



midtown martial arts



Midtown Martial Arts
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STUDENT HANDBOOK

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Owner

Midtown Martial Arts

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Welcome to Midtown Martial Arts.

You are now the student of an exclusive Martial Arts Program.

The key to a successful program is the total cooperation of the student. Our program is designed for the growth of each individual. The discipline and structure of the Midtown program is the KEY!

As your instructor, I believe in constant practice. I will never ask you to do anything that I would not do myself. I will ask you to follow all rules about conduct, both inside and outside our school. I will also ask that you put forth an all out effort and train at least three days a week.

The Midtown system is an established and time proven program. Questioning or complaining about procedures and rules is considered disrespectful and grounds for dismissal! In our family oriented program, all students are treated equally and fairly. Students are to treat each other with courtesy and respect. We want to maintain a friendly atmosphere at all times. Remember, your growth is from within yourself, not one student against another!

Our program also teaches several Martial Arts Systems. We have a large staff of talented and capable black belts to assist with your training. Please be humble and enter our Dojang with the attitude that you are here to better yourself as a Martial Artist and a human being. With this attitude, I guarantee that you, as a student, will become proficient in the Martial Arts.

This booklet contains all the terminology and rules governing our Dojang conduct. Please read and rely on this book as your training manual.

Work hard and prepare to grow in a program designed especially for YOU!

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Main Rules for Students and Parents

1. Students or parents will NOT question Midtown's rules. If any of my rules are challenged, do not be surprised if you are expelled from this program!
2. Students are to do what is being taught and follow instructions carefully. Students that are unhappy, not content with this program, or "want to do their own thing," will be encouraged to leave.
3. Students are to be friendly and respectful. Students that show dislike for fellow students or are disrespectful to others will be immediately dismissed.
4. Nobody is to enter the Midtown offices at any time without proper authorization.
5. Students are to maintain positive attitudes. Do not come to train if you are in a poor mood. Bad attitudes and moods do not make good conditions for yourself or others around you.
6. No goofing off in the training areas or hallways, during, or between, classes and events.
7. Generally, only students ranked brown belt or higher are allowed to teach. Anyone under the rank of brown belt is not authorized to make corrections unless the head instructor grants permission. Under belts should make inquiries to the head instructor only or the most senior black belt available.
8. Respect is to be given to ALL black belts. Do not come in and start chatting with black belts. They are here to teach, as well as learn. If a black belt begins chatting, I will discipline them as well.
9. No complaining is allowed. Complaining is disrespectful and against Midtown philosophy. Complaining will not be tolerated, and you may risk immediate dismissal. My program is not for everyone. If my program is too difficult, or you are not happy with it, you are free to leave.

General Rules for Class and Dojang Etiquette

1. Before entering the Dojang, shoes (and socks, while training) are to be removed and placed in a locker. Please try to keep the hallways clear and clean.
2. No smoking, food, drinks or gum is allowed in the Dojang
3. Profanity, dirty, negative or bad language will not be tolerated around the school.
4. When entering or leaving the Dojang, whether in uniform or street clothes, students are to bow properly toward the flags and head instructor. Students do not need to wait for the instructor to acknowledge the bow, if the instructor is occupied.
5. Before class begins, do not gossip or goof around with other students. Use this time to prepare for class by stretching, warming up, practicing kicks or forms, etc.
6. Starting class:
 - a. The highest rank student shall arrange the lineup, with highest ranks to the right of the head instructor.
 - b. During the salutations, only the head instructor shall take his/her place at the front center of the Dojang.
 - c. The highest rank student shall call the salute to the flags and instructor.
7. During class, proper respect and discipline will be maintained at all times:
 - a. If a student is to be late for class, a phone call to the school shall be made in advance, when possible. Upon arrival to class late, the student should wait at the entrance to be acknowledged before taking his/her place in the Dojang.
 - b. If a student must leave the Dojang during training, he/she should ask permission before doing so.
 - c. Students are to pay attention to the head instructor and black belts at ALL TIMES.
 - d. Students are to follow instructions that are assigned to them. Anything that would prevent the student from performing his/her best should be informed to the instructor prior to start of class. (Injury, illness, etc.)

General Rules for Class and Dojang Etiquette

7. (Cont.) During Class, proper respect and discipline will be maintained at all times:
 - e. To prevent injury, no jewelry is to be worn during class.
 - f. Students shall maintain control of themselves during class. No unnecessary talking will be allowed. Students shall not disturb others while training.
 - g. While seated, students shall keep a proper posture. A kneeling or seated position with legs crossed or up at the chest is acceptable. Lying down or leaning on objects is NOT acceptable.
 - h. Younger students shall show respect to older students and adults, REGARDLESS of rank.
 - i. Fingernails and Toenails are to be kept clipped, to prevent injury to others.
 - j. Always address senior ranks and adults as “Sir” or “Ma’am”.
 - k. Students shall turn away from the head instructor and senior belts in order to fix a belt or uniform. But, students shall wait for a proper time to do so. (Do not fix a uniform during a sparring match, or while the instructor is talking to you!)
 - l. Students are encouraged to use Korean terminology in the classroom!

8. Dismissing Class:
 - a. The highest rank student shall arrange the lineup, with highest ranks to the right of the head instructor.
 - b. During the salutations, only the head instructor shall take his/her place at the front center of the Dojang.
 - c. The highest rank student shall call the salute to the flags and instructor.
 - d. Students shall file out past the head instructor and bow as they leave

9. The Dojang
 - a. Students shall take care of any and all equipment that is used. It shall be cleaned, if required, and placed back into its storage location when finished.
 - b. Keep the Dojang and surrounding areas clean at all times.

10. Dobok and Dee (Uniform and Belt)
 - a. The Dobok and Dee shall be kept clean. Doboks are NOT meant to be worn in public places. They are not ‘street clothes!’ Doboks that are treated poorly and become muddy or torn should be replaced.
 - b. The formal dobok is all white with proper patches. Formal doboks shall be worn during tests or tournaments. Alternate doboks or plain doboks may be acceptable for regular classes.

Tuition - Promotion Tests - Sparring Equipment

Ability and knowledge in the martial arts is gauged by rank. Belt Color and stripes are used as the rank indicators. Rank is acquired through hard work and consistent training. As you train, your physical and mental abilities will improve. When you have demonstrated your abilities to me, I will award you the opportunity to promote in rank. DO NOT ASK ME IF YOU CAN PROMOTE. I will let you know when you are ready, and will tell you when the next test date is.

During a promotion test, you will be required to demonstrate any combination of kicks, punches, blocks or techniques that you have practiced in training. You will be asked to perform self-defense, free-spar and break a board. At the end of the test, I will also ask questions to see if you are retaining the knowledge of the Korean terminology and history. You should be prepared to answer questions based upon the information in this booklet, regarding the rank you are testing for, and all previous belts.

Free Sparring equipment is an earned privilege. Generally, I make students wait at least one year before I allow them to wear sparring equipment. By that time, students have started to develop control and a better sense of coordination. Risk of injury during contact sparring is greatly reduced if students are made to develop their abilities first.

There are various fees associated with this program. The belts you are awarded, the boards you break and the building itself do cost me money. I try to keep my prices much lower than everyone else. But, I cannot give everything away for free. I must charge a monthly tuition, fees for testing, uniforms and equipment. Of course, I understand if you wish to purchase uniforms and equipment on your own. I simply ask that you inform me first, as I do have rules regarding colored uniforms and requirements for equipment.

Fees, with the economy, can change at any time. If you need to discuss a test or equipment price, or if you have concerns about tuition payments, please talk to me ahead of time.

Martial Arts is an investment into your future health, as well as your development as a person and your ability to defend yourself.

Rules for Self Defense

1. Stay relaxed! A panicked mind is not one that can think clearly and react properly.
2. Observe and react upon the attacker. Do not anticipate or pre-plan defensive moves.
3. Keep your Hands and feet in close to your body. Never “reach” against a skilled street fighter. On the street, all kicks should be low and to the knees or groin.
4. Never move backwards! Always move forward, circular or cut-the-corners on your attacker.
5. Against multiple attackers, fight one at a time and move on to your next opponent only after the previous one is taken out and can no longer pose a threat.
6. Drive through your attackers, pushing them back. If a second attacker has to pursue you, he cannot strike you.
7. In a street fight, anything goes! Be prepared for the attacker to distract or misdirect you.
8. Assume your attacker is a great fighter and never underestimate him, no matter what size or gender. Every opponent has his own style of fighting.
9. Only use what force is needed to end a situation. Today’s laws could leave you vulnerable to punishment, fines or jail time if you use too much force.
10. Always be alert and notice details. Pay attention to your surroundings and avoid potentially dangerous areas and situations. Don’t ignore the ‘feeling’ you may get when something doesn’t seem right.
11. If an opponent threatens that he ‘has’ a weapon, assume he does, and act accordingly. Never give an opponent the opportunity to pull the weapon into an attacking or threatening position. Remember, your opponent is the person holding the weapon, and not the weapon itself!
12. If a drunk or drug-taker attacks you, realize that they may not feel pain. Some drugs like PCP can allow people to not even know they have broken a bone. Takedowns, throws and pinning can sometimes be a better option.
13. Avoid strikes that could cause an opponent to bleed on you. (Strikes that could break the nose.) Someone who attacks is the type of person that has been in jail. A large percentage of inmates have HIV disease.

Rules for Better Free Sparring

1. Always attack and never give your opponent a chance to score on you.
2. Keep hands close to the body at all times. Never reach out, which results in your body opening up. Also, close hands allow you to block with the least effort, thus, conserving strength and energy.
3. Never watch your opponent's eyes, hands or feet. Watch the center chest so that you can 'see' the whole body.
4. Use combinations of kicks and punches that strike to multiple areas. Switch up your attacking feet and hands from left to right, and front and rear foot. Also, change middle and high strikes to try and CREATE the openings to score, rather than waiting for them to appear.
5. Always work in a circular pattern, or cut corners. Never back up.
6. Don't punch or kick unless you intend to score. Fake punches or kicks are fine. But, follow up immediately with the real strike, and you MUST make the initial fake look real.
7. Use front foot kicks, as they are faster to throw and land.
8. Don't fall into predictable patterns of the same kicks and punches. Good fighters will recognize patterns and know how to counter when they know what kick is coming.
9. If you find yourself getting scored upon, CHANGE! You must be able to adapt to whatever style of fighter you encounter.
10. Stand upright. Stooping over exposes your head as an easier target. Also, a deeper stance, with legs bent, will slow down your own movement.
11. Never show weakness or fatigue. Give full effort until the fight is over! Losers that keep trying will become winners!

Rules for Form Training

1. Memorize the direction, techniques and line of movement for each form.
2. When in the ready stance, remain calm, still and concentrate on the first moves. Even if you are nervous, you must portray an appearance of confidence.
3. When you are learning the form, work the movements slow and accurately. Once you learn the form, speed up the technique and power, but maintain clean execution.
4. Each technique in a form should have spirit, as well as power. When the kihap is called for, it should be a strong yell from the abdomen, showing the spirit and strength of the performer.
5. Always concentrate and focus on the techniques and direction of movement for the pattern. The head should look in the direction of the action, and never at the feet, judges or audience. Remember, when changing direction, look first, and then proceed to the next technique.
6. Patterns require balance as well as strong stances. Shoulders and hips should be square and straight forward. The head and shoulders shall not bob up and down between movements. The body should keep level when changing stances and turning.
7. Hands should follow the feet. Get into the proper stance first. Then, perform the hand technique. Proper strikes and kicks require you to be in the appropriate stance.
8. When you execute techniques, it should be clean and precise, and thrown from a relaxed state until it reaches full extension. The end of each technique should bring strength from all of the body to the impact point (snap). Being tense slows down movements and takes the grace out of the performance.
9. When a form is mastered, perform it facing different directions and angles. When possible, practice a pattern in a different setting or environment to see if you can execute it with added distractions.
10. Maintain a constant speed throughout the entire pattern. It is easy to speed up through a pattern when nerves get in the way. To an observer, when patterns are rushed, they look sloppy and the performer looks scared. (All color-belt patterns should maintain a moderate pace. However, many upper-black belt patterns have their own paces. Some patterns may require extremely slow, powerful techniques – while others may require extremely fast movements.)

8th Kup, Yellow Belt**Terminology****English**

Master (5th degree and up)
 Instructor (4th degree and up)
 Referee
 Judge
 School (Classroom)
 Gymnasium (Training room)
 Uniform
 Belt
 Pattern

Korean

Kwan Jang Nim
 Sa Bom Nim
 Joo Sim
 Bu Sim
 Kwan
 Dojang
 Dobok
 Dee
 Poomse

Counting

One	Hana
Two	Dul
Three	Set
Four	Net
Five	Dasot
Six	Yasot
Seven	Elgub
Eight	Yodol
Nine	Ahob
Ten	Yol

Definition of Tae Kwon Do: An version of an ancient form of unarmed combat that was practiced for many years in the Orient, and perfected into its present form, in Korea.

Tae - To strike with the foot.

Kwon - To strike with the fist or hand.

Do - The art, way or method of doing.

Pledges

1. I shall respect my parents, instructor and all senior ranks
2. I shall conduct myself in a respectful manner.
3. I shall respect the teachings of Tae Kwon Do and never misuse them.
4. I shall always respect the rights of others.
5. I shall strive for peace and brotherhood in the world.

Poomse

Kebon Hana (H-pattern)

20 Moves

Name translates to "Basic One"

7th Kup, Green Stripe**Tenets of Tae Kwon Do**

1. Courtesy
2. Integrity
3. Perseverance
4. Self Control
5. Indomitable Spirit
6. Humility
7. Honesty
8. Courage
9. Loyalty
10. Consistency

Terminology**English**

First
 Second
 Third
 Fourth
 Fifth
 Sixth
 Seventh
 Eighth
 Ninth
 Tenth

Korean

El
 E
 Sam
 Sa
 O
 Yuk
 Chil
 Pul
 Koo
 Sib

Theory of Power

Speed Concentration Equilibrium Breath Control Reaction Force

Poomse

Tae Geuk, El Jong
 Powerful and manly awe.

18 Moves ***Heaven***
 The Source of creation and symbol of the father.

6th Kup, Green Belt**Terminology****English****Korean**

Yell

Ki-hop

Attention

Cha-ryot

Bow

Kyong-ye

Get Ready

Joonbi

Begin

Si-jak

Stop

Gu-mahn

Continue

Kae sok

Eyes Forward

Barro

Switch

Ba-quo

Kick

Cha-gi

Hand Strike

Chi-gi

Block

Maggi

X-block

Yeot Pero Maggi

Sparring

Kyorugi

Spinning

Banda

Jumping

Twieo

Snap Kick

Ahp cha-gi

Stretch Kick

Ahp-cha oligi

Outside Crescent Kick

Backat cha-gi

Inside Crescent Kick

Ahn cha-gi

Side Kick

Yop cha-gi

Roundhouse Kick

Dolryo cha-gi

Hook Kick

Huryeo cha-gi

Axe Kick

Naeryeo cha-gi

Back Kick

Dwi cha-gi

Wheel Kick

Banda Huryeo cha-gi

Jumping _____ Kick

Twieo _____ cha-gi

Spinning _____ Kick

Banda _____ cha-gi

Poomse

Tae Geuk, E Jong

18 Moves

Lake

Feminine

Joyfulness. Gentle but firm.

5th Kup, Blue Stripe**Terminology****English**

Fist
 Hammer-fist
 Back-fist
 Knife-hand
 Spear-hand
 Elbow
 Forearm
 Uppercut

High
 Middle
 Low

Stances

Attention Stance
 Ready Stance
 Walking Stance
 Front Stance
 Back Stance
 Horseback Stance
 Twist Stance
 Tiger Stance

Korean

Joomok
 Me-Joomok
 Dung-Joomok
 Son-nal
 Son-nal Dung
 Palkoop
 Palmock
 Chi

Wee
 Gaunde
 Ahre

Cha-ryot Sogi
 Pyong-hi Sogi
 Ahp Sogi
 Ahp-gubi Sogi
 Dwi-gibi Sogi
 Juchoom Sogi
 Koa Sogi
 Bum Sogi

Poomse

Tae Geuk, Sam Jong 20 Moves
 Warmth. Enthusiasm and Hope.

Fire

Feminine.

4th Kup, Blue Belt

Blue belt is the first of the ‘Advanced’ colored belts. By now, you should be capable of performing blocks, kicks and strikes with the proper technique. You should also be getting familiar with proper stances during poomse, as well as seeing improvement in your fighting ability.

Five Components for Proper Poomse Training

1. Balance
2. Focus
3. Coordination
4. Breath Control
5. Self Discipline

Terminology**English**

Hello
 How are you?
 Thank You
 Excuse Me
 Sorry
 Yes
 No
 Good
 Bad
 Family
 Mother
 Father
 Brother
 Sister

Korean

Annyeong
 Ahn-nyong hasimnika
 Gamsahabnida
 Sillyehabnida
 Joesonghabnida
 Ye
 Ani
 Joh-eun
 Nappeun
 Gajog
 Eomeoni
 Abeoji
 Hyeongje
 Jamaeui

Poomse

Tae Geuk, Sah Jong

20 Moves

Thunder

Masculine.

Danger, like in a thunderstorm, passing as quickly as it arrives.

3rd Kup, Brown Stripe**Salute to the Flag and Instructor**

Face the flags and say, “Cha-ryot, Kookayuh, Kyong-ye.” Then, after instructor turns to face the class, say, “Barro, Cha-ryot, Kyong-ye.” (Attention, salute, bow. - Look to instructor, attention, bow.)

Terminology**English**

One-step Sparring
 Self Defense
 Board Breaking
 Free Sparring
 Stop
 Turn Around
 Break
 Continue
 Switch
 Point (as in scoring)
 Blue
 Red
 Win
 Warning / half point deduction
 Full point deduction

Korean

Han
 Hosinsool
 Kyupka
 Kyorugi
 Gu-mahn
 Dorra
 Kalyeo
 Kae Sok
 Ba-quo
 Jeum
 Chung
 Hong
 Sung
 Kyong Go
 Gam-Jeum

Poomse

Tae Geuk, O Jong

20 Moves

Wind

Feminine.

Humility and good-natured actions. Gentle and flexible or powerful and unyielding.

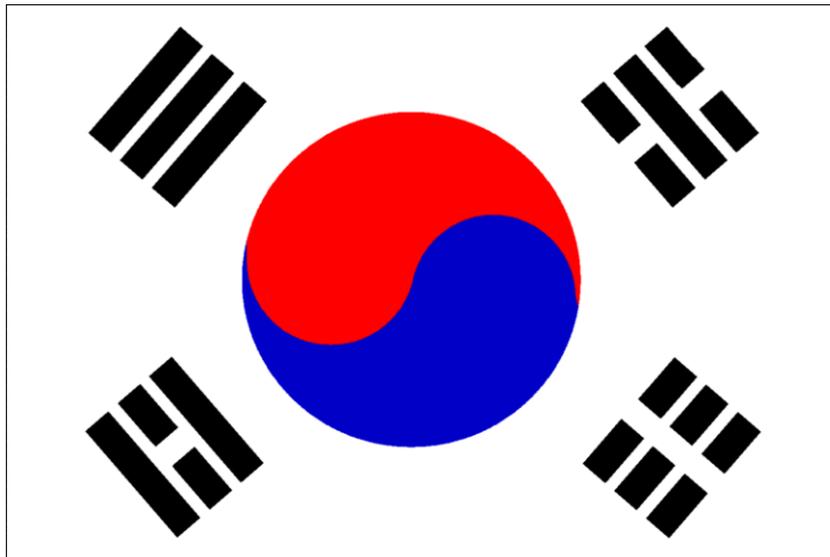
2nd Kup, Brown Belt**The Korean Flag**

The Korean flag symbolizes the thought, philosophy and mysticism of the Orient. The center symbol is called the Taegeuk, while the flag as a whole is called the Taegeukgi. The Taegeuk is a circle, divided evenly, and in perfect balance. The upper, red section represents the Yang and the lower, blue section represents the Um, an ancient symbol of the universe. The two equal sides represent the duality of the cosmos – Masculine and Feminine, Active and Passive, Hot and Cold, Plus and Minus, and so on. The central thought of the Taegeuk indicates that while there is a constant movement within the sphere of infinity, there is also balance and harmony.

Three bars at each corner also express the ideas of opposition and balance. They each also have multiple meanings -- The four seasons, cardinal directions, family members and the four elements.

Heaven, Father
Spring, East

Water, Son
Winter, North



Fire, Daughter
Autumn, South

Earth, Mother
Summer, West

Poomse

Tae Geuk, Yuk Jong

19 Moves

Water

Masculine.

Can overcome any obstacle, if going forward with confidence and persistence.

Easy to bend, but not to break.

1st Kup, Red Belt**The Meaning of the Belt Colors**

As you are already aware, there are different ranks. Each rank is distinguished by a different belt color. Each belt color signifies a stage in the unending cycle of life and nature.

The following is a brief description of the symbolism for each belt rank.

White - Signifies the hidden potential of the beginner, like a seed beneath the winter snow, or a clean canvas, on which new art could be drawn.

Yellow - Represents the purposeful actions of the new student, similar to the warmth of the late winter sun. It melts the snow and allows the seed to grow.

Green - Indicates the growth and development of the student as in the spring, when growth and activity are everywhere.

Blue - Symbolizes the sky and represents the unlimited growth potential of the student, similar to a plant growing upward, toward it's source of life.

Brown - Maturity of nature, just as the leaves on the trees change color in the fall.

Red - As leaves turn from brown to red, we are reminded of the danger of reaching the end of the cycle.

Black - The color of **mastery**. No color added to black can alter it, and so it becomes the completion of an unending cycle, which begins again at white.

Poomse

Tae Geuk, Chil Jong

25 Moves

Mountain

Masculine.

Quiet and Steady. Totally stable and cannot be moved. Knowledge of when to forge ahead and when to stop and rest in order to achieve goals.

1st Dan, Midtown / USNTF Black Belt

It was long theorized that a Buddhist monk, Bodhidharma in the 6th Century, started martial arts. He is credited with the physical training of the Shaolin monks, and regarded as the father of Zen Buddhism.

However, evidence of Tae Kwon Do has been found across Korea, dating much earlier. Korea was once separated into three kingdoms, and these signs were found in the respective areas. The “Three Kingdoms Period” ranged from 57 BC to 660 AD

Goguryo - (37 BC ~ 668 AD) A mural on the wall of a tomb in southern Manchuria (now North Korea) shows two youths engaged in Tae Kwon Do sparring. The tombs date from 3 AD to 427 AD, which indicates that Koreans were developing a native martial art long before Bodhidharma. Another mural painted on a tomb wall depicts a man practicing an upper block, while wearing a drill suit with a belt.

Baekje - (18 BC ~ 660 AD) The kings military and common people used barehanded fighting, kicking, archery and horseback riding for sport.

Silla - (57 BC ~ 935 AD) In the early 6th century, King Jin Heung orders founding of the Hwarang Do, which fought and unified the three kingdoms of Korea. They took over Paekje in 668 AD and Koguryo in 670 AD. Members of the Hwarang Do youth group were trained in sparring, horsemanship, swordplay, archery and Javelin. They were also taught the ways of the aristocracy – poetry, calligraphy, etc.

Poomse

Tae Geuk, Pal Jong

24 Moves

Earth

Feminine.

Mother - The source of all life where the creative force of heaven is realized.
Represents the open mindedness of the earth – moist and heavy, sinking into the ground.
Gentle and nurturing. Teaches to respect life in all forms.

1st Dan, Kukkiwon Certified, WTF Black Belt**The Dynasties of Korea (sequence of rulers)**

Silla - (668 AD ~ 918 AD) By the end of the 660s, Silla formed an alliance with the Tang Dynasty of China to conquer the Goguryeo and Baekje kingdoms. After unification, the Chinese forces were repelled from Korea. The Korean peninsula during this time period, and also the time period itself, is frequently referred to as the **Unified Silla**.

Goryeo - (935 AD ~ 1392 AD) The country Goryeo was founded in 918 and replaced Silla as the ruling dynasty of Korea. Goryeo is a shortened form of Goguryeo and is the origin of the English name “**Korea**.” During this time period, Buddhism spread across the Korean peninsula and a system of laws became more prevalent. In the 12th and 13th centuries, the spreading availability of the printing press allowed for more books and literature to reach more people. The “superior” man was now becoming less dependant upon physical activity. However, the military still trained in Tae Kwon Do and Hapkido. Kings and royals also still enjoyed free sparring.

Joseon - (1392 AD ~ 1897) General Yi Seong-gye established the Joseon dynasty in a ‘bloodless’ coup. Taking over the Korean peninsula along with King Taejo, Buddhism was replaced with Confucianism. Now, students of the martial arts were looked down upon as a lesser person. The ‘sophisticated’ man was one that did not partake in physical activity like the martial arts – instead, studied the finer arts like the Hwarang Do did. This lead to advances in culture and science, as well as proliferation of the Hangul, the Korean alphabet. By the end of the dynasty however, Korea had become isolationist and were not prepared to repel a full occupation by the Japanese in 1910.

Poomse

Koryo

30 Moves

Korea

Koryo is named for the Goryeo dynasty. It was during that dynasty that the valiant fighting spirit of the Korean people allowed them to halt Mongolian invasion of the peninsula. Each movement should be performed with conviction and strength to reflect ***Determination*** and an ***Indomitable Spirit***.

2nd Dan, Midtown / USNTF Black BeltImportant Dates of Modern Korean History

- 1897 Emperor Gojong proclaims the **Korean Empire** a new entity. He oversees a modernization of the military, industry, economy and educational system. Japan becomes wary at the speed at which Korea is advancing and hastens its plans to annex Korea.
- 1905 A treaty is signed between Japan and Korea making Korea a **protectorate**. Former Japanese Samurai, Prince Ito Hirobumi is named Resident General of Korea.
- 1909 An Jung-Geun, an activist for Korean independence, Assassinate Ito Hirobumi.
- 1910 In response to Ito Hirobumi's assassination, Japan formally annexes Korea and rules it for 35 years. It is estimated that more than 5 Million Koreans are turned into farm slaves or forced into military service by a brutal Japanese rule.
- 1945 At the end of World War II, Japan's surrender to the allies liberates Korea from the Japanese.
- 1962 Tae Kwon Do is accepted as an official event in the **Korean Games**
- 1966 The International Tae Kwon Do Federation (ITF) is formed.
- 1971 Dr. Un Yong Kim begins the formation of the **Kukkiwon**. It is completed in 1973.
- 1973 Dr. Un Yong Kim forms the World Tae Kwon Do Federation (WTF)
- 2000 Tae Kwon Do is one of only two Asian martial arts accepted into the **Olympic games**.

Poomse

Kumkang

27 Moves

Diamond

The original meaning of Kumkang is "too strong to be broken." In Buddhism is also refers to something that can **heal sadness and despair** through a combination of **wisdom** and **virtue**. This poomse takes its name from Mount Kumkang, the most beautiful mountain of the Taebek mountain range. Mount Kumkang and its poomse are a symbol of solidity and permanence. The movements of Kumkang should be performed powerfully to represent the immovable majesty of the mountain.

2nd Dan, Kukkiwon Certified, WTF Black Belt

By the time you have achieved this rank, it is likely that you have embraced Tae Kwon Do and all that it offers to enrich your life. Not many people achieve this rank without a deep love for what they practice.

Around the time of 2nd degree, you should have the understanding of the techniques and their applications, as well as the ability to teach those techniques to new students and under belts. You should know all of the content of this book, so that you can pass along its information to all that seek it.

As an advancing black belt, the physical aspects of the promotion tests will diminish and will focus more on poomse and the philosophical aspects of the martial arts. Therefore, the remainder of this book will cover only the 3rd degree black belt poomse and above. **You should be taking it upon yourself to study the history of not just Tae Kwon Do, but also of all martial arts that we may or may not practice.** Hopefully, you continue to embrace these wonderful arts, seek their perfection and further your quest for knowledge!

Poomse

Taebek

26 Moves

Sacred Mountain

Taebek is the ancient name of modern day **Mount Paekdoo**. It is this highest and grandest mountain in Korea. According to legend, it is the place where the demi-god Tan-gun founded the kingdom of Choson 4,300 years ago and established the roots of the Korean nation. Mount Paekdoo (Taebek) is considered the symbol of Korea. The movements of the form should be performed with **precision** and **rigorous dexterity** as a sign of **respect for cultural heritage**. Another definition of Taebek has been translated as “Lightness,”

3rd Dan Black Belt and BEYONDPoomse

Pyung Won

21 Moves

Vast Plain

The fertile plains are where humans obtain food. It is also the place where our ancestors conducted their lives. A vast, open plain stretches out in all directions and can impart a feeling of majesty and life. It is this feeling of **abundance** and **being without boundary** that is the foundation of this poomse. The movements of this form should be performed with **reserved grace** to reflect this concept.

Poomse

Ship Jin

28 Moves

Symmetry

The literal meaning of Ship Jin is **Decimal System**. It presents endless growth and development in a balanced and **systematic order**. As the decimal system is based upon multiples of ten, the word Ship Jin is derived from the belief in the **Ten Longevities**, which advocates that there are ten components for a long life – Sun, Moon, Mountain, Water, Stone, Pine Tree, Herb of Eternal Youth, Tortoise, Deer and Crane.

While performing this poomse, you should strive for **stability** and **balance** and each technique should be performed with **precision** and **control**.

Poomse

Jitae

28 Moves

Earth

According to Oriental belief, all living things come from and return to the Earth. The Earth is the origin and terminal of life. All creatures as well as all natural phenomena of the Earth originate mainly from the changes in the earth and its environment.

A more modern interpretation of the pattern is to imagine a man standing on the ground with both feet, looking at the sky. He is one with the Earth, but, small in comparison to the Earth's strength and control over him.

Conclusion

I hope that you have enjoyed reading this book and that it has provided you with knowledge and guidance in your learning and developing as a martial artist.

The teaching of the martial arts, as well as the overall state of Tae Kwon Do has changed much since its origin. Witnessing modern tournaments first hand is something to see. Coaches can call timeouts 10, 15 or 20 times in one 3-minute match when there aren't timeouts even allowed by the tournament's own rule book! Judges of poomse have, in many cases, undergone a simple 30-min training session on how to judge a contestant performing a pattern. So often, the judges don't have the basic understanding or knowledge of the patterns movements or how the pattern is supposed to be performed.

Rules are blatantly broken or ignored. Referees will officiate matches containing their own students or even their own children!

From bending rules to downright cheating, so much of the martial arts has been overtaken by greed of the almighty dollar. School owners know that students will come and go; many students will never stick with Tae Kwon Do for more than a few months. Those school owners look at you as a walking cash machine.

At Midtown Martial Arts, it is my goal for you to LEARN. I am fortunate to have a wonderful, private studio as a place where we can all come and train together without interference of the "outside world." Tae Kwon Do was not meant to be learned in a strip mall with big glass-front windows where everyone walking by can witness it. The entirety of martial arts is one man or woman against themselves. Only the individual student can either succeed or fail. As long as you put forth effort, I pledge to teach you with all of the knowledge that I possess.

Thank you, sincerely, for being a part of this program and the Midtown Family.

Master Kimberly Cote