere to over the seven or eight week cycle to ensure that they present all the material for the next test.

<b>Week #</b>	<b>Primary</b>	<b>Secondary</b>
1	Yellow	Blue/White
2	Yellow	Blue/White
3	Green	Blue/White
4	Green	Blue/White
5	Fitness	Black/Review
6	Red	Blue/White
7	Red	Blue/White
8	Review	

Please note: Students will not begin learning secondary material until the instructor feels they are secure in the primary material. Students concerned that they have not seen a particular set of secondary material should either adjust their schedules to attend more classes or schedule a private lesson to learn the specific set of curriculum of which they are concerned.

### Primary Material

The primary material of the teaching plan is the curriculum focus for the majority of class.

### Secondary Material

The secondary material of the teaching plan may be instructed but only after the primary material has been sufficiently covered.

### Review Week

The last week of an eight week cycle is dedicated to the review of all the material instructed. This allows a refresher for all students preparing for test and is a refresher for those that are still working on technique for a future test.

### Missing Weeks

Students who do not attend classes during for more than a week will miss the instruction of some of the material. These students will need to make up classes for the time and material they missed. Students may have an opportunity to learn missed material in test cycles that include a review week; however, to ensure they stay on-track with their testing goals, students may consider scheduling a private lesson.

### Bonus Weeks

To accommodate for short weeks due to holidays, bonus weeks are added to the cycle to allow for sufficient training time. See your school for more details.

### Attendance

Attendance in class is vital for the growth of every student. It is the student's responsibility to ensure that they are noted for attending every class that they participate in.



# Boltz's Family Martial Arts Academy

## Challenges for Stripes

Each color belt rank has six sections of material that a student must learn for their test. These sections of material have been divided into color coordinated sections to allow the student to be formally assessed by their instructors or "challenge" to demonstrate their understanding of each section.

### Challenge Stripes for Youth

For a youth student, the goal of the next belt rank is a distant goal of two to four months. Having no acknowledgement of achievement in that time can be discouraging or allow the student to have a false sense of how they are preparing for the upcoming test. Each stripe gives the student feedback as to their level of competency and recognition of their growth.

### Challenge Stripes for Adults

For a majority of adults achieving a goal of the next belt rank within a two to four month period of time is reasonable and they do not have the same problems of discouragement that youth students have. However, the challenge stripes are beneficial to the adult students as an affirmation of their competency in the technique that they are learning and a viable method to maintain a schedule of preparation that will result in a successful belt test.

Challenges are designed for students to demonstrate their knowledge, understanding and application of the technique.

### Rules for Challenges

The following rules must be observed with stripe challenges:

- Students may challenge for any color stripe once they have completely learned and are confident in that set of technique.
- Students may not challenge for a stripe at the end of the same class in which they learned the technique.
- Only Black Belt Instructors and Leadership Team members that have received approval are eligible to conduct a challenge.
- Only one successful challenge stripe can be awarded per week.
- Students may challenge as many times as they would like in any given week until the challenge stripe is earned.
- Students are allowed only three mistakes during a challenge to pass.
- All challenge stripes are required for a student to be eligible to test.

### Training Outside of Class

There are three things students should do outside of the class to increase their levels of success and advancement: practice, practice and practice! Reviewing the techniques that they have learned in class will increase their abilities and allow for the retention of the technique faster than just classroom training. As students advance in rank, the need for out-of-class training grows. There are some simple and easy ways to train even with a busy schedule.

### The Pen is Mightier than...

Writing out technique as it is learned will help with mental review as well as understanding the correct terms for the techniques being taught. A curriculum manual or individual technique sheets are available for purchase to ensure students are practicing the correct technique. See your school pro shop to purchase technique sheets.



# Boltz's Family Martial Arts Academy

## **The Two Minute Review**

After learning technique, take two minutes in the morning and two minutes in the evening to review the technique. This repetition will strengthen your memory recall.

## **The Mental Review**

We all have little spots of down time during the day, for example, on the bus ride to school, while eating or while lying in bed. If students take these opportunities and make time to envision performing the technique, it will significantly increase their memory and retention.

## **Flash Cards**

Create flashcards by writing the technique on one side of an index card and the name of the technique on the other side. Practice saying out loud or mentally reviewing what the technique would look like then turn the card over to confirm you have all the right moves.

## **Review with Other Students**

Getting together with other students is a great way to review technique. Furthermore, this extra practice will benefit you during test time.

\*Please remember that new technique can only be taught by instructors. If someone has not been taught technique, DO NOT teach them the technique.



# Boltz's Family Martial Arts Academy

## Etiquette in Class

In any sport or activity customs, traditions and etiquette are of the utmost importance. They offer camaraderie, character, safety, individualism, pride, respect as well as overall enjoyment. Martial Arts training is no exception. In an environment where safety is an obvious and constant concern, this can be achieved by ensuring that ideals such as respect, pride, camaraderie and enjoyment are a regular occurrence. Each of the things listed above are circularly dependent on one another, and are essential to training safely. For example, respect becomes tradition, tradition becomes custom, custom instills character, character instills pride, pride promotes camaraderie, camaraderie promotes enjoyment, and enjoyment creates a yearning to return safely. These ideals in any other order will usually have the same result. Finally, etiquette is a way to specifically express these ideals both physically and verbally.

## Bowing

New students often wonder why we bow in Taekwondo class. Many are concerned that bowing may have a religious significance. It does not. While bowing may be used in religious settings, it is not a religious gesture. In Korea and other Eastern cultures, the bow is used in business or social situations that have no relationship to religion. In Western culture, we shake hands to greet, congratulate and to express gratitude. In Eastern culture, bowing expresses the same function as a hand shake or other physical greetings. The bow is used as a greeting, a symbol of combined accomplishment or mutual understanding or as a display of gratitude. Some examples of when we bow in Taekwondo are to:

- Indicate the start of formal class.
- Show respect to a person or to the person's position or rank.
- Indicate a willingness to learn from teachers and fellow students.
- Remind you that your partner is a person, not a practice dummy.
- Indicate the end of class.

## How to bow

Start with your feet together and your hands at your sides. Keep your back straight and bend at the waist. Bend no less than 45 degrees and no more than 90 degrees. Different degrees of bending are required for different situations.

## When to bow

- When entering or exiting the gym: It is customary, but not required, to bow at the door to pay respect to your training facility.
- When entering or exiting training floor: When stepping on or getting off of the training floor bowing is required. A student must bow once to the flags or the front of the gym, once to the Master Instructor(s) and once to other Black Belts in the room. Aside from showing respect, this is a way of saying, "thank you for being here to train me," to the facility and instructors.
- When class begins and ends: At the commands of the instructor at the front of the room, the class will bow to the flags, then to each of the Black Belts starting from the highest to lowest rank. When bowing in and out of class a student must bow a full 90 degrees and look at the floor. This deeper bow displays a deeper respect and courtesy for the countries of the flags presented in the training facility and for the embodiment of Taekwondo. It is also required of any student within the training facility to pay their respect by participating in the bowing from wherever they are standing in the gym. This is a requirement whether or not the student is in uniform.



# Boltz's Family Martial Arts Academy

- When working with a partner: When beginning and ending working with a training partner, Leadership Team member or Black Belt Instructor, a student is required to bow to show respect and as a way to say thank you for training safely. It is recommended, not required, that you look at your partner with your eyes. As long as you maintain a complete 45 degree bow this is still respectful, but it also shows that you are aware of your surroundings. Looking to the floor as you bow is also acceptable and shows a greater trust and respect to your partner. The only exception is when addressing a 4<sup>th</sup> degree Master or higher, then the student should always look towards the floor. This is done to honor their years of commitment and training in Taekwondo.
- When approaching another student: A student should always bow when approaching another student in the classroom, regardless of their belt rank. If they are a higher rank it shows respect and if they are a lower rank it sets a good example.
- When receiving or passing an item or shaking hands: When receiving an item, when passing an item to someone, or when shaking hands with another person, you should extend out the hand that is working while the other hand is under the extended arm. The hand under the extended arm is flat with the palm facing down towards the ground. As you receive or pass the item or shake the hand you should bend at the waist to bow.
- When sparring and performing patterns: A student must bow at the beginning and end of each sparring match and pattern.

Exceptions to the Rules: A student is excused from bowing during, but not limited to, the following:

- When a student is ill to the point that restroom facilities are an immediate need
- When bleeding causes an immediate biohazard on the training floor
- When moving heavy equipment on and off the training floor

In conclusion, these bowing procedures will always be expected throughout your training.

## **Manners**

As previously stated, etiquette is a way to specifically express ideals such as respect. These are certain ways that further express this concept.

## **Sir and Ma'am**

When addressing another person in the gym, it is customary to say, "Mr. or Ms." before the person's first name. In addition to displaying courtesy and respect, it also honors our past. Since its creation, Taekwondo has been used for self-defense in the military. Some of the first Taekwondo Masters were generals training their armies. They always referred to one another by rank. In the majority of today's gyms, student population is civilian; however, we still honor students with courtesy as if they have ranks such as Mr. or Ms. The fact that they are civilians is why we use the student's first name instead of their last name. For example to greet someone named John, one would say, "Hello, Mr. John." It would then also be customary to bow. (See Bowing section for more information.) Similarly, when talking to another student you should refer to the person you are speaking with as "Sir" or "Ma'am." For example, if your instructor commands you to do something that you know how to do you should respond with a loud "Yes Sir" or "Yes Ma'am", and proceed to do as instructed. Once again these responses not only show courtesy, but they are brief and effective ways of letting people know that you are on the same page.



# Boltz's Family Martial Arts Academy

## **Please and Thank You**

The use of the words "Please" and "Thank You" are a must, and should be accompanied by "Sir" or "Ma'am." For example, when your instructor drops you for pushups, you should respond with a loud "Thank You, Sir/Ma'am!" then proceed to do the pushups.

## **Asking a Question**

The proper protocol for asking a question to an instructor is to bow, assume a Joon Bee stance and wait for the instructor to acknowledge them. Once the instructor acknowledges the student, the student will bow and say "Excuse me, Sir/Ma'am, may I ask you a question?" Once the student receives permission, they can proceed with their question. After receiving an answer, the student will bow and finish with "Thank You, Sir/Ma'am!"

## **Position in Relation to the Instructor**

When an instructor is addressing the class from the front of the room, it is disrespectful for a student to position themselves in-between the instructor and the front wall of the classroom. This is a traditional sign that you believe that your rank is equal or superior to the instructor and could be perceived as a challenge.

When a Black Belt Instructor or Leadership Team Member is charged with running a class from the front of the room, that person has temporary authority over the rest of the students participating in the class regardless of his or her rank.

## **Disrespectful Body Language**

There are two traditional body postures that demonstrate disrespect and contempt for the instructors and in particular the Head Instructor of the school. The first is the position of the hands on the hips. This is said to be a question of the instructor's knowledge and a disbelief in the validity of the technique. The second is the position of the arms crossed in front of the chest. This is seen as a challenge of the instructor's abilities to perform the technique. Both postures used to be resolved in full contact combat with the instructors verses the offending person(s). Today it is often resolved with a warning and/or pushups.

## **Foul Language**

The use of foul language is disrespectful and is strictly prohibited in the gym and at all martial arts events. A violation of this rule is taken very seriously and will be dealt with quickly and sternly.

In conclusion, the use of manners not only shows that you are courteous, but it also demonstrates respect for yourself and for those around you.



# Boltz's Family Martial Arts Academy

## **Training Safely**

Safety is a great concern across the spectrum. Once injury occurs, the first response of the body is pain. Pain is a signal that you should cease what you are doing. An additional response is discouragement and a lack of enjoyment. In simple terms, when you get hurt you stop having fun. If you are not having fun, Taekwondo will cease to be an activity you enjoy. Most of the gym's rules are in place to keep students and instructors safe. Adhering to the rules and policies of the gym ensures continued enjoyment of Taekwondo for all.

## **Jewelry**

The wearing of jewelry, including earrings and piercings, is prohibited while on the training floor. These articles can get caught on anything from skin to clothing to fingers to toes. This can result in the tearing of skin and/or clothing.

When a piercing cannot be removed, the student is expected to cover it with a bandage or tape they are not exposed. Students are responsible for providing the materials necessary for safety.

Wedding bands or any other religious articles are the exceptions to the rule. Students are required to cover the jewelry or, in the case of a wedding band, turn it around to cover any sharp or protruding edges. Any injuries or damages caused by the band or to the jewelry is the sole responsibility of the student and any equipment damaged is expected to be replaced by the student at the current retail cost.

## **Movement within the Gym**

With the constant activity during training, students must move throughout the gym in an organized way to maintain safety.

### **Training Space**

Students must be aware of other students' proximity when they are moving and stay a safe distance from any student that is involved in self-practice. For example, if a student is practicing their pattern and another student steps too close, the student performing pattern may execute a technique that strikes the other student. This could cause injury to either or both students.

### **Cutting between Partners**

Students must be aware of their surroundings being careful not step between partners who are training. This is disrespectful and dangerous because at any given time the partners might perform technique that could strike the intruding student. This can result in injury to either or both students.

### **Runways**

Students must be aware of where they are moving and not step into a training runway. For example, when a student is performing a flying side kick, they have a distance of the floor to run before they attempt the kick. Stepping in the way of the student is disrespectful and dangerous as it could result in a collision. This again can result in injury to either or both students.

### **Instructors**

Students must be aware of the instructor's proximity when navigating the gym floor and should maintain a safe distance. Walking too close to or behind an instructor that is teaching or holding for technique is disrespectful and dangerous. The instructor might perform technique that could strike the





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student, step back on the student or be thrown in the direction of the student. Any of these situations could result in injury of the student.

## Square Corners

With all the situations that could arise and cause injury, the student is expected to move about the gym in the safest way possible using Square Corners. "Square Corners" is where the student moves about the gym as if walking along the outsides of a large square. For example, if the student is performing technique in the front of the classroom with their instructor, when finished they will proceed directly to the back of the training floor and turn at a 90 degree angle in the direction of the training line. The student should proceed cautiously with their head up and watching for others as they return to the training line.

## Training with Injuries

There are times when a student may be training with an injury. In this event, the student training must take special precaution not to aggravate or worsen their injury. With this in mind, a student has the ability to continue a graduated training practice and participate in class with a reasonable degree of safety. The instructors should always be informed of the injury before class begins so that recommended modifications to the training can be given when the student is faced with an exercise that would aggravate the existing injury.

Students and families should understand that although training with modifications during an injury may slow a student's advancement, it is preferable to ceasing training entirely. Lengthy sabbaticals and medical leaves typically result in a regression of abilities and knowledge. Please seek doctors approval before returning to training

## Belt Etiquette

For the Belt Etiquette section, please see page 13-14 in The Uniform, Patches and Belt section.

## Lining Up

When the class is commanded to line up, all students will assemble in line with the highest ranking student to the left and all lower ranking students to the right in descending belt order.

When a student approaches their color belt group in line, you will take the last spot in the line of your color belt group. All students when standing in line will be in a good Joon Bee stance and direct their attention to the instructor.

## Color Belts with Challenge Stripes

The number of challenge stripes do NOT factor in to where the student will line up within their color belt group.

## Manners to Enter the Line

If there is not enough space for a student to fit into the line, they must say "excuse me, sir/ma'am" to the two students that need to part to allow for the student to enter. At this time the line will need to adjust itself to allow space for the entering student.

## Caring for the Gym and Training Equipment

The gym and the training equipment are there for the training of students. It is a martial arts tradition for students to care for, clean and maintain the gym and the training equipment. After each class, all students should neatly put away the training gear. All adult and advanced students are required attend to the cleaning of their school by accomplishing the chores that are assigned or the tasks that need



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attention. As any student is leaving the facility, they should be conscious to clean and straighten up as needed. This attention to your school will result in a facility that all students will be proud to be members of.

## **Personal Hygiene**

Part of martial arts training involves training in close proximity with fellow students; because of this every student must be aware of their personal hygiene.

### **Cleanliness**

A student's uniform must be well-kept and clean with regular washing (see Care of Uniform and Belt for more details). Hands and feet are exposed and in contact with the floor, pads and other training equipment and must be clean and dry during training. Hair must be washed and kept neat and under control. Longer hair should be tied back or braided to avoid obstruction of view of the student or contact with another student.

### **Personal Body Odor**

An integral part of martial arts training is the rigorous workout. This workout will cause perspiration and subsequently can increase the chance of body odor. Steps should be taken before class, with a clean uniform and deodorant, to help with body odor.

For students that are planning on participating in multiple classes in one day and have overactive perspiration and/or body odor, it is strongly recommended to have a second uniform on hand to change into and/or additional deodorant to apply during the break between classes.

### **Personal Grooming**

It is important to have finger and toe nails neatly trimmed and clean. As we are constantly working with our hands and feet, having them cleaned and trimmed will prevent scratches or cuts as well as reduce the risk of common viruses and infections, such as colds or the flu.

### **Health Issues**

Illness is a part of life that cannot be avoided. We understand this, but do not want to have these illnesses spread throughout the student population. When a student is not feeling well, (i.e fever, cough, excessive runny nose or other illness) we ask them to refrain from class attendance and limit exposure to the rest of the student population.



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## Taekwondo Curriculum

These are the curriculum requirements for the youth and adult color belts.

**\*The requirements are listed by the rank in which you will achieve when you have successfully completed the test.**

(Example: Youth orange belts will test on the youth yellow belt requirements to achieve their yellow belt.)

### Color Stripes

As part of the preparation of the color belt material, students must challenge for the stripes of each belt level. The stripe represents a portion of the entire material that is required for each belt test. (See Overview of Training – Challenges for Stripes for rules on challenging.)

The following are the areas of curriculum and their color coordinated stripes.

- Black Stripe                      Fitness /Technical
- Blue Stripe                        Pattern
- Yellow Stripe                      Sparring Drills
- Green Stripe                      Self-Defense Technique
- Red Stripe                         Kicking Combinations
- White Stripe                      Board Breaking

### Advanced Tests

The advanced belt tests below have been nicknamed according to the focus placed on them.

#### Confidence Test

The Brown Belt test is where the student demonstrates their highest level of confidence in their techniques and themselves.

#### Stress Test

The Red Belt test is where the student demonstrates the ability to control their self and function under pressure.

#### Sweat Test

The Provisional Black Belt test is the last color belt test and is a demonstration of how far the student has come physically and their ability to perform technically.



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## Traditional Taekwondo Youth Beginning

Orange Belt	Fitness:	Combined Score: 50	Black Stripe
	Technical:	Juchum Seogi Jireugi	
	Pattern:	Kibon Hyung	Blue Stripe
	Sparring:	1-12 Basic Sparring Drills (Static)	Yellow Stripe
	Self-Defense:	1-5 One Steps Forward and Back Roll	Green Stripe
	Kicking:	1-5 Combination Kicks	Red Stripe
	Breaking:	Flying Side Kick Number of Attempts: 15	White Stripe
Yellow Belt	Fitness:	Combined Score: 55	Black Stripe
	Technical:	Juchum Seogi Jireugi	
	Pattern:	Taeguek Il Chung	Blue Stripe
	Sparring:	1-12 Basic Sparring Drills (Dynamic)	Yellow Stripe
	Self-Defense:	6-10 One Steps Forward and Back Roll	Green Stripe
	Kicking:	6-10 Combination Kicks	Red Stripe
	Breaking:	Flying Side Kick Over 1 Person Number of Attempts: 10	White Stripe



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## Traditional Taekwondo Youth Intermediate

Green Belt	Fitness:	Combined Score: 60	Black Stripe
	Technical:	2 Punch	
	Pattern:	Taeguek Yi Chung	Blue Stripe
	Sparring:	1-12 Intermediate Sparring Drills (Static)	Yellow Stripe
	Self-Defense:	1-5 Target Technique Standing Forward and Back Roll	Green Stripe
	Kicking:	1-6 Intermediate Kicks	Red Stripe
	Breaking:	Flying Side Kick Over 2 People Number of Attempts: 5	White Stripe
Blue Belt	Fitness:	Combined Score: 65	Black Stripe
	Technical:	2 Punch	
	Pattern:	Taeguek Som Chung	Blue Stripe
	Sparring:	1-12 Intermediate Sparring Drills (Dynamic)	Yellow Stripe
	Self-Defense:	6-10 Target Technique Standing Forward and Back Roll	Green Stripe
	Kicking:	1-6 Black & Blue Technique	Red Stripe
	Breaking:	Turn Back Kick Number of Attempts: 5	White Stripe



# Boltz's Family Martial Arts Academy

## Traditional Taekwondo Youth Advanced

Purple Belt	Fitness:	Combined Score: 70	Black Stripe
	Technical:	Intermediate Rolling & Falling 2-4-6 Punch	
	Pattern:	Taeguek Sa Chung	Blue Stripe
	Sparring:	1-12 Counter Sparring Drills (Static)	Yellow Stripe
	Self-Defense:	1-4 Advanced One Steps	Green Stripe
	Kicking:	1-4 Full Contacts	Red Stripe
	Breaking:	Front Kick Forearm Number of Attempts: 5 Foot / 5 Hand	White Stripe
Brown Belt "Confident Test"	Fitness:	Combined Score: 75	Black Stripe
	Technical:	Intermediate Rolling & Falling 2-4-6 Punch	
	Pattern:	Taeguek Oh Chung	Blue Stripe
	Sparring:	1-12 Counter Sparring Drills (Dynamic)	Yellow Stripe
	Self-Defense:	1-7 Advanced One Steps	Green Stripe
	Kicking:	1-7 Full Contacts	Red Stripe
	Breaking:	Double Roundhouse Hammerfist (Down) Number of Attempts: 5 Foot / 5 Hand	White Stripe



# Boltz's Family Martial Arts Academy

Red Belt  "Stress Test"	Fitness:	Combined Score: 80	Black Stripe
	Technical:	Intermediate Rolling & Falling 2-4-6 Punch 21 Movement (18 Seconds)	
	Pattern:	Taeguek Yuk Chung	Blue Stripe
	Sparring:	1-12 Back Kick Sparring Drills (Static)	Yellow Stripe
	Self-Defense:	2-3 Set 3-2-1- Steps	Green Stripe
	Kicking:	1-4 Advanced Face Contacts	Red Stripe
	Breaking:	540 Back Kick 360 Axe Kick Palm Number of Attempts: 3 Foot / 3 Hand	White Stripe
Provisional Black Belt  "Sweat Test"	Fitness:	Combined Score: 90	Black Stripe
	Technical:	Intermediate Rolling & Falling 2-4-6 Punch 21 Movement (15 Seconds)	
	Pattern:	Taeguek Chil Chung	Blue Stripe
	Sparring:	1-12 Back Kick Sparring Drills (Dynamic)	Yellow Stripe
	Self-Defense:	4-5 Set 3-2-1 Steps	Green Stripe
	Kicking:	1-7 Advanced Face Contacts	Red Stripe
	Breaking:	Backspin (2 Hand Hold) Twin Front Kick Knifehand (Across) Number of Attempts: 3 Foot / 3 Hand	White Stripe



# Boltz's Family Martial Arts Academy

## Traditional Taekwondo Youth Junior Black Belt

Junior Black Belt	Fitness: Technical:	Combined Score: 100 Written Test Intermediate Rolling & Falling 2-4-6 Punch 21 Movement (12 Seconds)	Black Stripe
	Pattern:	Taeguek Pal Chung	Blue Stripe
	Sparring:	1-12 Basic Sparring Drills 1-12 Intermediate Sparring Drills 1-12 Counter Sparring Drills 1-12 Back Kick Sparring Drills	Yellow Stripe
	Self-Defense:	22 Movement (Section by Section) 1-10 One Steps 1-10 Target Technique	Green Stripe
	Kicking:	1-12 AA Course 1-10 Combination Kicks 1-6 Intermediate Kicks 1-6 Black & Blue Technique	Red Stripe
	Breaking:	Selection from Breaking Menu Number of Attempts: 3 Foot / 3 Hand	White Stripe

### Breaking Menu

Mandatory:	Flying Side Kick Over 4 People	(1 Board)
Pick 2:	Forearm	(2 Boards)
	Palm	(1 Board)
	Hammerfist (Down on Blocks)	(2 Boards)
	Knifehand (Across)	(1 Board)
Pick 3:	Turn Back Kick	(2 Boards)
	Double Roundhouse	(1 Board Each)
	540 Back Kick	(1 Board)
	Backspin (1 Hand on Top)	(1 Board)
	360 Axe Kick	(1 Board)
	Twin Front Kick	(1 Board Each)
	Front Kick	(2 Boards)





# Boltz's Family Martial Arts Academy

## Traditional Taekwondo Adult Beginning

Orange Belt	Fitness:	Combined Score: 50	Black Stripe
	Technical:	Juchum Seogi Jireugi	
	Pattern:	Kibon Hyung	Blue Stripe
	Sparring:	1-12 Basic Sparring Drills (Static)	Yellow Stripe
	Self-Defense:	1-5 One Steps	Green Stripe
		Forward and Back Roll	
	Kicking:	1-5 Combination Kicks	Red Stripe
	Breaking:	Side Kick	White Stripe
Number of Attempts: 3			

Yellow Belt	Fitness:	Combined Score: 55	Black Stripe
	Technical:	Juchum Seogi Jireugi	
	Pattern:	Taeguek Il Chung	Blue Stripe
	Sparring:	1-12 Basic Sparring Drills (Dynamic)	Yellow Stripe
	Self-Defense:	6-10 One Steps	Green Stripe
		Forward and Back Roll	
	Kicking:	6-10 Combination Kicks	Red Stripe
	Breaking:	Step Behind Side Kick	White Stripe
Number of Attempts: 3			



# Boltz's Family Martial Arts Academy

## Traditional Taekwondo Adult Intermediate

Green Belt	Fitness:	Combined Score: 60	Black Stripe
	Technical:	2 Punch	
	Pattern:	Taeguek Yi Chung	Blue Stripe
	Sparring:	1-12 Intermediate Sparring Drills (Static)	Yellow Stripe
	Self-Defense:	1-5 Target Technique Standing Forward and Back Roll	Green Stripe
	Kicking:	1-6 Intermediate Kicks	Red Stripe
	Breaking:	Turn Back Kick Number of Attempts: 3	White Stripe

Blue Belt	Fitness:	Combined Score: 65	Black Stripe
	Technical:	2 Punch	
	Pattern:	Taeguek Som Chung	Blue Stripe
	Sparring:	1-12 Intermediate Sparring Drills (Dynamic)	Yellow Stripe
	Self-Defense:	6-10 Target Technique Standing Forward and Back Roll	Green Stripe
	Kicking:	1-6 Black & Blue Technique	Red Stripe
	Breaking:	Combo Break Number of Attempts: 3	White Stripe



# Boltz's Family Martial Arts Academy

## Traditional Taekwondo Adult Advanced

Purple Belt	Fitness:	Combined Score: 70	Black Stripe
	Technical:	Intermediate Rolling & Falling 2-4-6 Punch	
	Pattern:	Taeguek Sa Chung	Blue Stripe
	Sparring:	1-12 Counter Sparring Drills (Static)	Yellow Stripe
	Self-Defense:	1-5 Advanced One Steps	Green Stripe
	Kicking:	1-5 Full Contacts	Red Stripe
	Breaking:	Front Kick Forearm Number of Attempts: 3 Foot / 3 Hand	White Stripe

Brown Belt "Confidence Test"	Fitness:	Combined Score: 75	Black Stripe
	Technical:	Intermediate Rolling & Falling 2-4-6 Punch	
	Pattern:	Taeguek Oh Chung	Blue Stripe
	Sparring:	1-12 Counter Sparring Drills (Dynamic)	Yellow Stripe
	Self-Defense:	1-10 Advanced One Steps	Green Stripe
	Kicking:	1-10 Full Contacts	Red Stripe
	Breaking:	Double Roundhouse Knifehand (Across) Number of Attempts: 3 Foot / 3 Hand	White Stripe



# Boltz's Family Martial Arts Academy

Red Belt  "Stress Test"	Fitness:	Combined Score: 80	Black Stripe
	Technical:	Intermediate Rolling & Falling 2-4-6 Punch 21 Movement (18 Seconds)	
	Pattern:	Taeguek Yuk Chung	Blue Stripe
	Sparring:	1-12 Back Kick Sparring Drills (Static)	Yellow Stripe
	Self-Defense:	1-3 Set 3-2-1 Steps	Green Stripe
	Kicking:	1-5 Advanced Face Contacts	Red Stripe
	Breaking:	540 Back Kick 360 Axe Kick Palm Number of Attempts: 3 Foot / 3 Hand	White Stripe

Provisional Black Belt  "Sweat Test"	Fitness:	Combined Score: 90	Black Stripe
	Technical:	Intermediate Rolling & Falling 2-4-6 Punch 21 Movement (15 Seconds)	
	Pattern:	Taeguek Chil Chung	Blue Stripe
	Sparring:	1-12 Back Kick Sparring Drills (Dynamic)	Yellow Stripe
	Self-Defense:	4-6 Set 3-2-1 Steps	Green Stripe
	Kicking:	1-10 Advanced Face Contacts	Red Stripe
	Breaking:	Backspin (1 Hand Hold on Top) Twin Front Kick Knifehand - Brick (Down) Number of Attempts: 3 Foot / 3 Hand	White Stripe



# Boltz's Family Martial Arts Academy

## Traditional Taekwondo Adult Black Belt

Black Belt	Fitness: Technical:	Combined Score: 100 Written Test Intermediate Rolling & Falling 2-4-6 Punch 21 Movement (12 Seconds)	Black Stripe
	Pattern:	Taeguek Pal Chung	Blue Stripe
	Sparring:	1-12 Basic Sparring Drills 1-12 Intermediate Sparring Drills 1-12 Counter Sparring Drills 1-12 Back Kick Sparring Drills	Yellow Stripe
	Self-Defense:	22 Movement 1-10 One Steps 1-10 Target Technique	Green Stripe
	Kicking:	1-15 AA Course 1-10 Combination Kicks 1-6 Intermediate Kicks 1-6 Black & Blue Technique	Red Stripe
	Breaking:	Selection from Breaking Menu Number of Attempts: 3 Foot / 3 Hand	White Stripe

### Breaking Menu

Mandatory:	Backspin/Roundhouse	(1 Board Each)
Pick 2:	Forearm	(2 Boards)
	Palm	(2 Boards)
	Hammerfist (Across - 2 Hands on Bottom)	(1 Board)
	Knifehand (Across - 2 Hands on Bottom)	(1 Board)
Pick 3:	Turn Back Kick	(3 Boards)
	Double Roundhouse	(2 Low - 1 High)
	540 Back Kick	(2 Boards)
	Backspin (1 Hand on Bottom)	(1 Board)
	360 Axe Kick	(1 Board)
	Twin Front Kick	(1 Board Each)
	Front Kick	(2 Boards)



# Boltz's Family Martial Arts Academy

## Promotion Testing

Testing for higher rank/belt is an important part of Taekwondo. When a student is promoted to a higher belt, they receive tangible recognition for their hard work. Belt promotions give students a great feeling of pride and accomplishment and build their confidence.

## Purpose of Testing

There are many reasons for testing. Some of those reasons are listed below.

### Motivation

Tests motivate students to train harder than they may if there were no tests. The belt ranking system provides goals for students, giving them a purpose to continue training. Healthy competition as well as camaraderie encourages students to keep up with the promotions of their peers. Due to the drive to succeed and face new challenges, the mere presence of a test motivates students to keep training, and try to improve themselves.

### Analysis and Feedback

Testing helps the judge and the instructor(s) analyze strengths and weaknesses of students. Feedback is a useful part of a student's learning process. Testing provides the instructor feedback on the standards of the school as a whole and on individual students. It allows the instructor to gauge the effectiveness of his or her teaching. Testing allows the judge to evaluate how instructors are doing, whether standards are uniform, and which areas need more attention.

### Certification

Certification is formal recognition by an authorized body that a student has attained a certain level of knowledge and competence. Anyone may buy a Black Belt, but an authorized belt certificate from an international organization is difficult to attain. The certification is prized for a lifetime as proof of belt status even when the skills have faded.

### Standards

Standards are what separate many Taekwondo organizations. Standards are debated within organizations and between organizations. An organization that strives for excellence and respect must have strict and tough standards. Testing helps set and maintain standards. Individual instructor standards may vary but ultimately, the minimum standard is what is specified by the certifying organization.

## Promotion Application and Test Fee

Promotion applications and testing fees must be turned in together before test day.

## Test Recommendation

Students must be recommended to test by a Chief or Head Instructor. Chief and Head Instructors will evaluate students and make recommendations based on the number of stripes a student has accumulated and the student's overall competence in the material. When a student is recommended for testing, a Chief or Head Instructor will present that student with a promotion application.

## Promotion Application

For each belt test a student must fill out and turn in a promotion application. The promotion application must be filled out neatly to ensure a correct certificate. For youth students we require signatures from their parents at home and from their school teachers to confirm that they are trying to live their lives by the Tenets of Taekwondo. If the student does not receive an acceptable report from either the



# Boltz's Family Martial Arts Academy

parent or the school teacher, the student will have to have a parent-instructor conference before testing will be permitted.

## Test Fee

A test fee is charged which covers facility costs, instructor's time, a new belt, a certificate of promotion, etc.

## Requirements for Belt Tests

To be eligible to participate in a test, students must have all challenge stripes required and the minimum number of class training hours. To be promoted, students must adequately demonstrate all of the following: Fitness, Pattern, Sparring Drills, Self-Defense Techniques, Kicking Combinations and Breaking.

Promotion requirements vary depending on the belt level and the age of the student. Please see the curriculum section of the student handbook for more details on the individual belt testing requirements.

## What is Being Tested?

During a test, the judge evaluates the student's performance on the basis of correctness, power, timing, control, and enthusiasm in relation to their ability.

## Testing

Now is the time you have been preparing for, the belt test. Here are some tips on how to make the test easier.

## Remember the Criticism

Since your last test, your instructors have identified area(s) in which you can improve. During the test, remember the criticisms you receive are to help you develop as a martial artist.

## Exude Confidence

Be confident, determined, and assertive, but relax and remain humble. When an answer is required, make it loud, strong, and clear. You may be nervous and afraid, but do not show it. Strength, confidence, and determination impress everyone at testing.

## You Have Some Slack

There are minimum requirements for advancement to the next belt level. The judge is trained to look for completion of these minimums, such as correct movements in patterns or correct technique in sparring. At the lower color belt levels, the judge gives students a little more slack. You might get some slack, but examiners will not lower organization standards just to promote students.

## If You Fail

If you fail, make sure you know exactly why. You may think you know why, but you may be wrong and may fail again for the same reason. For example, you may have made a mistake on your pattern; however, the underlying reason for the failure may have been a lapse in concentration. Do not let failure dampen your spirit. Warriors can handle victory, a true warrior is one who can handle defeat and return victorious. Return to training with renewed vigor. Work to improve all your techniques but concentrate on what caused your failure.



# Boltz's Family Martial Arts Academy

## Retesting

If there is a portion of your test that you do not pass, you will have the opportunity to retest just on the portion that was failed. The retest will occur at the school during regular class times or immediately after the regular class. There is no extra charge for retesting.

### Rules to Retesting

- The student must work on the failed material and review the corrections that were given at the test.
- A student must participate in a minimum of two class periods before a retest may be attempted.
- The student is permitted to retest once per week. Weeks begin on Mondays.
- The student can continue to retest until they have successfully passed the failed portion of the test and then the belt will be awarded.

## Belt Presentation

On the test day, or when you complete all the testing requirements, you will be awarded your new belt. When you are awarded a belt the instructor will ask you to turn away from the flags. You will also be instructed to take your current belt off. (At this time it's best to hang the belt over your shoulders as the belt should never touch the ground.) The testing instructor or another instructor will then tie your new belt around your waist.

## Public versus Closed Testing

All color belt tests are open to the public. Family and friends are encouraged to come and support students on test day. Belt testing is a great chance for family and friends to see what Taekwondo is all about and is an excellent opportunity for students to share their growth and accomplishments in Taekwondo with the people they care about.

Black Belt tests are closed to the public, but are open to all red belts and higher. Red belts and Provisional Black Belts are encouraged to observe Black Belt tests to gain perspective on the test they will soon be embarking upon as well as supporting their peers.

Black Belts from other organizations and styles will require permission from the Head Instructor to attend a Boltz's Family Martial Arts Academy Black Belt test. Approval needs to be requested and received before testing day.

## Certificates

Boltz's Family Martial Arts Academy issues certificates for all color belt and Black Belt testing. The student will receive their certificate at the next presentation ceremony when all requirements have been successfully completed.

Students testing for Black Belt and Junior Black Belt ranks will be issued certificates from Boltz's Family Martial Arts Academy and from the Kukkiwon, the international authority for Black Belt Certification. The Boltz's Family Martial Arts Academy Black Belt certificate will be presented at the end of the showcase/presentation ceremony in which the testing candidate completes all their requirements. Processing from the Kukkiwon (located in Seoul, South Korea) may vary. The certificate will be presented to the student at the next available ceremony after the certificate has been received.





# Boltz's Family Martial Arts Academy

Black Belts testing with Boltz's Family Martial Arts Academy are eligible to receive USAT Black Belt Certification if they elect to do so. The USAT is the National Governing Body of Olympic Taekwondo in the United States. There is an additional fee for USAT certification.

## **Presentation ceremony**

Boltz's Family Martial Arts Academy will present certificates following testing for color belt ranks and Black Belt ranks.

Color belt certificates are presented at the end of regular classes to publically recognize students' achievements in the presence of their peers.

The Black Belt ceremony is called The Showcase. Though Black Belt tests are closed to the public, their showcase is an opportunity for family, friends, students and the public to witness the skills of the new Black Belt. Promotion to Black Belt can be compared to graduation from college as it is seen as a milestone in the life of a martial artist. All existing students are expected to attend each Black Belt Showcase. This practice promotes our philosophy of a strong family environment.

\*Certificates for color belt and Black Belt will be presented when all of the requirements for advancement have been met.



# Boltz's Family Martial Arts Academy

## Tournaments

Tournaments are a fun way to experience competition while testing your skills in a safe environment outside the gym. They instill a sense of camaraderie and community within the martial arts world for students of all ages, rank and skill. Prior to tournament participation, we recommended students familiarize themselves with the following information.

## Tournament Participation

Tournaments can vary significantly from organization to organization, including events, rules, and availability. This section is designed to detail some of these variations to help students understand what to expect at tournaments, and so that they can have a safe and enjoyable experience.

## Events

There can be a wide variety of events that tournaments may offer, however a typical tournament could include sparring, pattern, and breaking. Some tournaments may also include tag-team sparring and weapons pattern just to give other examples. Students will compete against other students of similar age, rank and size (see Division section below).

- **Sparring:** Consists of two players facing off against each other in a test of their ability to perform technique against a living opponent. Typically there will be a referee mediating the contest to ensure safety and enforcement of the rules. The rules of play are often complex and can vary from tournament to tournament.
- **Pattern:** Consists of students performing a designated pattern in front of a panel of judges. This panel will score each student's pattern on criteria set forth by the tournament director prior to the tournament date. There are multiple ways of designing a pattern competition, and the format can vary from tournament to tournament.
- **Breaking:** Consists of students demonstrating their ability to perform technique with power. The most common material used for these demonstrations are boards made of pine, however a wide variety of materials can be used. Typically students have the opportunity to choose the technique(s) they would like to perform, however the format and rules for breaking competition are governed by the tournament director prior to the competition.
- **Weapons:** Consists of students performing a pattern in front of a panel of judges. This panel will score each student's pattern on criteria set forth by the tournament director prior to the tournament date. There are multiple ways of designing a weapons competition, and the format can vary from tournament to tournament.
- **Demo Team:** Consists of a demo team performing a demonstration in front of a panel of judges. This panel will score each team's demonstration on criteria set forth by the tournament director prior to the tournament date. There are multiple ways of designing a demo team competition, and the format can vary from tournament to tournament.

## Divisions

Tournament divisions are derived from the need to ensure safety and fair play. They also provide an easy way to organize the day so each competitor has a turn and time to compete. Divisions can be broken up by age, weight, gender and approximate rank at the discretion of the tournament director. For example a 21 year old male red belt would not be in the same division as a 10 year old female red belt despite having the same rank. Obviously this would present a danger to the younger athlete and would not allow the older athlete a chance to perform to their maximum capability. Another example, two 9 year old boys (a blue belt and purple belt) could very well be in the same division, as the divisions will be comprised of 2 to 3 belt levels of similarly ranked students.



# Boltz's Family Martial Arts Academy

## **Tournament Selection**

There is a great deal of variation in tournaments, and students are required to follow the rules as laid out by each tournament director. It is the goal of the Boltz's Family Martial Arts Academy that all of our students have a safe and enjoyable experience. Therefore, the Boltz's Family Martial Arts Academy Board carefully reviews each tournament prior to selection. If a student decides to attend an approved tournament they should notify their coach and/or instructor prior to the event. It is not recommended that a student participate in unapproved tournaments, and a student must seek permission prior to attending a tournament that has not been reviewed by the Boltz's Family Martial Arts Academy Board.

## **Coaching**

Students benefit greatly from having a coach at their side. It is the job of the coach to know and understand the varying rules and formats for each individual tournament, as well as provide the students with the necessary information to compete. The coaching staff will warm-up competitors, assist them to get to their assigned ring on time, watch and coach competitors during their matches, as well as look out for their safety and ensure adherence to tournament rules. Boltz's Family Martial Arts Academy coaches go through a rigorous and extensive training program and are certified by the Boltz's Family Martial Arts Academy. Boltz's Family Martial Arts Academy coaches also maintain necessary certification and registration as is required by USA Taekwondo, and each individual tournament.

When students compete at a tournament, they receive the benefits of a well trained and certified coach. Students can expect to pay a coaching fee for these benefits, and will receive a form laying out the costs of the competition.

## **Tournament Etiquette**

Tournaments function on a formalized code of conduct based on the tenets of Taekwondo. These rules are taken very seriously and should be followed with the utmost integrity. This section will detail what the expectations are with regards to these rules as well as explain the reasoning behind them.

### **Clean Uniform**

Students are representatives of the gym they train at, and therefore it is important that all students wear a uniform that is appropriately sized, free of stains, unwrinkled, and clean. (See Care of Uniform and Belt section on page 12.)

### **Gear**

For each event there is required equipment, and a student can be disqualified from competition if they do not have all necessary gear. Therefore, students need to come prepared with all of their required equipment. Contact your coach and/or instructor if you have questions about what gear is required to compete.

### **Foul Language**

The use of foul language is disrespectful and is strictly prohibited in the gym and at all martial arts events. A violation of this rule is taken very seriously and will be dealt with quickly and sternly. Special Note: Parents and spectators that use foul language can incur disciplinary actions against their competitor.

### **Courtesy**

Students will meet many martial artists from various schools and organizations at tournament. To represent yourself and your school well, it is important to treat everyone you meet with the same



# Boltz's Family Martial Arts Academy

courtesy you use within the gym. This includes bowing, and using "Sir" and "Ma'am" when interacting with anyone you meet at the tournament. Special Note: It is common for Masters and Officials to be dressed in regular clothing. Therefore, it is wise to be courteous with everyone you meet.

## Rules of the Ring

When entering the competition area it is important to observe the following rules of etiquette:

- Bow when entering and leaving the ring- Bowing denotes respect for the area of play, the competitors, and the officials.
- Shake opponent's hand following a match- This recognizes that everything occurring within the match, occurred in the spirit of competition, and no grudge shall be held as a result of the match.
- Shake opposing coach's hand following a match- This demonstrates respect for the time spent by the coach in training your opponent.
- NEVER argue with tournament officials. Without officials, there would be no tournament. Therefore, it is of the utmost importance that students show respect for the time and energy that officials put into a tournament. It is the job of your coach to contest any decisions that appear to have been made unfairly, as the coach will know the correct process for this situation. Special Note: As parents are not trained to deal with this sort of situation, they should never question or approach an official regarding a decision because this could worsen the situation for the student, reflect poorly on the school, and could affect the likelihood of our school being invited to local tournaments.

## Support Fellow Teammates

In the spirit of camaraderie, team unity and sportsmanship, it is important that competitors feel supported by their fellow teammates. This will be done by cheering on your fellow students throughout the day. This will help to raise the morale of all of those competing, as well as strengthen the bonds between students from the same organization. Team members are expected to remain at the tournament until all of their teammates have competed.



# Boltz's Family Martial Arts Academy

## History

### Martial Arts in Ancient Times

- The origins of Martial Arts in Korea can be traced back approximately 2000 years.
- At this time, the Korean peninsula was divided into three Provinces.
  - Koguryo Province
  - Paekje Province
  - Silla Province
- The training of martial arts grew as warrior corps were organized in the provinces to deal with the threat of foreign invaders. As a result, martial arts training was adopted as one of the important subjects of learning.
- The most well know warrior corps was from Silla. The Hwarangdo Warriors are credited as being an influential part in Silla's conquering of the other provinces and unifying Korea under one rule.

### Taekwondo in Modern Times

- 1909: Korea was invaded by Japan. A Japanese colonial government was established and totally prohibited the practice of martial arts. Martial arts masters of the times were killed, trained in secret or fled the country.
- 1945: At the end of World War II, Korea was liberated from the Japanese colonial rule. Martial arts masters resurfaced and martial arts flourished.
- 1953: After the Korean War, martial arts continued to grow in popularity with 2,000 martial arts masters sent out to over 100 countries to spread the Korean martial arts.
- 1955: Five main Kwans (schools) emerged and began to organize martial arts in Korea. These Kwans are:
  - Chung Do Kwan
  - Moo Duk Kwan
  - Song Moo Kwan
  - Chang Moo Kwan
  - Yun Moo Kwan
- 1971: The Kwans selected Taekwondo to be the name of the national martial art of Korea.
- 1972: The Kukkiwon was founded as the central gymnasium and headquarters for Taekwondo worldwide. It is the center for all Kukkiwon Black Belt certification.
- 1973: The World Taekwondo Federation (WTF) was formed by the Kukkiwon with 108 countries as members, electing Dr Un Yong Kim as its president. The WTF is the international authority for Taekwondo competition.



# Boltz's Family Martial Arts Academy

- The Kukkiwon name was formalized.
- The Taekwondo manual was published by the Kukkiwon.
- The first high grade Dan promotion was conducted by the Kukkiwon.
- First World Taekwondo Championship was organized by the Korea Taekwondo Association (KTA) and held at the Kukkiwon.
  
- 1974: The Kukkiwon completed its registration with the Government of the Republic of Korea (South Korea) with its articles of foundation, electing Dr Un Yong Kim as its president.
  - In the United States, Taekwondo was admitted into the Amateur Athletic Union.
  - The Kukkiwon Taekwondo Demonstration Team was founded.
  
- 1980: Implementation of Taekwondo Instructors Training Education
  - The International Olympic Committee (IOC) grants official recognition to the WTF.
  
- 1982: Taekwondo was selected as an exhibition event at the 1988 Olympics.
  
- 1984: The National Amateur Athletic Union Taekwondo formed the United States Taekwondo Union (USTU). The USTU assumed the position of national representative organization for the WTF in the United States.
  
- 1988: Taekwondo premiered as an exhibition sport in the Olympic games in Seoul, South Korea.
  
- 1992: Taekwondo returns as an exhibition sport in the Olympic games in Barcelona, Spain.
  - First Annual Taekwondo Hanmadang was organized by the Kukkiwon in South Korea. The Hanmadang is an international Taekwondo competition that includes Pattern, Breaking, Team demonstration and more.
  
- 1994: Taekwondo was selected as an official sport for the 2000 Sydney Olympic Games.
  
- 1995: The English version of the Taekwondo Textbook was published.
  
- 2000: Taekwondo premieres as a full medal sport in the Olympic games in Sydney, Australia.
  
- 2004: Taekwondo returns as a full medal sport in the Olympic games in Athens, Greece.
  - The USTU was forced to undertake a major organizational restructuring. Later that year, the USA Taekwondo is created and assumes the position of the representative organization for the WTF.
  
- 2006: The number of member nations of the WTF reached 182 countries.
  - USAT introduces the Coaching Identification and Development Program (CIDP) for coaches' education and athletes' development in the United States.
  - First World Taekwondo Poomsae Championships are organized by the WTF and held in Seoul, South Korea.
  
- 2007: USAT forms the Martial Arts Commission (MAC).
  - USAT unveils the new Referee Development and Certification Program.



# Boltz's Family Martial Arts Academy

- 2008: Taekwondo returns as a full medal sport in the Olympic Games in Beijing, China.
  - First Family of Taekwondo, Steven, Mark and Diane Lopez, made Olympic history by having three siblings compete and medal in the same event at the same Olympic games.
  - The 2008 Hanmadang is held in Anaheim, CA. This is the first time in history the Hanmadang is held outside of Korea.
  - WTF initiates the development of an athlete ranking system.
  - First use of electronic scoring system for an international competition occurs at the 2008 World Championships in Copenhagen, Germany.
  
- 2009: WTF forms a special ad-hoc committee to analyze and recommend electronic scoring systems and policies.
  - First World Para-Taekwondo Championships are held in Baku, Azerbaijan.
  - USAT introduces the use of the electronic scoring system at the Under 24 (U24) national team trials at the Olympic Training Center (OTC).
  
- 2010: WTF signs their 190<sup>th</sup> member nation with the addition of the Nation of Oman.
  - USAT launches National Sport Poomsae Program
  - Inaugural Youth Olympic Games are held in Singapore.
  - Guidelines for selection of USAT National Demo Team are created
  - USAT implements National Ranking Systems
  
- 2012: Taekwondo returns as full-medal sport in the London, England Olympic Games



# Boltz's Family Martial Arts Academy

## Boltz's Family Martial Arts Academy History

### 2002

Master Boltz tested for 4<sup>th</sup> Degree through the Northwest Martial Arts (NWMA) organization. At this time, Master Boltz took the opportunity to review the technique(s) and organization of NWMA. Through this review he identified several areas that were in need of improvement.

### 2003

Master Boltz began to introduce changes to the curriculum to address areas in the technique that needed improvement. The idea was to make sure that the curriculum progressed on a step by step method to ensure student success in training.

### 2004

Master Boltz began to evaluate the current organizational structure and sought to improve parts of the operational method.

### 2005

With the understanding that radical changes were needed to produce a successful outcome, Master Boltz enlisted the aid of Mr. Troy Knowlton and Mr. Ricardo Aguilera as Chief Instructors, each having over ten years of martial arts experience, to create an improved organization with the ability to evolve and adapt.

### 2006

Master Boltz presented to Mr. Troy and Mr. Ricardo the Boltz's Family Martial Arts Academy name to represent the new organizational structure created by the team. The Boltz's Family Martial Arts Academy assumed the position of governing body for our school(s). Boltz's Family Martial Arts Academy addressed the organizational conflicts with the NWMA. Unfortunately, no common ground was found and the Boltz's Family Martial Arts Academy decided it was in the best interest for the schools and students to separate from the NWMA.

Due to the separation from NWMA, Boltz's Family Martial Arts Academy was in need of an alternate source for Kukkiwon certificates. The Kukkiwon is the international authority for Black Belt Certification. The most logical step was to increase involvement in the USA Taekwondo (USAT) which is the national governing body for Olympic Taekwondo in the United States and is the National representative organization for the Kukkiwon and the World Taekwondo Federation (WTF).

### 2007

Master Boltz and Mr. Ricardo tested for advancement under Master Herb Perez (The 1992 Olympic Gold Medalist and one of the most well-known champions in the world). Master Boltz tested to 5<sup>th</sup> Degree and Mr. Ricardo tests for 3<sup>rd</sup> Degree Black Belt.

Boltz's Family Martial Arts Academy published the 2007 Edition of the Student Handbook. The student handbook presented 85 pages of information on the martial arts and Taekwondo training.

The Boltz's Family Martial Arts Academy Board approved Team Challenge as the official name for the Boltz's Family Martial Arts Academy sparring competition team.





# Boltz's Family Martial Arts Academy

Mr. Jeremy Goldberg accepted the role of Lead Instructor of an Boltz's Family Martial Arts Academy satellite school and joined the Boltz's Family Martial Arts Academy Board as a probationary member.

## 2008

Boltz's Family Martial Arts Academy Board approved the changing of the color belt curriculum to a set standard material for each belt rank. Additionally, Boltz's Family Martial Arts Academy unveiled the Black Belt curriculum for promotion from 1<sup>st</sup> to 4<sup>th</sup> Degree Black Belt.

Master Troy Knowlton retired from training and resigns his responsibilities with the Boltz's Family Martial Arts Academy.

Master Boltz and Mr. Ricardo traveled to Foster City, CA for training with Master Herb Perez. The end result of the training was an agreement with Master Perez to mentor Master Boltz and Mr. Ricardo to continue their training and advancement in Taekwondo.

The Boltz's Family Martial Arts Academy Board appointed Mr. Jeremy to full board member status. Boltz's Taekwondo promoted Mr. Jeremy to the role of Chief Instructor.

Boltz's Family Martial Arts Academy published the 2009 Edition of the Traditional Taekwondo Student Handbook.

Boltz's Family Martial Arts Academy Board approved and sanctioned the first Interschool Mini Tournament.

Mr. Jeremy stepped down from his position as a Boltz's Family Martial Arts Academy board member.

## 2010

Mr. Ricardo tested for 4<sup>th</sup> Degree and received the title of Master Instructor by a panel of Taekwondo masters.

The Boltz's Family Martial Arts Academy Board approved expanding the competitive team to include a pattern team.

Boltz's Family Martial Arts Academy Board approved and sanctioned the first Interschool Hanmadang Tournament.

Boltz's Family Martial Arts Academy premiered the fitness program at Boltz's Taekwondo.

Boltz's Family Martial Arts Academy published the 2011 Edition of the Traditional Taekwondo Student Handbook.

## 2011

Master Boltz and Master Ricardo traveled to California to receive their World Masters Certifications.

Master Ricardo's association with Boltz's Family Martial Arts Academy ceased and he relinquished his role as Chief Instructor and his seat on the Boltz's Family Martial Arts Academy Board.



# Boltz's Family Martial Arts Academy

## 2012

The competition team name officially changed from Team Challenge to Red Dragon Warriors and a new logo was adopted.

The Red Dragon Warriors added Weapons Team to their competitive teams.

Master Boltz traveled to Dallas, Texas to receive his USA-Taekwondo Level One Coaching Certification.

The Red Dragon Warriors added Demo Team to their competitive teams.

Family Martial Arts establishes a not-for-profit corporation in an attempt to expand the opportunity to offer Taekwondo scholarships to at-risk youth and families in our community. The corporation adopts the name, *Way of the Warrior Foundation*.



## Flags and Banners

### The United States Flag



For more than 200 years, the American flag has been the symbol of our nation's strength and unity. It is a source of pride and inspiration for millions of citizens.

#### History

- 1776 – Betsy Ross reported that she sewed the first American Flag
- 1777 – In order to establish an official flag for the new nation, the Continental Congress passed the first flag act: "Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."
- 1892 – The "Pledge of Allegiance" was first published in a magazine by Francis Bellamy. In pledging allegiance to the flag, stand with the right hand over the heart or at attention. Men remove their headdress. Persons in uniform give the military salute.
- 1931 – Congress officially recognizes "The Star-Spangled Banner" as the national anthem of the United States. It was written by Francis Scott Key.

#### Names of the Flag

The flag of our country is called by many names

- The American Flag
- Old Glory
- Stars and Stripes
- Flag of the United States of America
- The Red, White and Blue
- United States flag in Korean is Sungjo Kee

#### Pledge of Allegiance

"I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."



# Boltz's Family Martial Arts Academy

## The Star Spangled Banner

Oh, say, can you see, by the dawn's early light,  
What so proudly we hailed at the twilight's last gleaming?  
Whose broad stripes and bright stars, thro' the perilous fight,  
O'er the ramparts we watch'd, were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air  
Gave proof thro' the night that our flag was still there.  
Oh, say, does that Star-Spangled Banner yet wave  
O'er the land of the free and the home of the brave?

## The Symbols of the Flag

The Stripes: The flag consists of thirteen horizontal stripes.  
Seven red stripes are alternating with six white stripes.  
The stripes represent the thirteen original colonies.  
The Stars: The stars represent the fifty states of the Union.

## The Colors of the Flag

Red: Symbolizes Hardiness, Valor or the bloodshed in the Revolutionary War.  
White: Symbolizes Purity and Innocence.  
Blue: Represents Vigilance, Perseverance, Justice and is known as the battlefield or the heavens above.



## The Korean Flag



The Korean national flag is called Taegoo Kee. The meaning of the flag is very philosophical. The origins come from the oriental philosophy called the theory of Um-Yang.

### The Symbols of the Flag

- Um-Yang: Objects and events in the world are expressed by the movement of Um-Yang. For example, the moon is Um and the sun is Yang; the earth is Um and the heaven is Yang; a woman is Um and a man is Yang, etc. The Um-Yang is relative. The harmonious state of the movement of Um-Yang is called the Taegoo.
- Kwae: The symbols in the four corners of the Korean flag are called the Kwae. These symbols represent the principle of movement and harmony. Each Kwae consist of three bars that can either be broken or unbroken.



Three unbroken bars are called Kun and means heaven.



One unbroken bar and two broken bars are called Kam and means water.



Two unbroken bars and one broken bar are called Yi and means fire.



Three broken bars are called Kon and means earth.

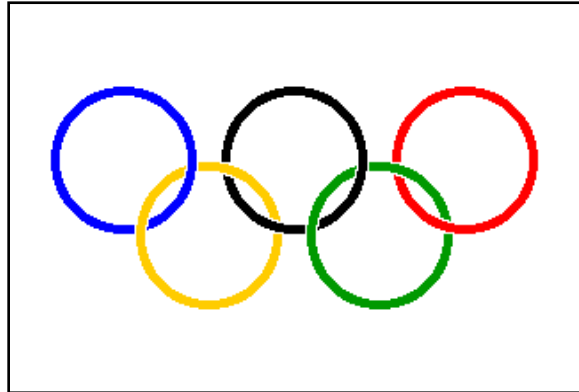
### The Colors of the Flag

Red-Blue: On the Korean flag the upper half circle (Red) of Taegoo means the Yang and the lower half circle (Blue) means the Um. Together they stand for the state of harmony of the Um-Yang.

White: The white color of the background stands for the peace and purity of the Korean people.



## The Olympic Flag



Taekwondo is an Olympic sport. In the Dojang we hang the Olympic flag along with the United States and Korean flags for honor and respect. The Olympic flag has a white background with five interlaced rings in the center: Blue, yellow, black, green and red. The flag reinforces the idea of the Olympic movement's universality, as it brings together all the countries of the world.

### History

- 1914 – Pierre de Coubertin, the father of the modern Olympic Games, presented the flag with five rings to the Olympic Congress.
- 1920 – The Olympic flag is flown for the first time during the Olympics in Antwerp, Belgium.

### The Symbols of the Flag

The Rings: The five rings on the Olympic flag are symbolic; they represent the five continents of the world. Even though there are seven geographic continents for purposes of international sports competition Antarctica is excluded and traditionally North and South America are considered simply as "America."

### The Colors of the Flag

Blue, Yellow, Black, Green, Red and White: The six colors of the flag (including the white of the background) represent all nations. At the time the Olympic flag was designed, these six colors were colors that appear on all the national flags of the world.

### At the Olympic Games

The flag is brought into the stadium during the opening ceremony. Since the 1960 Games in Rome, Italy, it has been carried horizontally by a delegation of athletes or other people well known for their positive work in society. After its arrival, the flag is hoisted up the flagpole. When the flag is lowered at the closing ceremony, it signals the end of the Games.



# Boltz's Family Martial Arts Academy

## USA Taekwondo Banner



### Symbols and Colors of the Banner

To honor the USAT's Olympic ties, the banner displays a five point color star. The points of the star represent the rings and each of the colors represent the five colors of the Olympic flag all presented on a white background.



# Boltz's Family Martial Arts Academy

## Boltz's Family Martial Arts Academy Banner



### The Symbols and Colors of the Banner

Korean Characters: Written in Hongul (Korean writing), the top characters mean "Family", the middle characters mean "Martial Arts" and the bottom characters mean "Academy."

Kicking Figure: The kicking character represents the student training in the martial arts. The head and body represent the development of the student's mind and body. One leg is touching the ground in which the student stays grounded while the other leg is kicking to the sky, always striving to reach new heights.

Um-Yang: This symbol represents balance and harmony that are present in our school. Examples include Man-Woman, Youth-Adult and Color Belts-Black Belts.

Circle: The circle that encompasses all the parts of the symbol represents the family, the strength and protection that our martial arts family provides.

White, Red and Black: The white represents the beginning of a student's color belt training. The Red represents the ending of a student's color belt training. The Black represents the true beginning of martial arts training as the student has learned the basic skills to truly begin learning.

Gold: The gold represents the leadership team and the instructors. The passion for the martial arts and the desire for these people to share it with others give the Boltz's Family Martial Arts Academy its heart.





# Boltz's Family Martial Arts Academy

## The Tenets of Taekwondo

Taekwondo may be summarized by the philosophy of Hongik-Ingan: peace loving, spirit of integrity, protecting righteousness, and a strong sense of responsibility. This philosophy is embodied in the modern tenets of Taekwondo, which are based on the principles of the Hwarangdo.

The Tenets of Taekwondo

Taekwondo aims to achieve:

Courtesy

Integrity

Perseverance

Self-Control and an

Indomitable Spirit!

Sir or Ma'am

It is important for the student to know the tenets, understand what the tenets mean and be able to give examples. The following sections give a definition followed by examples of how the tenet may be displayed.

**예의** Courtesy (Yah Hee) Being polite and respectful

Courtesy promotes mutual understanding, harmony, peacefulness, humbleness, cooperation, respect, and a sense of justice. Courtesy may be displayed as:

Politeness: Say please and thank you, open/hold doors for others, or ask instead of telling.

Distinction of Roles: The ways we speak or act with respect toward our seniors, elders, or teachers and the care and concern we show toward our juniors.

Consideration of Others: Be aware of how others think, feel and treat others with kindness.

Compliment/Honor Others: Recognize good in others and acknowledge their actions.

Deference: Allow another person to go first because it will be helpful, kind, or respectful to that person.

Generosity: Give or make something available to someone out of kindness without expectation of reward.



# Boltz's Family Martial Arts Academy

## 염치 Integrity (Ghum Son) Always doing the right thing

In Taekwondo, we must be able to determine right from wrong and to have a conscience. We must always seek to integrate our thoughts, feelings, and values within ourselves and with the world in which we live through consistent actions. If we demonstrate integrity in our daily interactions with others, people will learn to regard us as dependable, responsible, and honest. Integrity may be displayed as:

Honesty: Be truthful with yourself and others.

Consistency: Our actions match our words and stay the same on a daily basis.

Loyalty: Be faithful to the people and practices that are important in your life and acknowledge the positive role that people such as family, friends and practices such as Taekwondo have had in your life.

Adherence to a Standard of Values: Be mindful of what is right and what is wrong.

Learning from Mistakes: Use your mistakes as a tool to avoid making the same mistakes again.

## 인내 Perseverance (In Nae) A steady course of action in spite of difficulties (Never give up)

Perseverance is the quality of being insistent. Success comes to those who do not give up. It takes a lot of work to achieve something truly great. A large amount of personal satisfaction may be gained from the growth, mastery, and self-knowledge that come from practice and commitment to a goal. Perseverance may be displayed as:

Patience: Ability to calmly proceed when things become slow or difficult.

Focus on Goals: Keep in mind what it is that you are trying to achieve.

Overcoming Obstacles: Find ways to keep working toward your goal when difficult situations arise.

Follow your Convictions: Be true to what you think is right and important.



# Boltz's Family Martial Arts Academy

## 극기 Self-Control (Ku Kgi) Being master of one's own impulses

Your ability to get along and adapt to your environment and to recognize your capabilities is a measure of self-control. Self-control may be displayed as:

Restraint: The way we control our actions when we are upset or angry.

Discipline: The ability to stay focused on your goals and on the actions required to achieve those goals.

Self-Mastery: The control over and awareness of your actions and words.

Discretion: Do not violate confidences, or speak or act in ways that will unnecessarily hurt others.

Will Power: Have the energy, desire, and attitude to continue a course of action even in the presence of obstacles and hardships.

Dignity: Keep a calm exterior in the face of adversity.

## 백절불굴 Indomitable Spirit (Bak Jul Bul Kue) Cannot be stopped (Unconquerable)

Indomitable spirit means standing up for what is just, regardless of who disagrees with you.

Courage: To be yourself at all times, and to do what you think is right regardless of the pressures people put on you.

Strong spirit: Not being crushed or swayed by adversity or obstacles.

Thinking Positive: Always maintain a positive attitude, even when things are not going your way.

### Live by the Tenets of Taekwondo

As students we strive to live our lives by the Tenets of Taekwondo, our code of conduct. A student is expected to continually improve and develop inside and outside of the martial arts gym (Dojang). A student is not expected to be perfect, but should always strive to improve on their Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.



# Boltz's Family Martial Arts Academy

## Hwarangdo Warriors

### History

The Hwarangdo Warriors originated in the Silla Dynasty about 1,350 years ago. Named for the Hwarang youth group, the Hwarangdo gained infamy due to their courage, skill in battle and being credited as the driving force for the unification of the three kingdoms of Korea.

During the 6<sup>th</sup> century A.D., the Korean peninsula was divided into three kingdoms: Silla, Koguryo and Paekje. Silla, the smallest of the three kingdoms, was constantly under invasion and harassment by its two more powerful neighbors. King Chin Hung created a new order, the Hwarang. "Hwa" meant flower or blossom, and "Rang" meant youth or gentlemen. The Hwarang soon came to stand for Flower of Knighthood. These Hwarang were selected from virtuous, young men of good families. The education of the Hwarang was supported by the king and generally lasted ten years. The Hwarang trained to improve their moral principles and military skills. To harden their bodies, they climbed rugged mountains, swam turbulent rivers in the coldest months and drove themselves unmercifully. The Hwarang were also taught dance, literature, arts, sciences as well as the art of warfare, chariot, archery and hand-to-hand combat.

At the time, the art of foot fighting was known as Subak and was practiced by common people throughout the three kingdoms. However, the Hwarang transformed and intensified this art and added hand techniques, renaming it Taekkyon. In later centuries, the king of Korea made Taekkyon training mandatory for all soldiers, and annual Taekkyon contests were held among all members of the Silla population.

By order of King Chin Hung, after graduation the Hwarang were sent out in service of their country as true knights of the nation. Within the ranks of the Hwarang, the most senior leader, or Kuk Son, was a man who achieved the position of teacher of the martial arts. The Kuk Son commanded 500-5,000 students called Hwarangdo.

The Hwarangdo became known for their courage and skill in battle, gaining respect from even their bitterest foes. The strength they derived from their code enabled them to attain legendary feats of valor. Many of these brave young warriors died on fields of battle in their youth, some as young as fourteen or fifteen years of age. Through their feats, they inspired the people of Silla to rise and unite. From the victories of Silla, the Korean peninsula became united for the first time in history. It was this ferocious fighting spirit combined with the unification of Korea that was recorded in many literary works. These literary works contained the records of the lives and deeds of over 200 individual Hwarangdo. Sadly, they were lost during the Japanese occupation in the 20<sup>th</sup> century.



# Boltz's Family Martial Arts Academy

## Hwarangdo Code

The commandments for the Hwarangdo have been updated over time. The present day Hwarangdo Code is listed below along with an explanation of how the code would translate to a martial artist of today.

The five codes of human conduct of the Hwarangdo Warriors,

Be loyal to your country

Be respectful to your elders

Be trustworthy to your friends

Never retreat in battle

Never make an unjust kill.

Sir or Ma'am

### **Be Loyal to your Country**

As a citizen/resident of your country you should follow the rules set forth by the governing body or work within the system to bring about change of rules that are unjust.

### **Be Respectful to your Elders**

Parents, Grandparents, Teachers and those people that are older should be respected for their knowledge and wisdom from life's experiences. Parents make sacrifices to benefit their child(ren). These sacrifices should be acknowledged and in turn respect should be given to demonstrate your appreciation of their efforts.

### **Be Trustworthy to your Friends**

A true friend needs to be dependable. When help is needed, a true friend will go out of their way to assist. This friendship will work both ways and will remain if there is a difference in opinion over trivial matters.

### **Never Retreat in Battle**

Students today do not go into battle as the Hwarangdo did over a thousand years ago. However, everyone has struggles and hardships that they deal with throughout their lives. This code of conduct speaks to the idea that when a student is faced with struggles and hardships, they should do their best to work through it and find a solution.

### **Never Make an Unjust Kill**

Students today do not make life and death decisions as the Hwarangdo did over a thousand years ago but we do make daily decisions on how we act and conduct ourselves. This code of conduct speaks to the idea that when a student makes a decision it should be just and moral.



# Boltz's Family Martial Arts Academy

## Roles and Expectations

### Parents Roles

Parents play a very important role in the success of a student.

#### Attendance

Parents are responsible for getting their children to and from class. Regular attendance of two to three times per week is recommended. As test time comes closer, students might consider attending additional classes as needed. Parents should be careful not to have their child attend too many classes. Attending more than three times a week can lead to burnout, resulting in a leave of absence or dropping out.

#### Parent Participation

Parents should encourage and support their children in their martial arts training. Listed below are ways to assist your child:

Parents can regularly check on the student's progression to the next belt. The Material Teaching Plan (Page 24) that is used by the instructors to teach technique will help a parent understand when technique is being taught and when the student should have a good understanding of the technique. When this occurs the student can challenge and take a small step towards their goal. If there is difficulty with a particular set of technique, technique sheets can be purchased to help with practice.

Parents can coach their children by understanding the steps to dealing with loss or failure. Their support of a job well done and encouragement to continue to achieve success will be a skill used for a life time.

We ask that parents limit their coaching to off the gym floor and at home. Parents should never coach their children from the sidelines. During class time coaching and instruction should be provided by Black Belt Instructors and Leadership Team Members only. At certain times, positive encouragement from the sidelines is allowed.

Besides the encouragement parents should also assist with their child's equipment needs. Uniforms are detailed in great length in the Uniform, Patches and Belt section (Page 5). Parents also need to keep the student in proper training gear. Having proper equipment will help aid the student's development and growth.

Parents can assist with at-home practice by giving time and space. Helping to remind the student to practice and assisting with their practice can be rewarding.

Parents can communicate with the instructors when there are questions or if there are difficulties. The instructors are very interested in the development of the student. We are happy to assist parents with the student's development.

#### Student Expectations

There are expectations on what a student should do and how a student should act. The Boltz's Family Martial Arts Academy has the following expectations of each student in the development of their attitudes, how they handle their development, what goals they set for themselves and what kind of example they demonstrate to other students and the public.



# Boltz's Family Martial Arts Academy

## Black Belt Attitude

The Black Belt Attitude is how to act at any time during martial arts training and in life. An attitude (good or bad) is often the first impression that is observed by another. Every student should strive to display what we call "Black Belt Attitude". Instead of limitations of an exact definition, the concept of "Black Belt Attitude" can be explained with some of the following qualities:

Manners	Courtesy
Personal Drive "Never give up"	Loud Answers
Helpful	Respectful
Caring	Be a Great Example
Confident	Positive
Humble	Willing to Try

## Dealing with Loss or Failure

Taekwondo testings and competitions are usually positive and rewarding experiences, but sometimes the results may be frustrating, disappointing, and difficult to deal with. In Taekwondo, unlike team sports where blame for losing is shared among team members, a competitor must face loss alone. The testing student must face failure and a student in class will deal with difficulty alone with ego exposed. To help better cope with failure or losing, one must understand that this is part of the growing process. Maintaining a positive attitude and the personal drive to never give up will lead the student to improvement and success.

- The first step in dealing with loss or failure is to understand that loss or failure is possible. Loss of failure should not be the expectation but understand that it is possible.
- The second step is to understand that loss or failure is not the end, but rather a part of the process that is necessary for development.
- The third step is learning how to outwardly handle disappointments when one's ego is exposed and being able to maintain one's composure.
- The final step is learning from loss or failure by working on the point(s) that made the loss or failure occur and improve on that skill or ability to increase chances of future success.



# Boltz's Family Martial Arts Academy

## Setting Goals

Goals are milestones in your life; they mark the steps taken on your path toward achieving ultimate success.

## SMART Goals

When setting your goals you should be SMART. Use the following SMART rules to set your goal and achieve ultimate success.

**Simple:** Make each goal precise, clear, and unambiguous. If it is too complicated you may not know when you reach it.

**Measurable:** If a goal is not measurable, you will not know how close you are to reaching it or when you have achieved it.

**Attainable:** A goal must be attainable, if it's not you will just be wasting your time trying to achieve something that is unachievable.

**Relevant:** A goal must be relevant to the process of your achieving success. Irrelevant goals just delay your success.

**Timely:** Goals should have a completion date not just be open ended. While under a time constraint, you are under pressure to work harder.

## Student Goals

Taekwondo students are expected to set goals and display these goals in a location that is visible daily. This allows for the goal to be in the student's mind each day and increases chances of successful attainment of the goal.

## Goal Poster

Students are required to create and display their goal posters. The goal poster is a standard size piece of paper that the student will write the following:

I will test for my

*Belt Rank*

*(Next Belt)*

on *Month Day, Year*

The student will display this poster on their bedroom door, the bathroom mirror or another place that they will see the poster several times a day. This will help them achieve their goal of testing for the next belt.

**Steps to your Goal:** The challenge stripes that are awarded when completing material are the small steps to achieving the bigger goal of the belt test. Every student should be mindful of the progress they are making and always try to keep up with the challenge stripes in preparing for their test.

Opportunity to challenge for stripes is allowed in progression with the material instructed.





# Boltz's Family Martial Arts Academy

Taekwondo ranks are goals that you achieve during your quest for Black Belt, but Black Belt is not the final goal; ultimate success is the final goal.

## **Setting an Example**

In the martial arts, part of the expectations and responsibility of rank advancement is setting a good example for every student that is of lower rank. Lower ranks look to the advanced ranks for direction and understanding. An orange belt always wants to learn the techniques of the yellow belt or green belt. The color belt ranks would like to possess the skills and abilities of the Black Belt ranks.

The expectation of rank advancement is that the student improves their technique. This is not just in the performance of difficult technique, but in the way they perform all the techniques. Technique should be performed faster and with more power placed on each and every move. The student's knowledge of the targets and achieving exact placement of each target also increases as the student progresses to higher ranks.



## Appendix A: Miscellaneous Information

### Taekwondo Definition

Tae: To kick or smash with the foot

Kwon: To punch or smash with the hand

Do: In the martial arts way

Taekwondo: Taekwondo translates to the art of foot and hand fighting. Taekwondo combines sharp, strong angular movements with graceful and free-flowing circular movements to produce a harmonious balance of beauty and power. Taekwondo's trademark is its devastating kicking techniques, complemented by an integrated and unique system of self-defense and personal development.

### Power Equation

We train to develop the ability to deliver powerful techniques to a target. In order to accomplish this goal, we must understand how power is created.

The Power Equation is:

- Mass x Speed = Power

The components of the Power Equation are:

- Mass: A body of particles that has weight
- Speed: The rate of motion traveling
- Power: The energy transferred from one body to another

There are three ways to increase power:

- Increase of Mass
- Increase of Speed
- Increase both Mass and Speed

### Cube of Power

The body is mechanically designed to function best in the area that is directly in front of the body. The cube area can best be defined as the distance from shoulder to shoulder or hip to hip to define the width, from shoulder to hip to define the height and the length of the arm to define the depth.

As martial artist when performing technique we should strive to make sure that we use this cube of power and center our technique to strike the target within this area. This will allow for the delivery of techniques with the most amounts of coordination and force possible.



# Boltz's Family Martial Arts Academy

## The Tenets of Taekwondo

Taekwondo aims to achieve:

Courtesy  
Integrity  
Perseverance  
Self-Control and an  
Indomitable Spirit!

Sir or Ma'am

## Hwarangdo Code

The five codes of human conduct of the Hwarangdo Warriors:

Be loyal to your country  
Be respectful to your elders  
Be trustworthy to your friends  
Never retreat in battle  
Never make an unjust kill.

Sir or Ma'am

## Martial Arts Organizations

These are the relevant martial arts organizations that are discussed throughout this handbook.

**Boltz's Family Martial Arts Academy:** The governing body for the Boltz's Family Martial Arts Academy schools.

**USA Taekwondo (USAT):** The national governing body for Olympic style Taekwondo in the United States.

**World Taekwondo Federation (WTF):** The international authority for Olympic Taekwondo competition.

**Kukkiwon:** The international authority for all Olympic Style Black Belt Certification.

**Martial Arts Commission (MAC):** An organization that certifies color belts and Black Belts in the United States for the USAT.

**National Association of Professional Martial Artist (NAPMA):** National association for the development of martial arts business practices.

**Martial Arts Industry Association (MAIA):** National association for the development of martial arts business practices.

**Martial Arts Teachers Association (MATA):** National association for the development of martial arts instruction.

**Shuman Concepts:** A martial arts research and development company.



# Boltz's Family Martial Arts Academy



## Appendix B: Frequently Asked Questions

### What is Taekwondo?

Taekwondo is a modern Korean martial art, characterized by fast, high, jumping, spinning kicks and extensive footwork. It is an all-around program that offers self-defense training, physical exercise, and a competitive sport; all taught by experienced professional instructors.

### What is the difference between Taekwondo, Tae-Kwon-Do, Taekwon-do, T'aegwondo, Tang-soo-do, Tae-soo-do, Soo-bahk-do, and Korean Karate?

Not much. The differences are basically in what set of patterns are required and what rules of sparring are used. All these arts have the same background. Each kwan had its own style of martial art based on a mixture of what the founders had learned.

Variations in the spelling style of Taekwondo are due to conflicts between the kwans. Each kwan wanted its version of Taekwondo to be the "official" Korean style of Taekwondo, so to differentiate themselves, they changed its spelling style. The "Taekwondo" version is used by the World Taekwondo Federation.

### Who founded Taekwondo?

Actually, there is probably no one person who deserves credit as the founder. General Hong Hi Choi suggested the name Taekwondo be used for the unified Korean martial art. So, Taekwondo was actually the result of many people working together to resolve their differences and develop a unified Korean martial art.

### What do the different color belts mean?

The belts signify the position/rank of each student in the Dojang hierarchy. The higher the belt/rank, the more respect is deserved.

### Why do students wear uniforms?

The Taekwondo uniform is called a "Dobok." It is steeped in tradition and history. The Dobok consists of a jacket, pants, and belt, which are derived from traditional Korean clothing.

### How long does it take to become proficient in Taekwondo and attain a Black Belt?

The time it takes to become proficient at Taekwondo varies depending upon the ability and dedication of each student. Many variables may affect the time it takes to reach Black Belt (time available to train, age, health, etc.), but the time is usually between three to four years.

### How many classes per week should a student attend?

Most instructors recommend two to three classes per week, plus some practice time between classes. Students should match their Taekwondo involvement with their fitness level, family responsibilities, and other interests.



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## **Will there be other beginners in my class?**

Usually, beginners train in classes with other colored belts. Sometimes, there are many other beginners, sometimes only a few. Beginners are only expected to perform techniques that are required for beginners.

## **Why do students yell in class?**

The Yell is called a "Kihap."

It is used to:

- Show fighting spirit
- Focus total concentration into the attack
- Focus timing, breathing, movement, and power
- Increase the power of an attack
- Ensure the breath is not held during exertion
- Surprise an opponent
- Intimidate
- Create an opening
- Boost the overall spirit of the class

## **Am I too old to start Taekwondo?**

Not unless you want to be! There have been many students who did not start Taekwondo until after age 60. Young people have the advantage of youth when performing Taekwondo, while older people have the wisdom of motion.

## **Will Taekwondo help me lose weight?**

If a student has proper eating habits and a proper diet, regular training in Taekwondo can be a driving factor for weight loss.

## **Why do students bow in class?**

The bow is used to:

- Indicate the start of formal class
- Show respect to a person or to the person's position or rank
- Indicate a willingness to learn from teachers and fellow students
- Remind you that your partner is a person - not a practice dummy
- Indicate the end of class

## **Is Taekwondo a religion?**

Because of the bowing and other formal rituals of Taekwondo, some may believe it is a form of religion. Taekwondo is a martial art. It does not involve any religious beliefs. The rituals only show respect for the oriental roots of Taekwondo. The bow is a symbol of respect in Eastern cultures, similar to a western handshake.



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## **Is Taekwondo dangerous?**

Like basketball, football, and soccer, Taekwondo is a contact sport. It is possible to become injured, but debilitating injuries are rare since all training is constantly supervised with safety in mind. Training areas are well equipped and protective gear is required to be worn by all students during partner drills, further reducing chances of injury. If protective equipment is worn and students exhibit control of their techniques, then injuries are minor and infrequent. The number and severity of injuries are less than other contact sports.

## **Does Taekwondo foster aggression?**

A common concern is that Taekwondo may foster aggression and lead to the misuse of Taekwondo techniques. Taekwondo training and philosophy stress non-aggression. Students learn their capabilities and have the opportunity to exercise them in a controlled classroom environment. Taekwondo teaches that aggression should be channeled into assertiveness, to increase self-esteem, build discipline and character. The self-confidence instilled by Taekwondo encourages generosity and modesty toward others. Taekwondo practitioners can stand equally against any opponent, but their code of conduct forbids unfair assaults or unnecessary use of force.

## **Is sparring necessary to learn Taekwondo?**

Most martial arts require sparring. Since Taekwondo involves self-defense, it is necessary to practice in conditions similar to an actual confrontation, so sparring is required. However, participation in competitions is not required. Sparring helps students learn about reactions, timing, speed, and physical conditioning required for an actual self-defense situation.

## **Should I take group or private lessons?**

Private lessons will increase your technical progression two to three times faster than by taking group lessons alone. The personalized attention and energy of an instructor is a tremendous advantage. Group lessons are also beneficial because they allow you to see how different people react to situations and techniques. You get to interact with a variety of belt ranks and you will get to meet new people and make new friends.



## Appendix C: Taekwondo and the Law

The law is relatively simple to state: you have a right to use reasonable force to defend yourself or third persons. You are entitled to use deadly force if you are threatened with deadly force. If you do exercise your right of self-defense, be sure that it is necessary.

Do not overreact. If you do, you will be liable for excessive force. If a simple, "No!" will work to dissuade someone from bothering you, then say "No" rather than breaking the person's nose. If you are able to push someone away, then do that, rather than kick the person in the groin. However, if your back is against the wall, and you are threatened with deadly force, then you are legally entitled to use deadly force to protect yourself. However, the application of these principles may not be clear. If you injure another person, that person may file a civil action against you. The frustrating problem is that although you may have a clear idea of what happened, and firmly believe that you were exercising your right of self-defense and that the force you used was reasonable under the circumstances, the stories of the other person and witnesses may not coincide with your version.

The truth is rarely clear cut, and where there are different stories about what happened remember that it is a jury that will be resolving those differences, sometimes two or three years after the incident. The jury may believe you or they may not. If they do not, you will be held liable for the damages the other person sustained. That will include any medical expenses or wage loss sustained by that person, as well as damages for any pain and suffering incurred in the past or that the person will likely sustain in the future. In addition, you could conceivably be held liable for punitive damages. Those damages may be awarded to the plaintiff in a case where the defendant acts in deliberate disregard of the plaintiff's rights.

Finally, although you may have liability insurance coverage, either through your homeowner's, renter's policy or perhaps a comprehensive liability insurance policy, those policies will contain an exclusion for intentionally-caused injuries. If the exclusion applies, your insurance coverage will not cover the damages and you will have to pay the plaintiff. If a criminal proceeding is instituted, you could be prosecuted for anything ranging from simple assault to murder, depending on the circumstances. Deciding the issue of guilt or innocence will again be up to the jury. They may or may not agree with your version of what happened. If they do not, you will be subject to the appropriate criminal sanctions, which could include imprisonment. The martial arts may come into play another way. If you disclose that you are trained in the martial arts, it may justify the use of even greater force on the part of a person with whom you are having an altercation.

It is not true, of course, that Black Belts in Taekwondo or any other martial art must register their hands and feet with the police. You don't need a license to have a Black Belt. But the other person does not have to stand by and suffer a potentially deadly assault without exercising appropriate self-defense. Disclosure of your abilities may bolster the other person's claim that he thought that it was necessary to use a weapon against someone who said he was a martial artist. In some jurisdictions, it is possible that a person's hands and feet may be considered a deadly weapon. If so, criminal conduct will be aggravated. In other words, it becomes a more serious offense. It is a more serious criminal offense to attack someone with a weapon rather than with bare hands. If a weapon is involved the criminal assault may be deemed to be an aggravated criminal assault. Because the crime is more serious, the criminal penalty is also more serious.





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If you assault another person without justification, you may be subject to a civil action or criminal prosecution. Involvement in either is highly unpleasant. If you are forced to defend yourself, you may still be subject to civil or criminal actions.



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## Glossary

### Numbers

ENGLISH	
One	1 <sup>st</sup>
Two	2 <sup>nd</sup>
Three	3 <sup>rd</sup>
Four	4 <sup>th</sup>
Five	5 <sup>th</sup>
Six	6 <sup>th</sup>
Seven	7 <sup>th</sup>
Eight	8 <sup>th</sup>
Nine	9 <sup>th</sup>
Ten	10 <sup>th</sup>
Twenty	20 <sup>th</sup>
Thirty	30 <sup>th</sup>
Forty	40 <sup>th</sup>
Fifty	50 <sup>th</sup>
Sixty	60 <sup>th</sup>
Seventy	70 <sup>th</sup>
Eighty	80 <sup>th</sup>
Ninety	90 <sup>th</sup>
One Hundred	100 <sup>th</sup>

KOREAN	
Hana	Il
Dul	Yi
Set	Som
Net	Sa
Daset	Oh
Yoset	Yuk
Ilgup	Chil
Yodul	Pal
Ahop	Goo
Yul	Sip
Sumul	Yi Sip
Serron	Som Sip
Mahon	Sa Sip
Schwin	Oh Sip
Yehsun	Yuk Sip
Ihrun	Chil Sip
Yowhdun	Pal Sip
Ahun	Goo Sip
Bek	Il Bek

### Basic Commands

ENGLISH
Attention
Bow
Ready
Start
Finish

KOREAN
Charyut
Kyungyae
Joon Bee
Shijak
Ghuman

### Common Phrases

ENGLISH
Hello
Goodbye
Thank You
Your Welcome

KOREAN
Onyon Haseyo
Onyon He Kayseyo
Kamsa Hamnida
Chonmeneyo



# Boltz's Family Martial Arts Academy

## Stances/Seogi

ENGLISH
Basic Ready Stance
Parallel Stance
Closed Stance
Right Stance
Left Stance
Walking Stance
Front Stance
Back Stance
Tiger Stance
Riding Stance
Front Cross Stance
Back Cross Stance

KOREAN
Kibon Jumbi Seogi
Naranhi Seogi
Moa Seogi
Oreun Seogi
Wen Seogi
Ap Seogi
Ap Kubi
Dwit Kubi
Beom Seogi
Juchum Seogi
Ap Kkoa Seogi
Dwit Kkoa Seogi

## Blocks/Makki

ENGLISH
Low Block
High Block
Middle Outside Block
Middle Inside Block
Reverse Middle Outside Block
Knifehand Block
Double Knifehand Block
Double Middle Inside Block
Double Fisted Low Block
Palm Dropping Block
Palm Block
Reverse Palm Block
Assisted Reverse Palm Block
Twisting Knifehand Block
Cleaving Block
Scissor Block
Cross Block
Single Mountain Block

KOREAN
Arae Makki
Olgul Makki
Momtung Makki
Momtung Bakkat Makki
Momtung An Makki
Hanssonal Momtung Bakkat Makki
Sonnal Makki
Kodureo Bakkat Makki
Kodureo Arae Makki
Nullo Makki
Batangson Momtung Makki
Batangson Momtung An Makki
Batangson Momtung Kodureo An Makki
Hanssonal Bitureo Makki
Hecho Makki
Kawi Makki
Otkoreo Makki
Wesanteul Makki



# Boltz's Family Martial Arts Academy

## Punching/Jireugi

ENGLISH
Rear Punch
Front Punch
Under Punch
Middle Punch
High Punch
Side Punch
Double Punch
Pull & Upper Cut

KOREAN
Baro Jireugi
Bandae Jireugi
Jecho Jireugi
Momtong Jiruegi
Olgul Jireugi
Yop Jireugi
Dubeon Jireugi
Dangkyo Teok Jireugi

## Kicking/Chagi

ENGLISH
Front Kick
Roundhouse Kick
Side Kick
Pop Kick
Fast Kick
Turn Back Kick
Flying Side Kick
Hook Kick
Axe Kick
Target Kick (Circulating)
Double Front Kick
Backspin Kick
360 Roundhouse Kick
Switch Kick
Knifefoot Kick
Jump Front Kick
Jump Twin Front Kick
Ball of Foot Front Kick

KOREAN
Ap Chagi
Dollyo Chagi
Yop Chagi
Apbar
Podo Chagi
Momdollyo Chagi
Yidan Yop Chagi
Nakka Chagi
Naeryo Chagi
Pyojeok Chagi
Dubal Dangsong Ap Chagi
Dwidoll Huryo Chagi
Nado Bon
Bata Chagi
Baal Naal Chagi
Tweo Ap Chagi
Tweo Dubeon Ap Chagi
Bal Ap Chagi



# Boltz's Family Martial Arts Academy

## Striking/Chigi

ENGLISH
Backfist Strike
Dropping Backfist
Dropping Hammerfist Strike
Turning Hammerfist Strike
Turning Forearm Strike
Side Elbow Strike
Forearm Target Strike
Outside Knifehand Strike
Inside Knifehand Strike
High Block & Knifehand Strike
Knee Strike
Palm Strike

KOREAN
Deungjumeok Bakkat Chigi
A Deungjumeok Ap Chigi
Mejumeok Nareyo Chigi
Mejumeok Dollyo Chigi
Palkup Dollyo Chigi
Palkup Yop Chigi
Palkup Pyojeok Chigi
Sonnal Chigi
Sonnal Bakkat Chigi
Jebi Poom Mok Chigi
Mureup Chigi
Batangson Chagi

## Thrusting/Tzireugi

ENGLISH
Spearhand
Horizontal Spearhand
Underhand Spearhand

KOREAN
Pyonsonkkeut Sewo Tzireugi
Pyonsonkkeut Upeo Tzireugi
Pyonsonkkeut Jecho Tzireugi

## Ranks

ENGLISH
Color Belt Rank
Youth Black Belt
Adult Black Belt

KOREAN
Gup
Poom
Dan

Student Assistant
Instructor
Chief Instructor

Sun Bae Nim
Jokyo Nim
Chung Sa Nim

Master Instructor
President

Sa Bum Nim
Kwan Chang Nim



# Boltz's Family Martial Arts Academy

## Sparring

ENGLISH
Red
Blue

KOREAN
Hong
Chung

Separate
Continue

Kalyo
Kyesok

Time – 1 minute injury
Time – Non injury time out
Point
Warning
Deduction (1 Point)
Out of Bounds

Kyeshi
Shigan
Jeum
Kyongo
Gum Jeum
Keum Bahk

Win
Tie

Seung
Bi Kim

1 <sup>st</sup> Round
2 <sup>nd</sup> Round
3 <sup>rd</sup> Round

Il Wehjeon
Yi Wehjeon
Som Wehjeon

Referee
Judge

Joo Sim
Bu Sim

## Disciplines

ENGLISH
Pattern      Forms
Self-Defense
Sparring
Breaking
Kicking

KOREAN
Poomsae      Hyung
Ho Sin Sul
Gyorugi
Kyukpa
Chagi

## Tenets

ENGLISH
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit

KOREAN
Yah Hee
Ghum Son
In Nae
Ku Kgi
Bak Jul Bul Kue



# Boltz's Family Martial Arts Academy

## Miscellaneous

ENGLISH
Martial Arts Uniform
Martial Arts Gym
School
Branch School
American Flag
Korean Flag

Slide Forward
Slide Back
Step Forward
Step Back
Turn Around
Return to Order

Mass
Speed
Power
Yell
Life Energy
Certain Victory

KOREAN
Dobok
Dojang
Kwan
Ji Kwan
Sungjo Kee
Taegoo Kee

Chunjin
Whojin
Ilbo Chunjin
Ilbo Whojin
Dirodolla
Barro

Zilyang
Sokdo
Himm
Kihap
Ki
Pilsung



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