

ELITE Martial Arts

Student Handbook



We are glad that you have chosen to take the first step in your martial arts journey!

While the road to becoming a true martial artist is not easy, we hope that this student/parent manual will facilitate the beginning stages of your martial arts career. Here, you will find general information, rules and tips to get the ball rolling. Welcome to our Elite family!

Class Etiquette

A major aspect in Tae Kwon Do is **respect**. Always try your best to respect your instructor, team mates and most importantly, yourself. **Respect** is also demonstrated in the following ways:

- Bowing as you enter and leave the training area
- Looking down as you bow to instructors and team mates
- Always replying to instructors with “yes sir/ma’am” or “no sir/ma’am”
- Removing your shoes and socks before entering the training area
- No chewing gum in class

Counting and Commands

In maintaining the tradition of our art, many of the commands given in class are in Korean. Here are some basic commands and terminology to help you get started!

Counting

- **1:** hanah
- **2:** dool
- **3:** set
- **4:** net
- **5:** dasot
- **6:** yasot
- **7:** ilgop
- **8:** yadol
- **9:** ahop
- **10:** yoo

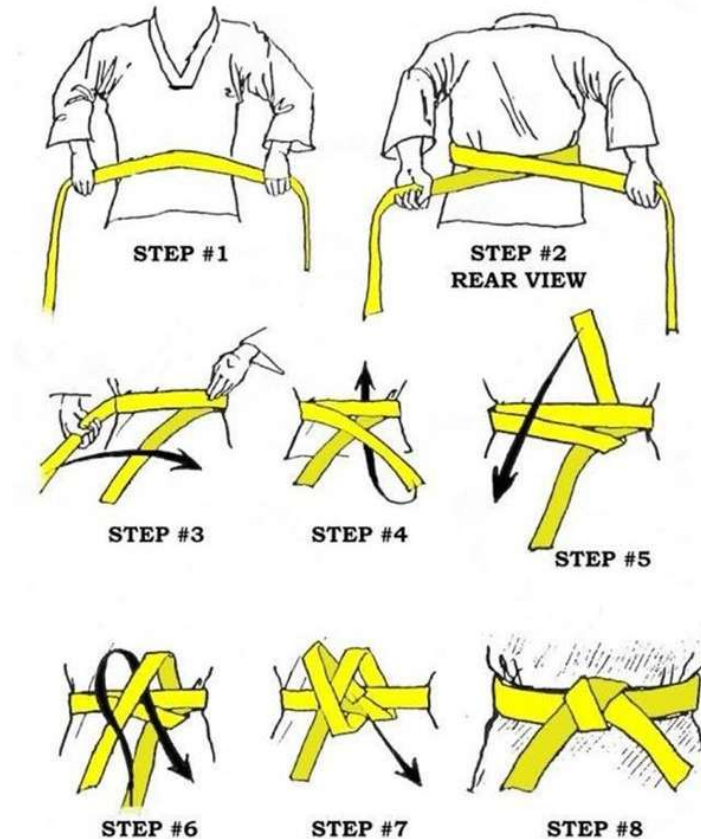
Terminology

- **cha ryuht:** attention
- **kyung nae:** Bow
- **choon bi:** ready
- **sah bum nim:** instructor (or "master")
- **kihap:** yell
- **dojang:** place where one trains (house of discipline)

For additional information on terminology used in class as well as a description of our lineage be sure to visit our website (afterschoolweston.com) under the about section.

Belt and Uniform

As a rule, you should always strive to maintain your uniform clean and stain free. Your belt on the other hand must never be washed, if it becomes dirty or stained it is a sign you are working hard to become a great martial artist! Although it will take time to perfect the art of belt tying, the diagram below is a good starting point.



Home Training

While we advise that students refrain from throwing kicks and punch in enclosed spaces in the house there are ways to continue your martial arts training at home. Having a wave master (heavy bag) and a garage or backyard, is great way to safely practice the skills you have learned in the dojang. Additionally, practicing your Poomse (form) in the house is also great to ensure your memorization of the steps before coming to class. Lastly, and most importantly, stretching is one way you can greatly improve your taekwondo ability in a safe space restricted space in your home. This way your legs are ready to throw high kicks the next time you come to class!

Stretching

Stretching should never be done with cold muscles! Try doing a little warm up before beginning any stretches. Maintain every stretch for 7 seconds; relax for three seconds and repeat 3 times each leg. (Remember to breathe normally)



1. Start by stretching the groin and legs without bending the knee. Slowly reach for your foot, with your face down towards your knee.



2. Extend your legs out in front of you and reach for your feet, face toward your knee.



3. With legs extended, reach out in front of you. The goal is to get your chest to touch the floor! Do not be concerned if your "splits" aren't wide, they will gradually improve.






4. Place your foot flat on the floor, next to your knee. Place your bracing hand close to your body and keep your back straight. As you twist, keep both your buttocks flat on the floor and twist.



5. Place your hands under your shoulders and lift, arching your back while keeping your hip bones flat on the floor.

Here is a copy of our schedule!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tiny Dragons 4:00pm	_____	Tiny Dragons 4:00pm	_____	_____	Little Dragons ^{***} 9:30am – 10:15am
Little Dragons (A) ^{***} 4:45pm	Beginner (B) 4:30pm	Little Dragons (A) ^{***} 4:45pm	Beginner (B) 4:30pm	Little Dragons ^{***} 4:45pm	Open Class 10:15am – 11:00am
Beginner (A) 5:30pm	Little Dragons (B) ^{***} 5:30pm	Beginner (A) 5:30pm	Little Dragons (B) ^{***} 5:30pm	Fun Fighting Friday 5:30pm	Adv. Sparring 11:30am
Intermediate (A) 6:30pm	Intermediate (B) 6:30pm	Intermediate (A) 6:30pm	Intermediate (B) 6:30pm	Powerful Poomsae practice 6:30pm	_____
 Advanced 7:30pm	Adv. Sparring 7:30pm	 Advanced 7:30pm	Adv. Sparring 7:30pm	 Advanced 7:30pm	_____
_____	_____	_____	_____	_____	_____

Stay Informed

If you would like to join our Elite Martial Arts **Whatsapp** group chat to stay updated, please follow these steps:

- Scan the **QR BARCODE** using your phones' camera
- Open the pop-up notification
- Select **JOIN GROUP**

