

Kwon's

TAE KWON DO



Est. 2009

Little Tigers
Exam Requirement
Study Guide

Philosophy

"Our highly motivated, professional staff is proud to promote self-esteem, goal-setting, focused energy, and motivation to improve the mental and physical well-being for all of our students."



Young Min Kwon, Master Instructor

Four Rules

(Little Tigers)

Always Tell the Truth.

Always Listen to my Parents.

Always Be Polite.

Always Keep my Promises.



Student Commitment

1. I will be loyal to my country.

2. I will honor my parent.

3. I will love and cooperate with my family.

4. I will be faithful to my friends.

5. I will respect my elders and care for my juniors.

6. I will establish a positive relationship with my teacher.

7. I will treat all living things with care.

8. I will never seek an advantage of those who are weaker.

9. I will only use Taekwondo to benefit others and myself.

10. I will always finish what I start.

DO-JANG RULES

1. Must attend classes regularly for their own good.
2. Be at the Do-Jang 5 minutes before the class and be in Do-Bok & Stretch.
3. Bow to the flags and Sa-bum-Nim (Master Instructor) when entering and leaving the *Do-Jang*.
4. Junior belts will show respect to senior belts and senior belts will set a good example for them to follow.
5. Remove all jewelry and watches before class. These will interfere with class.
6. Must not enter or leave the class without permission from *Sa-Bum-Nim*
7. Yell energetically, answer loudly and move quickly during class.
8. If the Do-Bok becomes messy, turn away from the group and adjust the Do-Bok.
9. Keep the Do-Bok in clean and serviceable condition.
10. Must get *Sa-Bum-Nim's* permission to engage in free sparring.
11. Must use protective gear (head gear, chest protector, groin protector, shin instep guard, forearm guard, and mouth piece) to engage in free sparring. The only target permitted in free sparring is the area covered by the chest protector.
12. Do not spar with an emotional attitude but with a fighting spirit.
13. Must not participate in any tournament competition without *Sa-Bum-Nim* permission.
14. Clean the Do-Jang and arrange the equipment before and after each class.
15. The practitioners will neither be arrogant nor complacent, but instead follow the rules of etiquette and be an example for other to follow in social activities.

Disciplinary action will be taken for all violations of the above rules. Penalties will vary at the discretion of the Master. Such penalties are: possible demotion of rank, suspension, or termination of training privileges.

CHILDREN

HOME RULES

1. Children must Show Respect to their Parents and Family Members at all times.
2. Children will greet their Parents when they enter the house and leave the house.
3. Children shall be honest at all times.
4. Children will maintain a good relationship with their brothers and sisters.
5. Children must help with household chores.
6. Children will keep their own room neat and clean.
7. Children must keep their body, hair, and teeth clean at all times.
8. Children will not interrupt Adult conversations.
9. Children will study well both at School and at Home.
10. Children must show respect for Teachers, Peers and all people at all times.

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

Code of Conduct in Kwon's

Dress code

- Do-Bok Must be clean at all times.
- A complete Do-Bok must be worn at all times.
- Only Kwon's T-shirts are allowed on the Do-Jang in place of a Do-Bok top, except for Testing. T-shirts may only be worn in the summer months. Do-Bok pants must be worn at all other times of the year.
- The only patches that are allowed on the Do-Bok are those identifying Kwon's. All other patches must be approved by the Master.
- No Jewelry, watches or other accessories are allowed during practice times. Please do not bring valuables to the Do-Jang. Kwon's will not be responsible for lost or stolen items.
- Write your full name inside your Do-Bok and safety equipment.

Safety

The most important concern in studying the martial arts is safety. A first aid kit is maintained on the premises. We request that every student watch out for items of danger, actions that may cause harm and attitudes that may elicit harmful situations. Please report anything that may be of danger to you or fellow students to the Kwon's staff members immediately. Our Kwon's staff members are all safety conscious, but they cannot always be aware of everything. Please help us keep our safety record intact.

Equipment

- All students must wear complete safety equipment in order to participate in sparring classes.
- MANDATORY EQUIPMENT FOR SPARRING : Head gear, chest pad, shin and forearm pads, mouth piece and groin protectors(females optional, required for male)

Attendance Card

As students, you will pick your attendance card when entering the Do-Jang. We will collect the card when beginning of the class.

To ensure your success in the martial arts, it is required that you attend class at least twice a week.

Holiday Schedules

We are open most holidays. However, notification of all holiday schedules will be posted in Kwon's Do-Jang at least two weeks prior to the holiday.

Vacations or Extended Absences

If you will be missing class for vacation or illness for a period of more than one week, please notify your Sa – bum-nim BEFORE you leave. Classes that are missed can then be added to the end of your program or made up upon your return.

Lost and found

If you have left something behind, we have a lost and found. Please see your Sa- bum- nim or Staff and they will try to help you locate it. Kwon's is not responsible for any item left in the Do-Jang.

General Do-Jang Rules:

- Students are allowed to arrive 5 minutes before their classes and picked up no later than 10 minutes after their classes. Alternative arrangements can be made for special circumstances or in an emergency.
- Students must be aware that they should not leave the Do-Jang for any reason unless told by parents or Kwon's staff members.
- Please remind your children that they must show respect to their Sa-bum nim by saying good-bye before they leave the Do-Jang.
- No one is allowed to use the equipment without Permission from the Sa-bum nim.
- No gum or candy in the Do-jang.
- Any substitute Instructor shall be treated with the same respect and courtesy as your regular Sa-bum nim.
- Do not handle any weapons without a Sa-bum nim's permission.
- Profanity is prohibited at all times.
- Smoking is not allowed in Do-jang.
- Shoes will not be worn in Training area.
- Talking is not permitted in class, unless you have a question to ask.
- Fingernails and toenails must be kept trim.
- No jewelry of any kind can be worn during a class.
- No horseplay of any kind is allowed on or off the mat.
- Keep you Do-Bok clean and presentable at all times.

The Meaning of the Belt Stripes

All Little Tigers Students **MUST** Receive All 6 Color Stripes to Apply for a Belt Promotion.

When you get 6 color stripes: (Yellow, Blue, Red, Green, White, Black)

You are ready for the Promotion Test.

Focus Skills

Green Stripe
(Basic Techniques)

Focus

Yellow Stripe
Form (Poomsae)

Effort

Blue Stripe
Kicking (Balchagi)

Confidence

Red Stripe
Breaking (Kyukpa)

Knowledge

White Stripe
Knowledge (Korean Terms)

Respect

Best Attitude in Class
(Manner)

Our Goal is Black Belt Excellence!

Requirement for Promotions

1. Must have attended at least 8 classes.
2. Must be qualified according to the Instructors.
3. Must have 6 color strips.
4. Applications must be handed in one days before the testing.
5. Tuition payments must be current.

TERMINOLOGY

(Little Tigers)

NUMBER

One	Ha-na	10	Yeol
Two	Dool	20	Sumul
Three	Set	30	Sorun
Four	Net	40	Mahun
Five	Da-sut	50	Shween
Six	Yeo-sut	60	Yesun
Seven	IL-kop	70	Ilheun
Eight	Yo-dol	80	Yodun
Nine	A-hop	90	Ahun
Ten	Yeol	100	Baek

COMMANDS

Attention	Cha-ryut
Bow	Kyun-rea
Ready	Jun-bi
Begin	Si-jak
Return	Ba-ro

BASIC STANCE

Walking stance	Ahp-so-gi
Long stance	Ahp-gup-i
Kicking stance	Bal-cha-gi-jun-bi

BASIC KICKS

Front kick	Ahp-cha-gi
Roundhouse kick	Dool-ryo-cha-gi
Side kick	Yop-cha-gi
Ax kick	Naery-cha-gi

BASIC BLOCKS

Low block	Ah-re-mak-gi
High block	Eol-gul-mak-gi
In block	Mom-tong-mak-gi
Out block	Mom-tong-ba-kat-mak-gi

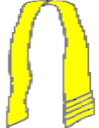
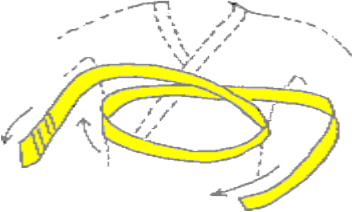
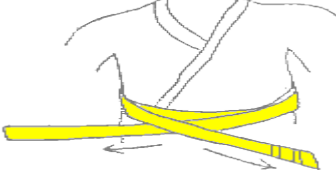

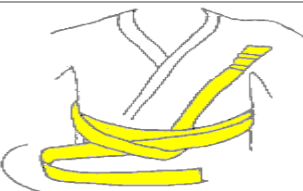
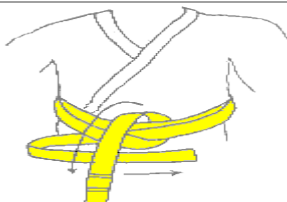
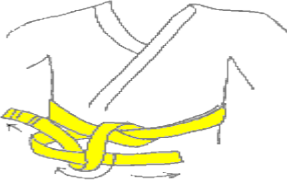
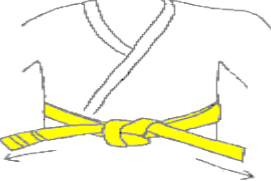

FOR THE BEGINNING OF CLASS

Thank you	Kam-sa-ham-ni-da
Hello, How are you?	An-nyung-ha-se-yo
Good-bye	An-nyung-hi-ga-se-yo
Bow to the flag	Kuk-ki-ae-dae-ha-yo-kyung-net
Bow to the Master	Sa-bum-nim-kae-kyung-net

BASIC WORDS

Master	Sa-bum-nim	Taekwondo School	Do-jang
Instructor	Jo-kyo-nim	Flag	Kuk-ki
		Uniform	Do-bok
		Belt	Dee

How to tie your belt

	Hold belt at its center, making the ends even, with stripes (if you have them) on the left side.
	Place center of belt on front center of top, about one inch below the naval (a location called the tanden). 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 tanden. Lay the right side of belt across the tanden. Stripes will now be on your left side.
	Slide the left side of belt (striped side) under and behind all the belt layers. Stripes will still be on your left side.
	Loop
	Bring left (striped) end of belt down and over the front of the U
	Loop striped end under and up through the U shape to form a knot.
	Pull ends of belt outward to tighten knot. Stripes will be on your right side.
	Adjust knot so the ends of belt are even and hang neatly.



BASIC NUMBER ONE

(Little Tigers)

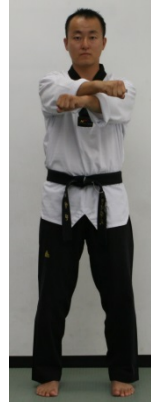
WHITE



1



2



3



4

	Hands up	Hands down	Hands closed	Hand on your hips
Attention stance	Attention stance	Ready stance	Ready stance	Horseback stance



5



6



7



8



9

Left punch	Right punch	Hands up	Right punch	Left punch
Horseback stance	Horseback stance	Horseback stance	Ready stance	Ready stance



10



Hand on your side	Thank you Sir !
Attention stance	Attention stance

Kwon's Taekwondo Little Tigers Course

White Belt

Stances (Green Stripe)	Attention stance (5 second don't move), Legs Crossed, Down on one knee, Kicking stance
Blocks	Low block, High block
Strikes	Punch (1,2,3)
Form (Yellow Stripe)	Basic number one (1)
Kicking Techniques (Blue Stripe)	Front kick
Board Breaking (Red Stripe)	Hammer fist
Physical Fitness	5 push up, 5 sit up
Kicking Combination	1. Front kick – front kick 2. Front kick - front kick - double punch
Korean Terms (White Stripe)	1. What is your master's name? –Young Min Kwon Sir! 2. What do you learn at this school? –Tae Kwon Do Sir! 3. What are your parents names? 4. KAM SA HAM NI DA – Thank you 5. Korean counting 1 – 10

Testing for White & Yellow Stripe Belt

Student must have 6 color stripes (Yellow, Blue, Red, Green, White, Black)

Techniques you will be asked to demonstrate.

- Kicking Techniques / Kicking combinations
- Basic number one (1)
- Board Breaking (Hammer Fist)
- Korean Terms / Physical Fitness (5 Push up, 5 Sit up)



BASIC NUMBER TWO



(Little Tigers)



1



2



3



4

	Hands up	Hands down		
Attention stance	Attention stance	Ready stance	Kicking stance	Kicking stance



5



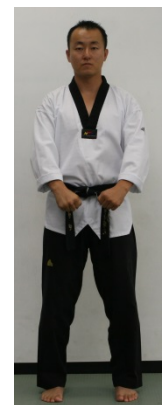
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7



8



9

	Left kick	Right kick	Hands up	
Kicking stance	Kicking stance	Kicking stance	Ready stance	Ready stance



10



Hand on your side	Thank you Sir !
Attention stance	Attention stance

Kwon's Taekwondo Little Tigers Course

White & Yellow Stripe Belt

Stances	Attention stance (10 second don't move), Legs Crossed, Down on one knee, Kicking stance
Blocks	Low block, High block
Strikes (Green Stripe)	Punch (1,2,3) with Louder Yell Louder Answer (Yes Sir!)
Form (Yellow Stripe)	Basic number two (2)
Kicking Techniques (Blue Stripe)	Axe kick
Board Breaking (Red Stripe)	Axe kick
Physical Fitness	10 push up, 10 sit up
Kicking Combination	1. Axe kick – axe kick 2. Axe kick - axe kick - double punch
Korean Terms (White Stripe)	1. What is your master's name?–Young Min Kwon Sir! 2. What do you learn at this school?–Tae Kwon Do Sir! 3. What are your parents names? 4. What is your parents phone number? 5. KAM SA HAM NI DA – Thank you 6. Korean counting 1 – 10

Testing for White & Orange Stripe Belt

Student must have 6 color stripes (Yellow, Blue, Red, Green, White, Black)

Techniques you will be asked to demonstrate.

- Kicking Techniques / Kicking combinations
- Basic number two (2)
- Board Breaking (Axe kick)
- Korean Terms / Physical Fitness (10 Push up, 10 Sit up)



BASIC NUMBER THREE



(Little Tigers)



1



2



3



4



5

Hands side	Bow	Hand on your hips		
Attention stance	Attention stance	Attention stance	Ready stance	Horseback stance



6



7



8



9



10

				Hand on your side
Long stance	Ready stance	Long stance	Ready stance	Attention stance



Thank you Sir !

Kwon's Taekwondo Little Tigers Course

White & Orange Stripe Belt

Stances	Attention stance, Legs Crossed (5 second don't move) , Down on one knee, Kicking stance
Blocks	Low block, High block, In block
Strikes	Punch (1,2,3)
Form (Yellow Stripe)	Basic number three (3)
Kicking Techniques (Blue Stripe)	Roundhouse kick
Board Breaking (Red Stripe)	Elbow strike
Physical Fitness (Green Stripe)	10 push up, 10 sit up
Kicking Combination	1. Front kick – roundhouse kick – axe kick 2. Front kick – roundhouse kick – axe kick - double punch
Korean Terms (White Stripe)	1. What is your master's name?–Young Min Kwon Sir! 2. What do you learn at this school?–Tae Kwon Do Sir! 3. What are your parents names? 4. What is your parents phone number? 5. SA BUM NIM - Master instructor 6. KAM SA HAM NI DA – Thank you 7. AN NYUNG HA SE YO? - How are you? 8. AN NYUNG HI GEI SE YO – Good bye 9. Why do we bow? (to show respect and appreciation Sir!) 10. Korean counting 1 – 10

Testing for White & Green Stripe Belt

Student must have 6 color stripes (Yellow, Blue, Red, Green, White, Black)

Techniques you will be asked to demonstrate.

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- Basic number three (3)
- Board Breaking (Elbow Strike)
- Korean Terms / Physical Fitness (10 Push up, 10 Sit up)



BASIC NUMBER FOUR



(Little Tigers)



1



2



3



4

Hands side	Hands up	Left Front kick	Right Front kick	Left Axe kick
Attention stance	Attention stance			



5



6



7



8

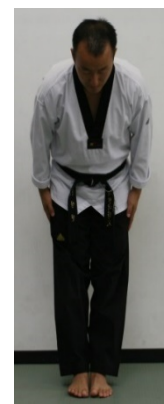


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Right Axe kick	Left Roundhouse kick	Right Roundhouse kick	Hands up	Hands down
			Ready stance	Ready stance



10



Hands side	Bow
Attention stance	Thank you Sir!

Kwon's Taekwondo Little Tigers Course

White & Green Stripe Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Kicking stance, Long stance
Blocks (Green Stripe)	Low block, High block, In block, Out block
Strikes	Punch (1,2,3), Knife hand strike
Form (Yellow Stripe)	Basic number four (4)
Kicking Techniques (Blue Stripe)	Front leg side kick
Board Breaking (Red Stripe)	Front leg side kick
Physical Fitness	10 push up, 10 sit up, 10 squats
Kicking Combination	1. Roundhouse kick – side kick 2. Roundhouse kick – side kick - axe kick
Korean Terms (White Stripe)	1. SA BUM NIM - Master instructor 2. KAM SA HAM NI DA – Thank you 3. AN NYUNG HA SE YO? - How are you? 4. AN NYUNG HI GEI SE YO – Good bye 5. CHA RYEOT - Attention 6. KYEUNG NAE - Bow 7. KUKKI – Flag 8. Know (Left and Right hand) 9. Why do you take Taekwondo? (to develop a strong mind, a strong body, and self defense Sir!) 10. Korean counting 11 – 20

Testing for White & Purple Stripe Belt

Student must have 6 color stripes (Yellow, Blue, Red, Green, White, Black)

Techniques you will be asked to demonstrate.

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- Basic number four (4)
- Board Breaking (Front leg side kick)
- Korean Terms / Physical Fitness (10 Push up, 10 Sit up, 10 squats)



BASIC NUMBER FIVE



(Little Tigers)



1

2

3

Hands side	Hands down	Left low block	Right low block	Left in block
Attention stance	Ready stance	Long stance	Long stance	Long stance



4

5

6

7

8

Right in block	Left high block	Right high block	Left out block	Right out block
Long stance	Long stance	Long stance	Long stance	Long stance



9

10

Left middle punch	Right middle punch	Hands down	Hands side
Long stance	Long stance	Ready stance	Attention stance

Step forward

Step back

Kwon's Taekwondo Little Tigers Course

White & Purple Stripe Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Kicking stance, Long stance
Blocks	Low block, High block, In block, Out block
Strikes	Punch (1,2,3), Knife hand
Form (Yellow Stripe)	Basic number five (5)
Kicking Techniques (Blue Stripe)	Side kick
Board Breaking (Red Stripe)	Knife hand strike Roundhouse kick
Physical Fitness	15 push up, 15 sit up, 15 squats
Kicking Combination (Green Stripe)	1. Roundhouse kick - Front kick - roundhouse kick 2. Roundhouse kick - axe kick - roundhouse kick
Korean Terms (White Stripe)	1. SA BUM NIM - Master instructor 2. KAM SA HAM NI DA – Thank you 3. AN NYUNG HA SE YO? - How are you? 4. AN NYUNG HI GEI SE YO – Good bye 5. CHA RYEOT - Attention 6. KYEUNG NAE - Bow 7. JUN BEE - Ready 8. SHI JAK - Begin 9. BA RO - Return 10. KI HAP – Yelling 11. How do we show respect to our parents? (Listening the first time they ask you to do something and not arguing Sir!) 12. Korean counting 11 – 20

Testing for White & Blue Stripe Belt

Student must have 6 color stripes (Yellow, Blue, Red, Green, White, Black)

Techniques you will be asked to demonstrate.

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- Basic number five (5)
- Board Breaking (Knife hand strike and roundhouse kick)
- Korean Terms / Physical Fitness (15 Push up, 15 Sit up, 15 squats)



KI BON HA NA

(Little Tigers)



1



2



3



4

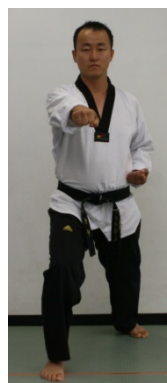
	Left Low block	Right middle punch	Left low block
Ready	Long stance	Long stance	Long stance



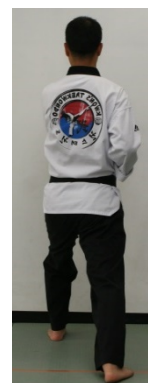
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6



7

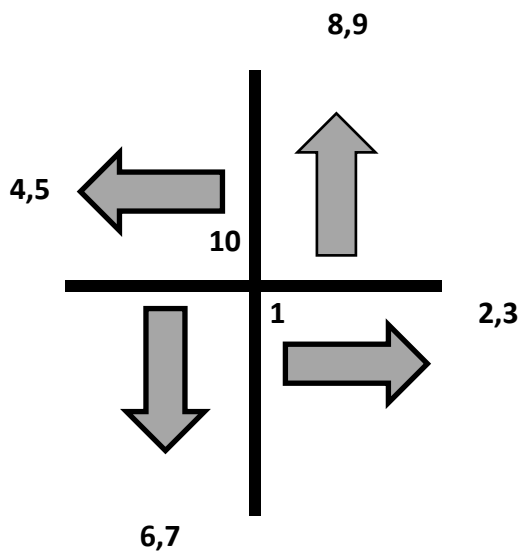


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9

Right middle punch	Left low block	Right middle punch	Left low block	Right middle punch
Long stance	Long stance	Long stance	Long stance	Long stance
KI HAP (Yelling)				



10

Ready stance

Kwon's Taekwondo Little Tigers Course

White & Blue Stripe Belt

Stances (Green Stripe)	Attention, Ready stance, Horseback riding stance, Walking stance, Kicking stance, Long stance
Blocks	Low block, High block, In block, Out block
Strikes	Punch (1,2,3), Knife hand
Form (Yellow Stripe)	KI BON HA NA (1)
Kicking Techniques (Blue Stripe)	Front kick, axe kick, roundhouse kick, side kick
Board Breaking (Red Stripe)	Palm strike and side kick
Physical Fitness	15 push up, 15 sit up, 15 squats
Kicking Combination	1. Roundhouse kick - Front kick - roundhouse kick 2. Roundhouse kick – roundhouse kick – side kick
Korean Terms (White Stripe)	<ol style="list-style-type: none"> 1. What is your master's name?–Young Min Kwon Sir! 2. What do you learn at this school?–Tae Kwon Do Sir! 3. What is your parents name? 4. What is your parents phone number? 5. SA BUM NIM - Master instructor 6. KAM SA HAM NI DA – Thank you 7. AN NYUNG HA SE YO? - How are you? 8. AN NYUNG HI GEI SE YO – Good bye 9. CHA RYEOT - Attention 10. KYEUNG NAE - Bow 11. JUN BEE - Ready 12. SHI JAK - Begin 13. BA RO - Return 14. KI HAP – Yelling 15. When do we bow? (When we come in and to out of the dojang towards the flags, and upon meeting the instructor Sir) 15. Korean counting 1 – 20

Testing for Yellow Belt

Student must have 6 color stripes (Yellow, Blue, Red, Green, White, Black)

Techniques you will be asked to demonstrate.

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- KI BON HA NA (1)
- Board Breaking (Palm strike, side kick)
- Korean Terms / Physical Fitness (15 Push up, 15 Sit up, 15 Squats)