

Instruction Booklet

ILLINOIS VALLEY
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Facebook Page: Illinois Valley Tae Kwon Do (IVTKD)

<https://www.facebook.com/IVTKD/>

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For the Beginners of Tae Kwon Do...

If one could master the complete knowledge and competence of any sport or art in a short time, everyone would do it! However, as with most things that are easily attained, with minimal effort or commitment, Tae Kwon Do would be of little value.

Tae Kwon Do is a scientifically designed Korean art of self defense. Literally translated, Tae Kwon Do means, 'the art of hand and foot fighting.' When practiced consistently and with dedication, is the ultimate in self defense and physical fitness for men, women, and children. Through continued training and application of the principles of Tae Kwon Do, people of all ages, sizes, and abilities find that this martial art develops their mental and physical potentials to their highest levels.

Why Tae Kwon Do?

1. **Popular:** Everyone, young and old, male or female, can practice this art regardless of physical weight or strength, because not only does technique play a more important role than force, direct contact is discouraged. The techniques practiced may be chosen according to the individual's capabilities, while the duration and regularity of practice and training can be modified to one's preferences.
2. **Convenient:** Tae Kwon Do can be practiced individually or in a group. Therefore, one can exercise at any time, any place, and for any length of time without a partner. A partner does produce better results, however, perhaps due to diligence, competitiveness or oversight of another fluent in the art to correct and encourage.

Purpose of Tae Kwon Do

While many people associate the primary purpose of Martial Art training such as that taught in Tae Kwon Do, with learning self defense, that is actually only one of many side benefits attained through Tae Kwon Do. The art is taught with the purpose of sculpting and shaping a person's entire being and make them the best they can be.

The purpose of Tae Kwon Do is multi-faceted. While each person who undertakes the training might have their own individual reasons and motivation, Tae Kwon Do is an educational curriculum that applies to every aspect of one's life. It is intended to teach a philosophy of harmony with nature, character building, and becoming a positive member of society wherever they live. It teaches the student the skills and provides the tools necessary to survive and succeed in any venture in life, and to overcome any obstacle or adversity, whether from outside forces or internal conflicts and weaknesses.

The complete Tae Kwon Do curriculum helps to bring the students mind, body and spirit into harmony, and strengthen each of these to the highest degree of integrity, by gradually increasing strenuous exercise using the techniques and tactics of Tae Kwon Do, the student improves and maintains a healthy mind and body. By learning Tae Kwon Do self defense skills, the student is capable of defending not only themselves, but the weak, abused, and oppressed innocent victims who cannot stand up for themselves. With the potentially deadly power of Tae Kwon Do, the student is also taught the value of all life, and learns to incorporate a set of moral and ethical rules and tenets as a code of conduct. These are the qualities that makes a person not only a formidable warrior, but a true Martial Artist according to the philosophy of Tae Kwon Do.

Meaning of Belt Colors

White - signifies innocence (that of a beginner)

Yellow- signifies Earth from which a plant sprouts and takes root as a TKD foundation is being laid.

Green - signifies the plant's growth as TKD skills begin to develop

Brown - signifies correlation between Heaven and Earth as the plant matures into a towering tree as training progresses

Red - signifies danger, cautioning students to exercise control and warning opponents to stay away

Black - Opposite of white - signifies maturity and proficiency in TKD; indicates the wearer's imperviousness to darkness and fear

Rules Practiced by ALL students:

Training means training of body and spirit, and, above all else, one should treat his opponent courteously and with the proper etiquette. - M. Nakayama

Inside the Do Jang:

- Shaking hands is often done with an open hand placed under the other, this originated to show that there was no weapon being held.
- Shoes should not be worn on the mat.
- The following is *prohibited* in the Do Jang:
 - gum
 - loud laughter
 - bad language
 - arguing
 - horseplay
- Students should always be aware of what they need for class and carry their own equipment
- Ky-op (focused energy) or yell loud while practicing strikes unless told not to. Always yell with control, do not scream or just say "hi yah"
- Always respond with "Yes, Sir" or "Yes, Ma'am" when asked to do something unless told otherwise
- Never sit or lie down unless directed.
- Always try to be on time for class. Punctuality is a good habit. If you do arrive late for class, please perform 10 pushups and then join the class without interrupting.
- During class, always perform the number of repetitions given or keep practicing until told to stop if no number was given.
- Never modify practice unless directed
- Meditation is used for concentration, visualization, focusing and preparing the mind and body for class. Proper breathing, (deeply in through the nose and then an equal breath out through the mouth), is conducive to successful meditation.
- Always be respectful of others practicing in the DoJang, yielding to any senior rank.

During Class:

- Respond quickly, quietly and respectfully when called to class by the senior belt.
- Students should line up in belt order with the highest belt closest to the flag, and progressing to the right, usually with four or five across, before a new row is started.
- Always address your Instructors as “ma’am” or “sir”, and never interrupt while they are talking. Respectfully give them your full attention (you are here to learn from them), remain motionless while receiving instruction; do not make demands from them.
- Water and bathroom breaks should be before or after class. Asking to do so during class disrupts the class, interrupts the flow of learning and causes the student to miss out on something important which affects not only them, but their potential partners.
- Always train at the highest possible level to achieve your potential, demonstrate your proficiency, motivate your classmates and to show respect to the instructor.
- Use Korean terminology when possible.
- Always maintain a positive outlook, and act as you imagine a Black Belt would. Remember what is taught to you, practicing outside of class, to benefit from each class building on the previous one, instead of the instructor having to repeatedly reteach, rather than review what has already been shown.
- Your sparring partner is not your enemy. Your partner is your best helper. For better technique and manner, always cooperate with each other and show respect.
- Higher Belt Students should always set a good example for, and show respect to, lower belts.
- Lower belts should show respect and follow the good example of higher belts
- Extra practice outside of the Do-Jang is encouraged if the conditions are correct. Children should ask their parents’ permission before practicing. Some great things to work on at home are forms, kicking, hand techniques, stretches and exercises or just work out with some training equipment like a punching bag.
- Students should get instructor permission before competing in any non-school sanctioned tournaments or demonstrations.
- Outside of the Do-Jang you should carry yourself with confidence and humbleness. Martial Artists should always set an example for others with their courtesy, integrity, and positive thinking whether at work, school, church, the mall, etc. This does not mean openly flaunting your skills and knowledge in an attempt to humiliate or subjugate others. “To build a more peaceful world.”
- Students should not attempt to teach friends or family members martial arts, this is best left to trained instructors within a classroom setting.
- Training with Friends and Family is encouraged. However, this is assuming that they also have been taught by a professional instructor. You will enjoy class even more when you can share it with those who are special to you. Never hesitate to invite others to watch or join class.

Parent Etiquette:

Illinois Valley Tae Kwon Do consider our class to be a family. As with any family, there are rules and a dedicated hierarchy. If parents or guests are unable to follow these simple rules, they will be asked to leave for the remainder of the class.

- Parents and visitors are welcome to watch class quietly. While a conversation may seem quiet to the participants, it is amplified to the students, especially when they can recognize voices!
- When students have parents observing, the student can become distracted, whether because of a need to succeed and shine, or embarrassment at not grasping something as quickly as they feel they should, or just feeling a bit uncomfortable within this new adventure. This is why it is sometimes best for parents to leave the Do-Jang when a student is first acclimating to the class. It also helps to establish that hierarchy and let them understand who is in charge.
- Although we know parents are a child's first and best life coach and instructors, we ask that parents not talk to their children during class and leave coaching to instructors!
- Students are responsible for their guests.
- During class, visitors may observe quietly from the seats provided and leave during breaks or at the end of class.

Uniform (Do Bak)

All students are required to wear a Do-Bak in training except on certain occasions. T-shirts are available to purchase from the instructor which can be worn. During promotions or testing, the students are required to wear their Full uniforms, they may wear a white or black T Shirt under their uniforms. Uniforms should be clean and unwrinkled, it is customary to **NOT** wash the belt.

Steps for Opening and Closing Class

1. Attention - Cha Ryu
2. Salute Flag - Kyung Ne
3. Return - Pa Ro
4. Attention - Cha Ryu
5. Bow to instructor - Sa Bum Neem Ge, Kyung Ne
6. When Closing class:
 - a. Face Highest Student (High Student) Attention - Cha Ryu
 - b. Bow - Kyung Ne
 - c. Dismiss (Haesan)
7. Students respond, while bowing: Thank you, sir/ma'am.

Student Oaths, Pledges, and Rules:

My Pledge (beginners and above)

1. To Train both mind and body through Tae Kwon Do.
2. To be a courageous opponent against untruth.
3. To promote a friendly relationship amongst all people.
4. To obey all rules of Tae Kwon Do and instructors.

Six Important Points of Training (beginners and above)

1. Discipline (Su Yang)
2. Focus of Sight (See Sun)
3. Balance (Jung Shim)
4. Control of Breath (Ho Hup Jo Jul)
5. Speed and Power (Him and Sok Do)
6. Spirit (Gi)

Tenants of Tae Kwon Do (beginners and above)

1. Courtesy - "*ye ui*"
2. Integrity - "*yom chi*"
3. Perseverance - "*in nae*"
4. Self-Control - "*kuk gi*"
5. Indomitable Spirit - "*baekjool*"

Children Home Rules (white belt #1 & 2, Purple belt #3-5, Green Stripe and above - ALL)

1. Children must show respect to their parents and family members at all times.
2. Children shall greet their parents when entering the house and say goodbye when they leave.
3. Children shall be truthful at all times.
4. Children will maintain a good relationship with their brothers and sisters.
5. Children will help with household chores.
6. Children will keep their room neat and clean.
7. Children will keep their body, hair and teeth clean at all times.
8. Children will not interrupt adult conversations.
9. Children Shall study their school work at school and at home.
10. Children must show respect for teachers and peers at all times.

**** Children who do not obey their parents may be reduced in rank***

Tae Kwon Do Oath (Yellow Belt and Above)

1. I shall observe the tenets of Tae Kwon Do.
2. I shall respect my instructors and senior students.
3. I shall never misuse Tae Kwon Do.
4. I shall be a champion of freedom and justice.
5. I shall build a more peaceful world.

Hwa Rang Do Oath (green belt and above)

1. Be loyal to your king.
2. Be obedient to your parents.
3. Be honorable to your friends.
4. Never retreat in battle.
5. Make a just kill.



Your Instructors: Mr. Seth, Mr. Jim, Ms. Lesman, Mr. Matt, Ms. Sessler, Mr. Jeff

English.....Korean

Master Instructor.....Sa Bum Neem
 Instructor.....Sa Bum
 StudentJe Ja
 Attention.....Cha Ryut
 Bow (salute).....Kyung Neh
 Pil SungCertain Victory
 Sit DownAn Jo
 Meditation.....Muk Nyum
 Ready Position.....Joon Bee
 Begin.....Si Jahk
 Return.....Ba Ro
 At Ease.....She ah
 Stop.....Kuo Mahn
 Yell.....Ki Hap
 National Flag.....Kookie
 Belt.....Dee
 Uniform.....Do Bak
 Training Hall.....Do Jang
 180 Degree Turn.....Dui ro do ra

Stances:

Sitting Stance.....Annum Sogi
 Walking Stance.....Gunnam Sogi
 L-Stance.....Niunja Sogi
 Attention Stance.....Narani
 Sogi
 Closed Stance.....Moa Sogi
 Crouched Stance.....Oguryo Sogi
 Fixed Stance.....GoJung Sogi
 Low Stance.....Nachuo Sogi
 Ready Stance.....Junbi Sogi
 Veritical Stance.....Saoo jik Sogi
 X-Stance.....Kyocha Sogi

Sections:

Right.....Oran
 Middle.....Kaunde
 Left.....Wen
 Low.....Najunde
 High.....Napunde
 Inward.....Anuro
 Outward.....Bakuro
 Front.....Op or Ap
 Back.....Dung
 Side.....Yop
 Downward.....Naeryo
 Upward.....Ollyo
 Flying.....Twimyo
 Jumping.....Twigi
 Thrusting.....Tulgi
 Double.....Doo
 Turning.....Dollyo
 Strike.....Taerigi
 Backhand.....Sondung
 Fingertip.....Son Kut

Counting:

1.....Hana
 2.....Dool
 3.....Set
 4.....Net
 5.....Da-Suht
 6.....Ya-Suht
 7.....Il Gop
 8.....Uh Dul
 9.....Ah Hope
 10.....Yuhl

20.....Seu-Mool
 30.....So-Roon
 40.....Ma Hoon
 50.....Sheen
 60.....Yes-Soon
 70.....E-Roon
 80.....Yo-Doon
 90.....Ah Hoon
 100.....Baek

Hand Techniques

Punch.....Jirugi
 Side Punch.....Yop Jirugi
 Rising Block.....Chookyo Makgi
 Guarding Block.....Daebi Makgi
 X-Fist Block.....Kyocha Joomuk
 Twin Forearm Block.....Sang Palmok Makgi
 Upset Punch.....Dwibo Jirugi
 Obverse Punch.....Baro Jirugi
 Reverse Punch.....Bandae Jirugi
 Circular Punch.....Dollmyo Jirugi
 Wedging Block.....Hechyo Makgi
 Back Fist.....Dung Joomuk
 Back Elbow.....Dwit Palkup
 Open Fist.....Pyun Joomuk
 Pressing Block.....Noollo Makgi
 U Shape Block.....Mondungi Makgi
 W Shape Block.....San Makgi
 Horizontal Punch.....Soopyung Jirugi
 Vertical Punch.....Sweo Jirugi
 Scooping Block.....Duro Makgi
 Fingertip Thrust.....Sonkup Tulgi
 Double Palm.....Doo Sonbadak
 Reverse Knifehand.....Sonkal Dung

Foot Techniques

Side Piercing Kick.....Yop Cha Jirugi
 Front Snap KickApcha busigi
 Turning Kickdollyo chagi
 Rising Kick.....Cha Olligi
 Crescent Kick.....Bandal Chagi

Twisting Kick.....Bitro Chagi
 Downward Kick.....Naeryo Chagi
 Sweeping Kick.....Goro Chagi
 Thrusting Kick.....Cha
 Tulgi
 Double Kick.....Iljung Chagi

Back Piercing Kick.....Dwit Cha Jirugi
 Reverse Turning Kick.....Banda Dollyo Chagi
 Reverse Hooking Kick
Banda Dollyo Goro Chagi
 Turn Back Reverse Turning Kick
Dollyo Banda Dollyo Chagi

White Belt (10th Gup) Information:

Breaking Technique: Side Piercing Kick

Kicking Combination:

1. Side Kick (right foot)
2. Reverse side Kick (left foot)
3. Turning Kick (right foot) 1-Punch

Form (tul): Four Directional Punch - 14 movements

Self Defense Techniques:

1. **Single Wrist Grab:** Step forward with the right foot. Raise Palm to face. From underneath grab opponent's thumb. Twist opponent's wrist down and outward.
2. **Two Hand Wrist Grab:** Same as No.1
3. **Cross Wrist Grab:** Step out with left foot. Position your arm in front of your body palm down. Grab opponent's knife hand. Quickly step under his arm. Twist opponent's wrist towards him and backward.
4. **Two Hand Cross Wrist Grab:** Same as No 3.

Price List - *prices are subject to change depending on vendor and availability*

Uniforms: \$65

Come with a white belt, black pants and traditional top. If screen printing is already present on the uniform, it is an additional \$5 charge.

Sizes:

000- 4' - 4'3" (child size 8/10) 40-60 lbs
 00 - 4'4"-4'5" (child size 10/12) 60-80 lbs
 0 - 4'6" - 4'8" (child size 12/14) 85-100 lbs
 1 - 4'9" - 5'1" - 100-125 lbs
 2 - 5'2" - 5'5" - 125-150 lbs
 3 - 5'6" - 5'10" - 150-185 lbs
 4 - 5'11" - 6' - 185-210 lbs
 5 - 6'1 - 6'6" - 210-250 lbs --\$5 more
 6 - 6'4" - 6'7" - 250-280 lbs --\$5 more

Tae Kwon Do Pants

Additional Black pants can be purchased for \$25

Illinois Valley Tae Kwon Do Apparel

Depends on availability - Ms. Sessler will periodically put in new orders as needed. Sizes are the same as regular t-shirts/hoodies. These are allowed to be worn during class. Parents, Grandparents, brothers, sisters, friends can purchase additional shirts to support Illinois Valley Tae Kwon Do. Please don't wear shirts for promotions, tournaments, or demonstrations.

TShirt - IV TKD Dragon.....\$15
 2XL and larger, and additional \$4

TShirt - Logo on front of Booklet (SPECIAL ORDER).....\$2
 5

Pull Over Hooded Sweatshirt (SPECIAL ORDER).....\$3
 5

Tae Kwon Do Gear Bags

Choice of plain black, Tae Kwon Do kicker, or Yin Yang

Leatherette Sport 22" x 11"\$20
 Grande Bag - 32" long x 14" wide x 14" deep.....\$50
 Pro Bag - 27" x 15" x 12"\$30
 Locker Bag - 27" x 15" x 12.5"\$40

Little Tigers Uniforms: \$45

Same as Uniforms - If screen printing is already present on the uniform, it is an additional \$5 charge.

Sizes:

0000 - 3' (child size 4/6) 30 lbs
 000- 4' - 4'3" (child size 8/10) 40-60 lbs
 00 - 4'4"-4'5" (child size 10/12) 60-80 lbs
 0 - 4'6" - 4'8" (child size 12/14) 85-100 lbs
 1 - 4'9" - 5'1" - 100-125 lbs
 2 - 5'2" - 5'5" - 125-150 lbs

Sparring Gear

Equipment used in Tournament Sparring - Can come with head gear, foot pads, hand pads, and shin guards. Sizes are as follows. Please Measure and tell what you need accordingly. Colors come in Blue, Black, White, or Silver - **Price for entire set is \$70**

Head Gear: \$20

Small - Circumference 19.5"-20.5"
 Medium - Circumference - 21" - 22"
 Large - Circumference - 22.5" - 23"
 Extra Large - Circumference - 23.5" -24"
 XX Large - Circumference 25"

Shin Guards: \$15

Child - 6.5" top x 10.5" long x 4" bottom
 Medium - 7.5" x 12" x 5"
 Large - 8" x 13.25" x 5.5"

Hand Pads: \$20

Child Medium - knuckle width - 2 1/2" - 2 3/4"
 Child Large - 2-7/8" - 3-1/4"
 Small - 3-1/4" - 3-3/8"
 Medium - 3-3/8" - 3-5/8"
 Large - 3-5/8" - 3-3/4"
 X-Large - 3-3/4" - 3-7/8"

Foot Pads: \$20

Child X-Small - shoe size - 12/13 - foot size - 6 3/4"
 Child Small - 1-2 - 7 3/8" - 7 7/8"
 Child Medium - 3-4 - 7 7/8" - 8 3/8"
 Small - 7-7 1/2 - 9" - 9 1/2"
 Medium - 8-8 1/2 - 9 1/2" - 10"
 Large - 9-10 - 10" - 10 3/4"
 X-Large - 11-12 - 10 3/4" - 11 1/2"