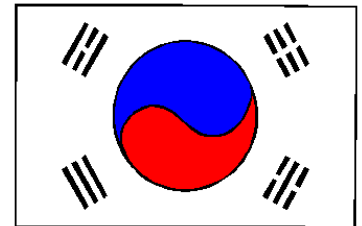


CHIMO TAEKWONDO



Student Handbook
White to Black Belt



Name: _____

2020/2021

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WELCOME TO CHIMO TAEKWONDO

Thank you for choosing Chimo Taekwondo as *your* club. When the club was formed in 2003 it was to be a gathering place for friends and those about to become friends. It was to be a home for Taekwondo in the Spryfield area and a place of learning for people of all ages.

Well we have achieved those goals, and many more. I am proud of the club Chimo Taekwondo has become. I hope you share that pride since it is special because of you and your friends and family.

The information you will find in this manual will help guide you through your Taekwondo belts and prepare you for testing at all levels. The information alone will not make you a good martial artist. That is up to you, your spirit and your commitment. The amount of effort you put into your Taekwondo practice will determine the speed with which you advance in rank and your success as a martial artist.

How to use this book

The only way to get better at Taekwondo is to practice, practice again, and then practice even more. This book does not take the place of practice or of your in-class lessons. You can not learn Taekwondo from a book. This manual will serve as a reminder of the lessons taught in the dojang.

Use this book fell free to print it, to take notes about techniques, to spark your memory when you get stuck and as a guide when practicing at home. Any time you don't understand or need help, please ask me or one of the instructors for assistance – that's what we are here for.

Work hard and remember

PRACTICE

Master Instructor and Club Owner

Master Douglas Large, MBA

6th Dan WTF Black Belt

Master Large has been active in athletics and coaching for more than 40 years. He began Taekwondo studies in 1999 and brings to Chimo lessons taught by some of the world's best martial artists.

Master Large holds a 6th Dan Black Belt from the World Taekwondo Federation, has a Level 1 NCCP Coach Certification and a class 2 National Referee Certification. Master Large is also one of the only instructors in Nova Scotia to have completed the PATU (Pan American Taekwondo Union) Poomse Referee Certification course making him uniquely qualified to instruct in TKD Poomse (forms).

Head Instructor and Club Manager

Master Katie Berakos – 4th Dan

Master Berakos began her practice at Chimo at the age of 11 and has been a student of and Instructor for the club for more than 17 years. In that time she has trained and competed at the local, regional and national level and has worked hard to promote Taekwondo throughout Atlantic Canada. More importantly Katie is an outstanding role model for girls and woman interested in making martial arts an integral part of their lives. Since taking over the management of the club in 2015 she has shown extraordinary leadership and community involvement and in particular played a key role in welcoming and integrating a large number of Syrian newcomers into the club. Her efforts resulted in Chimo Taekwondo being honoured by the Immigrant Settlement Association of Nova Scotia bestowing the 2017 ISANS Award to the club.

Black Belt Team & Assistant Instructors

Jacob Scanlon -3rd Dan

Chris Perks – 3rd Dan

Amilia Penny-Crocker – 3rd Dan

David Aalders – 2nd Dan

Carl Hines – 2nd Dan

Eric Bochar – 1st Dan

Alexander Hines 1st Dan

TENETS OF TAEKWONDO

COURTESY is the behavior that comes from a respectful attitude. Respect is the attitude that stems from humility. Each student must recognize how much there is to learn and that it is necessary to have someone teach the way. It is respect that will enable the student to be open to learning that comes from the instructor and from the deep places in the heart from where spirituality is nourished. This is why I bow to my Instructor; this is why I bow as I enter and leave the dojang; this is why I bow to myself whenever I practice alone before the wall of mirrors in the dojang or in my basement.

INTEGRITY is the completeness one attains from adhering to a code of values, i.e. sincerity, honesty and loyalty towards oneself and others. Wrong-doing can lead to a path of personal deceit and destruction and the feeling of guilt is the conscious mind allowing one to see the error of his ways.

PERSEVERANCE is the nectar of sweat that yields the honey of accomplishment. The martial arts can be a lifelong venture. This venture is often begun by the timid, but it can only be continued by those who discover perseverance within themselves. This quality can be learned as long as the student simply says, "one more try." Perseverance means that one has learned the art of living with adversity while still keeping one's sights on goals.

SELF-CONTROL is the mastery over one's behavior, a vital component in the maturing process. So many children, and adults too, have benefited from their experience with martial arts because they have learned self-control. This enables them to direct their energies in creative ways such as attaining better grades in school, building more respect and acceptance of responsibility from teachers and parents, and developing a circle of friends based on the positive human values of gentleness and caring rather than rowdiness or intimidation.

INDOMITABLE SPIRIT is the will to do one's best with all one has, against even the most insurmountable odds. It reflects a personal desire to achieve, through setting goals and living with the results, and resetting goals with the values appreciated through failures.

In the final analysis, it is these five qualities of spirit that will keep the martial artist on a lifelong rewarding journey, regardless of the body's physical limitations. To develop and to cherish these qualities and then to practice them, will enable the martial artist to face any and all challenges.

RULES OF THE CHIMO DOJANG

Respect

- Show respect to your dojang. Remove street shoes at the front door. Always bow to the flags when entering or leaving the workout area.
- Greet the Head Instructor as soon as shoes are off and before any other conversation, with a bow saying “Tae Kwon Master” or “Tae Kwon Sir/Ma’am”.
- Show respect to all Masters, Instructors and Black Belts by bowing to them upon entering the dojang. Say Sir or Ma’am when addressed by your Master, Instructor or by another Black Belt. Proper bowing should be done to show respect.
- No horse-play (running or wrestling) before or after class or during breaks. This is a time to focus your mind through meditation, rehearse forms or other techniques or to warm up and stretch.
- A positive attitude is expected from all students at all times, no other attitude or behaviour will be tolerated. Saying “I can’t” or “I won’t” will not be tolerated in the dojang, they are defeatist and disrupt effective training. An enthusiastic approach to training and learning is expected and will yield the best results.
- Instructors assigned to teach all or part of any class have the same authority as the Head Instructor and are to be obeyed in a similar fashion.
- Behavior outside of the dojang is expected to be of Taekwondo nature, realizing that the student is an example of their instructor, dojang, and martial art. The Rules of the club are the Rules at Home and School.
- A student should not stand with their hands on their hips or arms crossed in front of their chest, this is a sign of disrespect and/or improper attitude.
- Students will refrain from idle conversation while practicing. All commands by the Instructor will be answered with a loud “Yes Sir / Ma’am”
- No student is allowed to teach techniques unless given approval in each case/class by the Instructor.
- Students should always (each class) ask permission to use any equipment that does not belong to them, before using it.

Sparring

- If you leave your sparring gear in the club it must be kept neat and in its gear bags at all times. Unattended gear will be claimed as “club gear”.
- No sparring before or after class unless supervised by an instructor.
- Safety is very important while training, competing, or whatever the function, and must be applied at all times.
- Absolutely NO head kicks without express permission and supervision by Master Large or Master Berakos.

Uniforms

- Always wear a clean dobok(uniform) and keep fingernails and toenails clean and trimmed. Come to practice with a clean mind and body.
- Always bring ranking belt to class.
- No jewelry (watches, chains, rings, etc.) while working out.
- Uniforms are not costumes or play clothes and are to be worn for Taekwondo functions only!!
- Students may only wear a clean t-shirt under their dobok, no street clothes or sweats are permitted.
- Your belt is a sign of achievement and respect. Your belt should never be discarded or used as a toy and you should make every effort not let your belt touch the ground.

General

- Put trash in proper place. Empty drink bottles and cans are to have caps removed and placed in blue recycling bins. Drinks and snacks are not allowed on the training floor at any time. Students and visitors are expected to clean up after themselves and put trash where it belongs.
- Always respect fellow students by observing the following: Never laugh at or make fun of a fellow student. Never display a bad temper toward a fellow student. Bullying or intimidation of fellow students will not be tolerated and will result in suspension of training privileges.
- No foul language is allowed or tolerated in this school.
- No candy, chewing gum, food or drinks on the workout area.
- Taekwondo is for self defense ONLY!! Any student found to be using any martial arts skills inappropriately will be disciplined up to and including expulsion from the club.
- Students that come in early for class, should stretch out **quietly**, practice **quietly**, or go over notes **quietly**, and not disturb the class that is already in progress.
- Master Large and Master Berakos, in consultation with appropriate Instructors and Mentors, will assess when each student is ready for their next exam.

Parents

- Parents are asked to encourage regular attendance at class.
- Parents are asked not to coach or call out to their children while class is in session. It is the responsibility of the Master or assigned Instructor to encourage and teach the students. Commands or calls from those observing confuse the students and distracts their attention from the Instructor. If you have a concern or questions, please feel free to discuss these issues with Master Large or Master Berakos at a break or following the class.
- Please feel free to discuss your child's behaviour and needs, including those experienced outside the club, with Master Large or Master Berakos at any time.
- Master Large maintains an open-door policy at the club and encourages parents and students to ask any questions or discuss any issues that will enhance your experience at Chimo.