

Welcome To The Family!

FAMILY TAE KWON DO



"Creating Black Belts In Life"

www.ftkdcstudents.com

Delafield

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(262) 646-8050
f FTKDC Delafield

Oconomowoc

125 N. Fowler Street
(262) 888-3434
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New Berlin

15360 W. Beloit Road
(262) 822-1151
f FTKDC New Berlin

Sussex

N64 W24678 Main St., Suite 8
(262) 533-9055
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WELCOME

Master Instructor Nick Elliott is a 6th-degree black belt who has trained in martial arts for more than 25 years. He is the founder and master instructor of Family Tae Kwon Do Champions. He started FTKDC so families would have a place to get motivated together and be able to overcome all of life's challenges.

At FTKDC, we build strong minds, strong spirits, and strong bodies. It's our goal to help you reach your goals. We will help you and your children work toward your fullest potential by helping you make better decisions and challenging you physically and mentally.

Our mission is to make this world better one person at a time. We don't focus on changing the world but, instead, changing the way our students see the world and contribute their time and talents.

Tae Kwon Do is an ancient martial art from Korea that literally translates to "way of the foot and fist." In practice, it's a sport that, first and foremost, teaches self-defense. In addition to being a fun way to exercise, Tae Kwon Do also teaches people valuable life skills such as confidence, respect, and focus.

The information contained in these pages will help you feel at home in the dojang and set you on your path to becoming a black belt. Welcome to the FTKDC family! I look forward to meeting you in class.

Pilsung,

Master Nick Elliott





STUDENT WEB SITE

Visit www.ftkdcstudents.com online to find current news and events.

Our online dojang has videos that show proper stances, basic kicks, blocks, hand techniques, and each form by belt—step by step. Navigate to your belt color and enter the password: pilsung

Beginner (white, gold, and purple belts) and Intermediate 1 (high-purple and green belts) classes follow a rotating curriculum. Cycle 1 is white-belt curriculum. Cycle 2 is gold-belt curriculum. Cycle 3 is purple-belt curriculum.

Regardless of which belt an individual student is working toward, students learn the same form for testing. The process is the same for high-purple and green belts. High-green belts and beyond each have their own curriculum.



UNIFORM

The FTKDC uniform consists of a white crossover top, pants, and belt. Alternately, students may purchase a white pullover FTKDC uniform. Students may also purchase a FTKDC t-shirt to wear with their uniform pants during class.

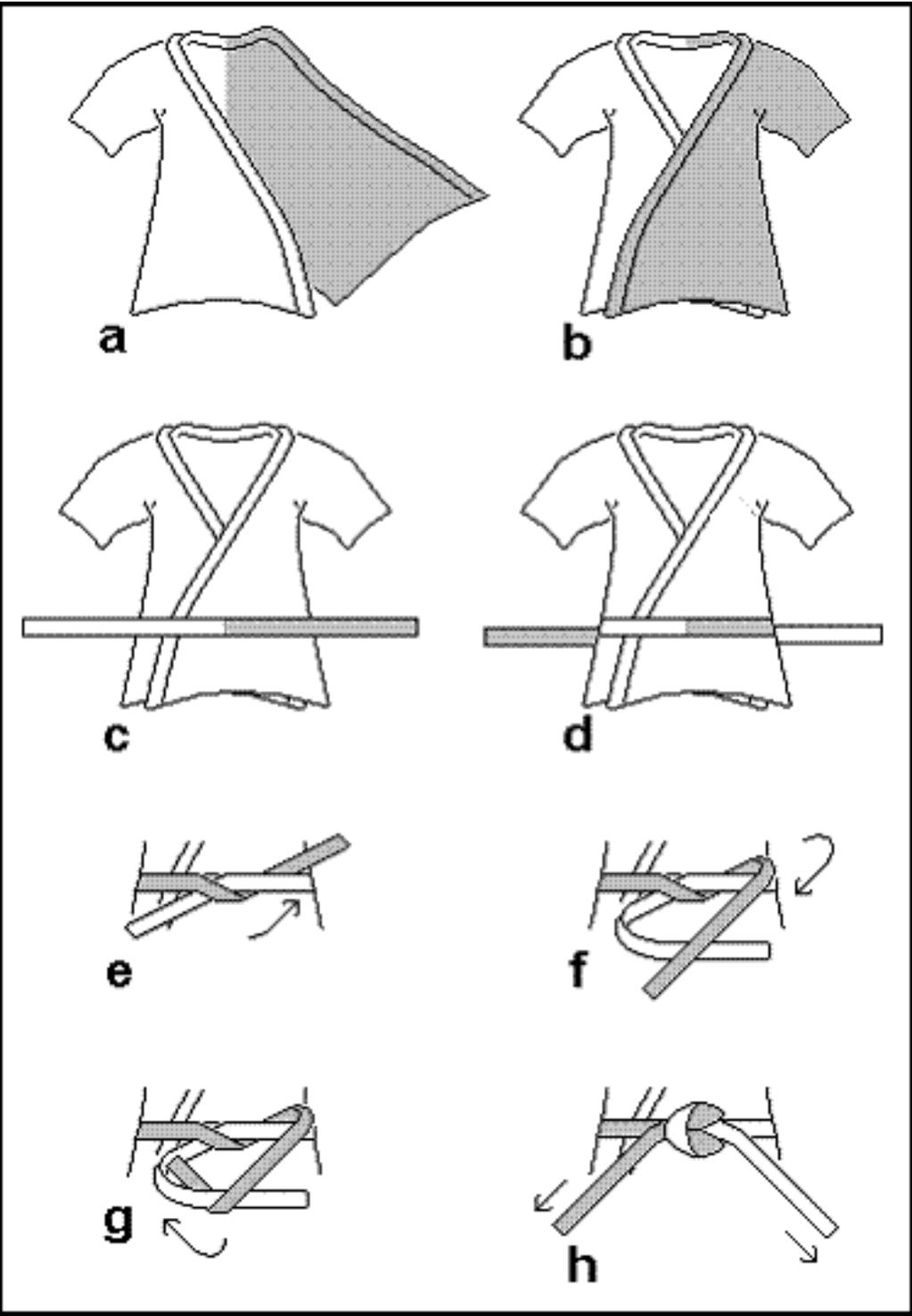
The traditional cross-over white uniform must be worn at testing. The cross-over top is tied underneath to the left; then tied outside on the right-hand side. The student's left side should be over the right side when complete. The South Korean flag patch should be worn on the right arm, and the American flag patch on the left arm. If you belong to Black Belt Club, the BBC patch goes on the left chest.

Additional guidelines:

- No pants/jeans should be worn underneath uniform pants.
- No jewelry allowed; adults may wear a fitness watch at their own risk.
- No additional collars, etc., should be popping out of FTKDC t-shirts or uniforms.
- No long sleeve t-shirts should be worn underneath FTKDC t-shirts.
- Students should wear a black t-shirt with no visible writing or logo underneath BBC (Black Belt Club) and Leadership Team uniforms.
- Only black belts may wear a black uniform.



HOW TO TIE A TAE KWON DO BELT





DOJANG ETIQUETTE

Etiquette holds an important place in the traditions of Tae Kwon Do. Adhering to the rules of etiquette help convey respect for the school, instructors, and fellow students. This type of mental discipline is part of the practice of martial arts.

- WHEN YOU ENTER THE SCHOOL, take your shoes off and line them up neatly in designated areas. Put your hands together (like you are praying), bow to the instructor, and say "Pilsung" to say hello and goodbye.
- WHEN YOU ENTER THE MATS, make a fist with your right hand, place it on your heart, and bow to show respect to the South Korean and American flags.
- TO SHAKE HANDS, extend your right hand and place your left palm face down under your right elbow and bow. The left hand is visible, which indicates you have no weapon.
- ANSWER OTHERS by saying "Yes, sir!" and "Yes, ma'am!"
- WHEN YOU NEED TO ADJUST YOUR UNIFORM, turn away from class, take a knee, and adjust your uniform and belt as needed.
- WHEN CALLED TO LINE UP FOR TESTING, answer loudly with "Here, sir! Pilsung, sir!" then slap the mat, jump up, and run into line.



STRIPE SYSTEM

Students earn stripes by attending class and demonstrating knowledge of the curriculum for their belt rank.

- GREEN STRIPE for kicking combinations
- YELLOW STRIPE for forms
- RED STRIPE for 1 or 3-Step Sparring
- BLACK STRIPE for reciting the first 1-3 Student Home Rules (white belts), 1-7 rules (gold belts), all 10 rules (purple belts and up) to an instructor
- BLUE STRIPES are earned with good behavior:

Students should write a list of 10 things they do at home that demonstrate good behavior and discipline, e.g., doing homework without being asked or brushing teeth when they are asked to without complaining. A parent should sign the list, and then the student can return it to his/her instructor.

For every 10 items, students earn 1 blue stripe. Once they earn 5 stripes, they can attend a "Blue Stripe Party" (see below).



BLUE STRIPE PARTY

We love to encourage good behavior, polite manners, and helpful attitudes! Have your child record his or her good deeds and bring the list to the dojang. For every 10 items, s/he'll receive a blue stripe for his or her belt.

Once kids reach 5 blue stripes, we'll reward their hard work with a "Blue Stripe Party": pizza and fun with Tae Kwon Do friends. Parties are held 4x per year.



COUNTING IN KOREAN

1	Hana ("Hanna")	6	Yasot ("Uset")	20	Seu-mool ("Samull")
2	Dul ("Tul")	7	Ilgup ("Ull-go")	30	So-don ("Sodan")
3	Set ("Set")	8	Yodol ("Udur")	40	Ma-hoon ("Maun")
4	Net ("Net")	9	Ahop ("Aho")	50	Sheen ("Sheen")
5	Dasot ("Daset")	10	Yeol ("Yul")		

For 11 through 19, add the Korean word for 10 in front of the last number. For example, 11 is Yeol Hana ("Yo-Hanna") and 12 is Dul Hana ("Yo-Tul").

For 21 through 29, add the Korean word for 20 in front of the last number. For example, 21 is Seu-mool Hana ("Samull-Hanna"). The same applies for 30-50.



BASIC TERMINOLOGY

Pilsung	I can do it!
Cha ryuht (Chery ut)	Stand at attention
Choon bi	Ready position
Bah ro (Pah row)	Return to ready position
Dorah (Torah)	Turn
Gomahn (Come on)	Stop
Kyung nae (Coon yey)	Bow
Kuk gi eh kyung nae (Kooky eh coon yey)	Bow to the flags
Kahm sa hamnida (Com som ne dah)	Thank you
Cheon maeneyo (Cha ma nay yo)	You are welcome
Sah bum nim	Instructor
Ahnjoe mukyum (An jo moonyum)	Sit and meditate



TESTING

Testing is held 6x per year. Instructors will invite students to test for their next belt rank when the student has mastered the required curriculum. At higher belt ranks, it is typical to train for 6 months or more before advancing in rank.

Students testing for a low belt (gold, purple, high-purple, or green) must memorize the Tae Kwon Do tenants and oath. Students testing for a high belt (high-green, brown, high-brown, red, high-red, or black) must also know “Just One Word” in its entirety.

Family and friends are welcome to visit the dojang and watch as students test. The cost for testing is \$50 per student.



BLACK BELT TESTING

Before testing, candidates must write a 2-page, single-spaced essay reflecting on their journey to black belt and the meaning of Tae Kwon Do in his or her life.

Candidates also must have competed in at least 2 tournaments (typical tournament cost is \$40-65) and must have completed at least 50 hours of community service or volunteering. Black-belt testing is \$100 per student.



BLACK BELT CLUB

Black Belt Club (BBC) offers additional classes and advanced training in weapons and sparring. Membership in BBC does not expire after a set time but, instead, provides training to a student until she or he earns a black belt. An instructor will invite a student to join BBC when he or she is ready.



LEADERSHIP TEAM

Leadership Team trains kids to be leaders not just in the dojang but in life—at school, at home, and in their communities. Members also perform demonstrations at events and tournaments. Membership in Leadership Team is by invitation only.



HOME RULES

1. Children will greet their parents when they are entering and leaving the house.
2. Children will respect their parents and family members at all times.
3. Children will be truthful at all times.
4. Children will have a good relationship with their brothers and sisters.
5. Children will help with their household chores.
6. Children will keep their rooms nice and clean.
7. Children will keep their hair, body, and teeth clean.
8. Children will not interrupt adult conversation.
9. Children will study their schoolwork at school and at home.
10. Children will respect their teachers and peers at all times.



STUDENT OATH

I shall observe the tenants of Tae Kwon Do.
I shall respect all instructors and seniors.
I shall never misuse Tae Kwon Do.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.



TENANTS

Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit



JUST ONE WORD

Just one uncaring word can spark a fight
Just one cruel word can shatter a life
Just one harsh word can sow misunderstanding
Just one disrespectful word can douse the fervor of love

Just one kind word can smooth a rocky path
Just one joyful word can cheer a gloomy day
Just the right word can lighten an uneasy heart
Just one affectionate word can show the beauty of the world, Sir!



DEFINITIONS OF FORMS

CHONG-JI (19 movements): Means literally “the Heaven and the Earth.” It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts—one to represent the Heaven and the other Earth.

DAN-GUN (21 movements): Named after the holy Dan-Gun, legendary founder of Korea in 2333 B.C.

DO-SAN (24 movements): Is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who devoted his entire life to furthering the education of his people and the independence movement.

WON-HYO (28 movements): Noted monk who introduced Buddhism to the Silla dynasty in 686 A.D.

YUL-GOK (38 movements): Is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the “Confucius of Korea.” The 38 movements of this pattern represent his birthplace on the 38th degree latitude and the diagram represents “scholar.”

JOONG-GUN (32 movements): Is named after the patriot An Joong-Gun who assassinated Hiro-Bumi, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. An’s age when he was executed at Lui-Shung prison in 1910.

TOI-GYE (37 movements): Is the pseudonym 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 37th degree latitude, the diagram represents “scholar.”

HWA-RANG (29 movements): Is named after the Hwa-Rang youth movement which originated in the Silla Dynasty about 1350 years ago. This group eventually became the driving force behind the unification of the three Kingdoms of Korea. The 29 movements of this pattern refer to the 29th Infantry Division where Tae Kwon Do developed into maturity.

CHOONG-MOO (30 movements): Choong-Moo was the given name of the great Admiral Yi-Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (kobukson) which was the precursor of the present submarine in 1592. The reason this pattern ends up with 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.

KWANG-GAE (39 movements): The 19th king of the Korguryo Dynasty. He recovered all the lost territories including the greater part of Manchuria. The foot diagram represents the expansion and recovery of the lost territory.

Not sure how to celebrate?

**Let Family Tae Kwon Do Champions
host your child's
birthday party for FREE!**

Call today to schedule!



FREE

Birthday Party!

Four convenient locations:

Delafield

2846 Heritage Dr.
(262) 646-8050

Oconomowoc

125 N. Fowler St.
(262) 888-3434

New Berlin

15360 W. Beloit Rd.
(262) 822-1151

Sussex

N64 W24678 Main St.
Suite 8
(262) 533-9055

**1.5 hours of
FUN & GAMES**

Up to 30 kids

Board breaking!

**Black belt
instructor**

**No martial arts
experience
necessary!**

Invitations provided

**Bring the cake & pizza,
we'll do the clean up**

**PLUS Birthday child
receives a white belt!**

* Limit: one free party per household;
must live within 10 miles of party location

