

YUNG YEA MARTIAL ARTS

STUDENT REFERENCE MANUAL

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YUNG YEA MARTIAL ARTS SCHOOL

Introduction

*LIFE DOES NOT GET BETTER BY CHANCE
LIFE GETS BETTER BY CHANGE*

CONGRATULATIONS

YOU HAVE TAKEN THE STEPS TO MAKE THAT CHANGE!!

Yung Yea Martial Arts School has been in business and serving the community since 2002. Founded by Tim Huber, yung yea means "honor", therefore we are known as a school of honor. We are a traditional Korean (pre-1972) school and practice the Choong Sil Kwon style and philosophy of constant and never ending improvement not only in martial arts, but in our daily lives. This includes the instructors and black belts. They continue to learn and improve their skills to provide an environment where the student can develop not only into a great martial artist, but also a well-rounded, balanced and successful person.

We believe in fostering self-control; discipline and self-restraint as success does not happen overnight.

We believe in integrity; doing the right thing even though no one is watching.

We believe in courtesy; treat others like you would like to be treated.

Benefits of Taekwondo

The benefits of taekwondo are numerous and are very individualized, but here are some benefits that you can gain:

1. Limited screen time
2. Boost physical activity
3. Boost socialization skills
4. Goal setting and achieving
5. Increased self-esteem
6. Increased confidence
7. Sense of respect
8. Improve listening skills
9. Endurance
10. Leadership
11. Teamwork skills
12. Make lifelong friendships
13. Non-violent conflict resolution
14. Self-defense
15. Grow personally

What is a Black Belt?

It's a white belt that never gave up!

NEVER GIVE UP!!

YUNG YEA MARTIAL ARTS SCHOOL TENETS OF TAEKWONDO

All students of Taekwondo are expected to be able to name, recite, understand, and use the tenets of taekwondo as governing principles in all areas of daily life.

Honor

To honor means to hold in high regard and treat others with respect. It's a part of one's dignity and value of being honest, ethical, and accountable. Honor should lead you in your daily decisions and the way you live your life.

Courtesy

Being courteous means to show respect for others and treat them as you would wish to be treated. The practice of courtesy encourages a sense of justice and humanity. The practice of courtesy and proper etiquette allows us to distinguish instructor from student, senior from junior, and elder from younger. Students should practice courtesy to build their character and to allow us to conduct training in an orderly manner.

Integrity

We must be truthful and honest, not only with others, but also with ourselves! Integrity means to have a wholeness that is often associated with truth and commitment to principles. Integrity should lead you in your daily decisions and the way you live your life.

Perseverance

"If at first you don't succeed, try, try again!" We are all familiar with this popular expression that demonstrates the spirit of perseverance. Life is a series of challenges, and frequently we face obstacles in the path to our goals. We must patiently face these obstacles with a positive mental attitude, not seeing them as problems but as challenges to be met and surpassed on the road to achievement.

Self-Control

To control not only your body in its physical motions, but also your mental attitude so that you are open to learning and able to achieve your goals. In order to achieve control, you must first take responsibility for all of your actions. Self-control means you are in control of your own actions and have the option of making your own decisions. With self-control comes the rewards and consciousness of our actions.

Indomitable Spirit

Indomitable Spirit means to have the courage and strength of character to face adversity, whether mental or physical, and to triumph over it.

YUNG YEA MARTIAL ARTS SCHOOL STUDENT OATH

The Student Oath reinforces the Tenets of Taekwondo and further exemplifies the results of practicing the Tenets.

Observe the Tenets of Taekwondo.

The Tenets of Taekwondo are traits or characteristics that all students of Taekwondo should apply to their daily lives. Students of Taekwondo should set an example for others by displaying these tenets in their daily lives.

Respect the Instructors and Seniors.

As with parents, teachers, and other authority figures, your instructors and seniors have worked very hard to achieve their position and deserve to be treated with the respect that recognizes their hard work and accomplishments.

Never Misuse my Martial Arts Skills.

Taekwondo is taught for the purpose of self-defense. It is not to be used for intimidation or to get your way. The Tenets of Taekwondo describe how you should apply your skills and talents.

Be a Champion for Freedom and Justice.

As a student of Taekwondo, you have been taught the difference between right and wrong, good and bad. You should take it upon yourself to see that all those around you are treated in a fair and just way.

Build a More Peaceful World.

By applying the tenets of Taekwondo to your life, showing respect, using your Taekwondo properly, and being a champion of freedom and justice, you will help make the immediate world around you a more pleasant and peaceful place to live.

YUNG YEA MARTIAL ARTS SCHOOL ARTICLES OF IMPORTANCE/STUDENT REGULATIONS

The Articles of Importance/Student Regulations are the requirements for good behavior in the school. As these regulations are practiced in the school, you will use them in your everyday life.

1. Arrive at least 10 minutes before class begins. If student is late, please wait for instructor acknowledgment and line up in the back.
2. Students are to bow when entering and exiting the classroom and school as well as the work out area.
3. Student may only wear approved uniforms (dobok), with approved patches. The uniform must be clean and t-shirts must be tucked in. Belt must be tied and worn correctly. If for any reason you forgot your uniform (top, pants, belt), please line up in the back.
4. If a uniform needs to be adjusted while in class, the student is to turn around facing the back of the school to make necessary adjustments.
5. Uniform (dobok) should not be worn outside the school (do jhang) unless on special occasions as specified by instructor.
6. Finger and toenails must be trimmed.
7. All students will show respect by addressing Instructors and Black Belts formally in the school as Mr., Mrs. or Miss. Personal relationships must always take a back seat to school protocol.
8. Students must follow all instructions for and should answer with an enthusiastic "Yes Sir" or "Yes Ma'am" when spoken to.
9. Raise your hand if you have a question or comment.
10. Do not ask your instructor what they will be teaching or when.
11. Please do not offer correction of other students or the instructor(s) during class or while the instructor is working independently with others. (unless asked)
12. Senior students must be respected at all times.
13. Students are to maintain the last stance while the instructor is speaking.
14. Students must not leave the school (do jhang) without permission of the instructor.
15. No alcohol, smoking or gum chewing is allowed in the school. Please do not smoke around the school area.
16. The use of profanity in the school is not allowed.
17. Students should not attend class if they have been consuming alcohol or drugs, have a communicable illness such as the flu or if they are running a fever.

18. No fighting or horseplay allowed. Just as there is reward for good behavior and work ethic, there are also consequences for unacceptable behavior and lack of work ethic.
19. No jewelry except wedding bands.
20. Notify the Instructor in case of absence or injury.
21. Observe the Tenets of TKD and Student Oath at all times.
22. Refrain from loud talking and calm your mind. Do not interrupt the instructor.
23. Remove footwear prior to entering the designated training area. An area is provided for placement of shoes, coats and bags. Please do not leave these items on the floor as it is hazardous to other students and visitors.
24. Make sure long hair is secured.
25. Lost and found is located in the placement area for shoes. Items left will be placed in lost and found for one week and if not claimed within two weeks, will be donated to Goodwill.
26. Visiting students should be formally introduced at the commencement of training.
27. School closing policy: Typically, when the Reeds Spring School District is closed due to weather, Yung Yea Martial Arts will also be closed. Please call Yung Yea Martial Arts for verification or questions.
28. Please show respect when entering the Instructor's office by knocking before entering.
29. It is everyone's responsibility to help keep the school, dressing rooms and restrooms neat and clean.
30. All fees must be paid promptly at times indicated by the instructor and account must be current to test.
31. If the student has a problem or suggestion that pertains to the school, they are encouraged to consult the school owner.
32. Our motto is constant and never ending improvement.
33. Approved safety gear must be worn while sparring.
 - A. Free sparring is a privilege and control must be used at all times to protect you and the other students. Any student who does not use good control or attend regular classes will not be permitted to spar.
 - B. Safety equipment is MANDATORY and there will be NO EXCEPTIONS!! NO equipment or the proper equipment means NO sparring.
 - i. Safety gear on the hands must be foam and cover the top portion of the hand extending downward from above the wrist to with one inch from the end of the finger tips (the thumb is included).
 - ii. Safety gear on the feet must be foam and cover the entire top of the foot, including the heels and all toes.
 - iii. Shin and arm guards need to be cloth or dipped foam.
 - iv. All males MUST wear protective groin cups inside their trousers.

- C. Head gear is required for all junior students through age seventeen. The head gear must cover the entire hair line and be made of approved foam with padded top. Adult Black Belt holders over the age of 18 are the only participants that have option of full head gear. Head gear is recommended for all, regardless of age, gender or rank.
- D. Mouthpieces are MANDATORY.
- E. Other
 - i. It is recommended that eyeglasses not be worn as they represent a safety hazard. Competitors are urged to wear contact lenses or sports safety glasses. No jewelry.
 - ii. The use of rib or other guards or braces must be approved by the Head Instructor.

Reasons for dismissal from Yung Yea Martial Arts

1. Fighting and misuse of martial arts knowledge, **ANYPLACE**.
2. Using drugs or being arrested for any felony.
3. Repeated warnings about conduct and/or any of the above mentioned articles at Yung Yea Martial Arts.

The Articles of Importance/Student Regulations are subject to change as deemed necessary and the above list is not all-inclusive of the rules. Students are expected to display respect and camaraderie toward each other at all times.

YUNG YEA MARTIAL ARTS SCHOOL CHOONG SIL KWAN PHILOSOPHY

Yung Yea Martial Arts School is a member of the nationally recognized Choong Sil Kwan Taekwondo Federation to give the student more opportunities for advancement and personal growth.

The purpose of Choong Sil Kwan Taekwondo is to develop an individual's mental and physical well-being through a highly stylized and deliberate method of rigorous martial arts training. The result of this training is the empowering sense of self-worth, and the ability to control one's physical state and personal destiny.

The student is guided into four stages of philosophical development.

1. Imagination
2. Inspiration
3. Actualization
4. Realization

1. In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.
2. With goals firmly in mind, the students must learn to inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.
3. Actualization is taking the first step and entering into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.
4. Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle not only improves oneself, but also the immediate world around you. This concept of "constant and never-ending improvement" is the ultimate purpose of Choong Sil Kwan.

YUNG YEA MARTIAL ARTS TESTING REQUIREMENTS

The student must know and be able to perform all patterns up to current rank as they could be asked to perform any 1 (one), selected, or all in addition to current. The student must know the meanings of all their forms up to current rank and be able to recite at testing.

These are minimum requirements. Some students will advance quicker than others.

	BELT	PATTERN	SPARRING	BOARD BREAKS – Station Req.
Beg 1 YR	White	Chon Ji	NA	NA
	Yellow	Po Chon	1 Steps #1	NA
	Yellow Bl	Song Song	1 Steps #1A	NA
	Orange	Dan Gun	1 Steps - Drill Sets	NA
	Orange – 2D	Do San	1 Steps #2	NA
	Orange Bl*	ALL FORMS	1 Steps - Drill Sets	NA
Inter 1 YR	Green	Won Hyo	Free Sparring Drill Sets	NA
	Green – 2D	Yong Gom	Free Sparring Drill Sets	NA
	Green Bl	Yul Gok	Free Sparring Drill Sets	NA
	Blue	Joong Gun	Free Sparring Drill Sets	1 hand or foot
	Blue – 2D	Toi Gye	Free Sparring Drill Sets	1 hand or foot
	Blue Bl*	ALL FORMS	Free Sparring Drill Sets	1 hand or foot but different from last
Adv 8 MO	Brown	Hwa Rang	Free Sparring Drill Sets	1 hand AND 1 foot
	Brown – 2D	Hyun Sil	Free Sparring Drill Sets	1 hand AND 1 foot
	Brown – 3D	Choong Moo	Free Sparring Drill Sets	1 hand AND foot but different from last
	Brown Black	ALL FORMS	Free Sparring Drill Sets	1 hand AND foot but different from last

Hand Techniques

Level 1 – Forearm, Rear Elbow, Overhead Hammer Fist

Level 2 – Palm Heel, Knife hand, Ridge Hand, Circular Hammer fist

Level 3 – Punch, Back Fist

Level 4 – Fingertip

Foot Techniques

Level 1 – Step behind side kick, front kick, ax kick

Level 2 – Turning round kick, spin side kick, twist kick, hook kick

Level 3 – Jump kicks

YUNG YEA MARTIAL ARTS SCHOOL TESTING DEFINITIONS

The following is to be used as a study guide so that the student will be prepared for their promotional testing.

Belt	Pattern	Moves	Foot	Definition
White	Chon Ji	19	L	Heaven and Earth
Yellow	Po Chon	22	L	Named after General Po Chon who trained his top generals in the school of Hwarang Do.
Yellow 2D	Song Song	30	R	Imagination – In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations, and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.
Orange	Dan Gun	21	L	Named after the holy Dan Gun, the legendary founder of Korea in the year 2,333 BC
Orange 2D	Do San	24	R	is the pseudonym of the patriot Ahn Chong Ho (1876-1938). The 24 movements represent his entire life, which he devoted his life to furthering the education of Korea and the independence movement.
Orange Bl	ALL			All
Green	Won Hyo (Closed Ready Stance A)	28	R	Named for the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD
Green 2D	Yong Gom	40	L	Inspiration – With goals firmly in mind, the students must learn to inspire themselves into action as they develop a sense of self-worth. Without this, one may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.
Green Bl	Yul Gok	38	L	Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea." The 38 movements of this pattern refer to his birthplace on the 38 degree latitude and the diagram represents scholar.
Blue	Joong Gun (Closed Ready Stance B)	32	L	Is named after the patriot Ahn Joong-Gun, who assassinated Hiro-Bumi Ito, the first Japanese Governor-General of Korea. Also known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent his age when he was executed at Lui-Shung prison in 1910.
Blue 2D	ALL			ALL
Blue Bl	Toi Gye (Closed Ready Stance B)	37	R	Is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of this pattern refer to his birthplace on the 37 th degree latitude, the diagram represents scholar.

Brown	Hwa Rang (Closed Ready Stance C)	29	R	Named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7 th century. The 29 movements refer to the 29 th Infantry Division where taekwondo developed into maturity.
Brown 2D	Hyn Sil	50	L	Actualization – is taking the first step and entering into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.
Brown 3D	Choong Moo	30	L	Was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends in a left-hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.
Brown BI	ALL			ALL

YUNG YEA MARTIAL ARTS SCHOOL

Belt Tying



The stripes on your belt are to measure your progress.
Black stripes are to be worn on the right side.

Diagram 1

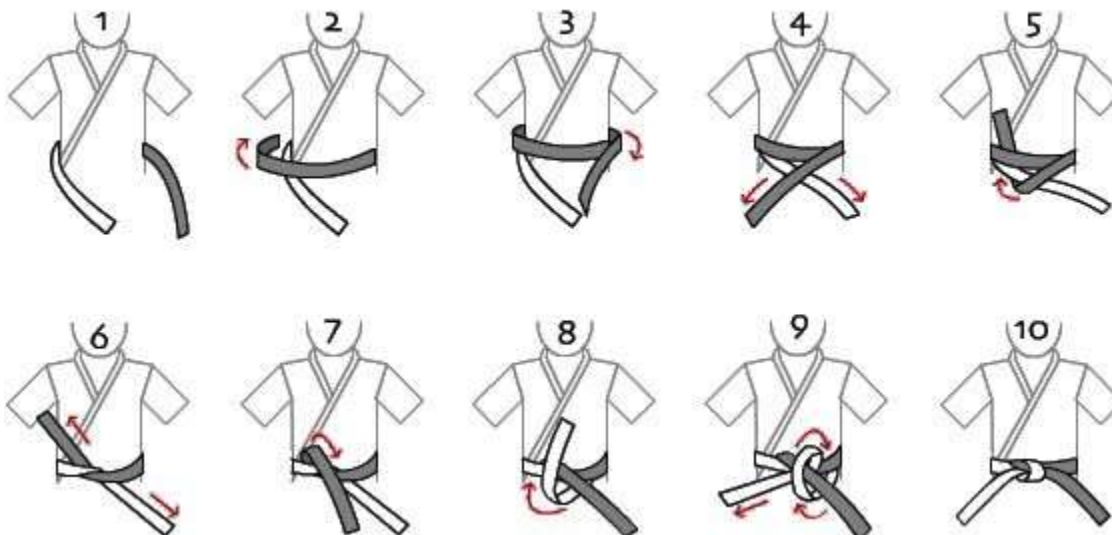


Diagram 2

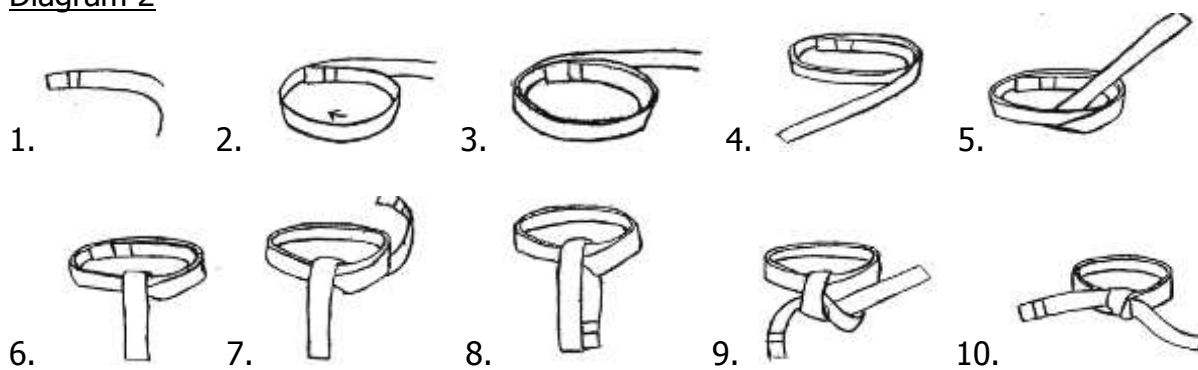


Diagram 2 Written Instructions

1. Place belt in the center of your back.
2. Wrap belt around your waist.
3. Wrap belt around a second time.
4. Bring end of belt around to the front.
5. Tuck the end under the belt.
6. Hold belt in a downward position.
7. Pull OTHER END out from UNDERNEATH.
8. Make sure both ends are even.
9. Take top end over the bottom end.
10. Pull ends to form a square knot.