

W E L C O M E
T O H A U T H ' S F A M I L Y
T A E K W O N D O C E N T E R



The Family Taekwondo Center's goal is simple... to provide affordable Martial Art training to anyone who is willing to learn. The following pages will address several topics and attempt to answer many commonly asked questions. If after reading this you have any questions or comments you are encouraged to address them to Mr. Hauth at your convenience.

WHAT IS TAEKWONDO

“The Way
of Hand
and
Foot”

Hauth’s Family
Taekwondo Cen-
ter teaches the
Martial Art of
Taekwondo as a
defensive system
designed to de-
velop skills in
self-protection,
physical agility,
and mental
keenness.

Taekwondo (tie-kwon-doe) is a traditional Korean Martial Art. Literally translated Taekwondo means — The Way of Hand and Foot — however, a more contemporary translation would be to define Taekwondo as a Martial Art that helps people in their physical and mental development. Modern society has forced a change in the Martial Arts purpose. Martial Arts was a combat method which originated as a physical fitness regimen. As participants developed advanced skills, their social position was elevated because of their importance to the defense of the community. Today we are protected by laws, and such forceful methods are not usually required for our safety.

Hauth’s Family Taekwondo Center teaches the Martial Art of Taekwondo as a defensive system designed to develop skills in self-protection, physical agility, and mental keenness.

All Martial Arts styles are supported by well-thought philosophies; they develop mental strength, as well as the combat method. The basic philosophy of Hauth’s Family Taekwondo Center is to defend ones self to the point of neutralizing a physical threat to the point where you can negotiate or escape.

FAMILY TAEKWONDO

Hauth’s Family Taekwondo Center is affiliated with **Family Taekwondo Centers**, a national trade association, incorporated under the laws of the State of California, and is dedicated to the following mission:

TO PROMOTE THE SKILL, ART, VALUE, AND TRADITION OF TAEKWONDO

The association is comprised of students, instructors, owners/operators, and officers. The president of Family Taekwondo Centers is Mister Chris Hauth, 6th Degree Black Belt. Correspondence may be sent to him at the following address:

**FAMILY TAEKWONDO CENTERS
8890 LAKEWOOD DR.
WINDSOR, CALIFORNIA 95492.**

ABOUT YOUR INSTRUCTORS

Family Taekwondo Centers has strict requirements with regards to its INSTRUCTOR program. The following information should help confirm that Family Taekwondo is sincere in offering its' members the best qualified instruction available.

The process to become NATIONALLY certified takes approximately 2-1/2 years — and doesn't stop there — for all instructors are required to update and re-certify every 3 years.

- *All instructors are 1st degree black belts at a minimum.*
- *All have passed a rigorous physical test demonstrating proficiency in all forms, one-steps and sparring with a maximum of 3 mistakes.*
- *All have passed a written examination with a minimum score of 80%.*
- *All have had a minimum of 300 hours of teaching instruction under the leadership of a chief instructor.*
- *All have passed reference checks regarding character and attitude.*
- *All are evaluated on their general understanding of human relationship and motivational skills.*

If you have any questions about your instructor or are interested in entering the instructor program — please speak to Mr. Hauth.

INSTRUCTOR COLLAR STRIPES

- **Blue Collar:** Junior instructor under 14 years.
- **Red Collar:** Trainee instructor
- **Black Collar:** Nationally certified instructor

INSTRUCTOR VS COACH

Family Taekwondo Center instructors are just that — **instructors** — not coaches. There is a fundamental difference between the two:

COACHES have players
INSTRUCTORS have students

Coaches are excellent with regards to team sports. They have the ability to assign specific roles or positions to individuals that benefit the team effort.

Instructors on the other hand are focused on the individual. The responsibility of the instructor is to help every individual achieve

Students under 12 years old are classified as children, and students 13 years and above are classified as adults.

It is recommended that children attend at least 3 classes per week and adults attend at least 2 classes per week.

Weekly lessons are tied into an 8 or 9 week cycle for rank promotion.

their personal best. The instructor is trained to identify a students' strengths as well as weaknesses. Once this is established, the instructor then focuses on drawing a balance between the two. Ideally, this results in an individual that is stronger physically, mentally, and emotionally.

CLASS STRUCTURE

Classes are divided by age and level of training. We have found it best, for everyone involved, that the students under 12 years old be classified as children, and students 13 years and above as adults.

The second classification has to do with training level; *white belts* through *orange belts* are considered beginner ranks, *light green belts* through *purple belts* are intermediate ranks, and *red belts* through *black belts* are advanced ranks.

The basic structure of the class is divided into four parts: 1 – *warm ups*, 2 – *conditioning*, 3 – *application of technique*, and 4 – *cool down*. If at any time, a student feels a particular exercise is too difficult or too uncomfortable, they should stop the activity at once and speak to an instructor immediately. It should also be noted that all exercises and conditioning drills have a definite purpose related to Taekwondo training. If the reason for an exercise is unclear to the student, they have the right to have the purpose explained to their satisfaction.

Classes last between 45 minutes to 1 hour, depending upon the training level. All students are encouraged to attend as many classes as possible. It is recommended that children attend at least 3 classes per week and adults attend at least 2 classes per week. Attending more classes is fine but please allow your muscles to recover from your workout.

Weekly lessons are tied into an 8 or 9 week cycle for testing purposes. Each weeks' instruction has a general focus on a particular aspect of Taekwondo training. The general focus of the instructed material is as follows: *Basics, New Techniques, Kicks and Stances, Forms, One Steps, Sparring, Review, Test Prep, and Test Week*.

FORMS

Poomse, kata, patterns, FORMS... they all mean the same and have similar purposes to Martial Art training.

Forms were originally developed as a system of practicing self-defense techniques without risking injury to the participant or “willing partners”. Forms today are defined as a predetermined series of actions, performed by an individual which displays a combination of body and mind development. The physical technique displays power, flow, grace, and rhythm. Mental development is evidenced by concentration, visualization (memory), and expression in the movements.

Family Taekwondo Centers incorporate 9 grades of Forms in the colored belt ranks, with each Form containing from 24 to 66 movements. There are also 9 Degrees in the Black Belt ranks. With the Forms starting with 81 movements. A specific form is assigned to each rank. Each higher rank form becomes more complex in technique and contains more movements, thus offering a continual challenge to the student.

BELT RANKING SYSTEM

The progression through these 9 grades takes approximately 2 1/2 years.

The Belt Ranking System used by Taekwondo America can be compared to our educational system. The 9 grades of colored belt ranks would represent the formative years of a student’s training. The progression through these 9 grades takes approximately 2 1/2 years. Once a student passes through all 9 grades of the colored belt ranks and earns a BLACK BELT the real education process in Taekwondo begins. There are 9 DEGREES in Black Belt and the progression from degree to degree is much slower than that of the colored belt ranks...

RANK SYSTEM

White Belt	9th grade	Green Belt	5th grade
Yellow Belt	8th grade	Blue Belt	4th grade
Orange Belt	7th grade	Purple Belt	3rd grade
Lime Belt	6th grade	Red Belt	2nd grade

DEGREES OF BLACK BELT

- 1st Degree R - 6 months
- 1st Degree D - 1 year minimum
- 2nd Degree R - 6 months
- 2nd Degree D - 2 years minimum
- 3rd Degree - 3 years minimum
- 4th Degree - 4 years minimum
- 5th Degree - 5 years minimum
- 6th Degree - 6 years minimum
- 7th Degree - 7 years minimum
- 8th Degree - 8 years minimum
- 9th Degree

The advantage of this system is that it provides the student with tangible proof of progress.

It should be noted that there are no markings on the uniform or belt of any 1st Degree through 3rd Degree Black Belt as to their rank. 4th Degree and higher wear a vertical black stripe on the outside seam of the uniform pant.

Periodic evaluation is essential to reach any goal. Taekwondo America evaluates students through testing procedure and rewards accomplishments by the way of the Belt Ranking System. The advantage of this system is that it provides the student with tangible proof of progress. The student, no matter what age, feels accomplished and is encouraged to learn the next set of new material with renewed enthusiasm.

TESTING

PROMOTIONAL RANK TESTING

Family Taekwondo Center schools conduct promotional testings approximately every 8 to 9 weeks to evaluate the progress of the students. The testing is judged by a minimum of two Family Taekwondo Center instructors, one of which must be from another school. The instructors score each student individually according to Family Taekwondo Center standards. Candidates for Belt Rank promotion are not only judged on their level of competency in the execution of forms and one-steps and sparring and board break-

ing, but are also scored on their personal pride, posture, manner of responding, and courtesy to the judges and to fellow students.

As a result of testing performance, a student may expect one of the following results:

- EXCELLENT** (Black Stripe) for an excellent performance
- GOOD** (No Stripe) for a good performance
- POOR** (No Change) additional time required to master belt rank techniques

A fee is assessed for each Testing performance, should a student receive a “no change” as a result of their testing, then the fee at their next testing is waived.

k I would like to note here that testing is optional and there will not be pressure to have a student test before they are ready and confident. However, it needs to be understood that a student may not be instructed in material that is above their current belt ranking.

Testing is a part of the Taekwondo learning process.

As I mentioned earlier it provides the student with tangible proof of their progress. With each testing the student gains greater confidence and self esteem and is encouraged to learn the next set of new material with renewed enthusiasm.

SCHEDULE OF TESTING FEES

As a 9th grade White Belt	Testing Fee of \$35.00
As a 8th grade Yellow Belt	Testing Fee of \$35.00
As a 7th grade Orange Belt	Testing Fee of \$35.00
As a 6th grade Lime Belt	Testing Fee of \$35.00
As a 5th grade Green Belt	Testing Fee of \$35.00
As a 4th grade Blue Belt	Testing Fee of \$35.00
As a 3rd grade Purple Belt	Testing Fee of \$35.00
As a 2nd grade Red Belt	Testing Fee of \$45.00
As a 1st grade Brown Belt	Testing Fee of \$45.00
As a 1st Degree Recommended	Testing Fee of \$95.00
As a 1st Degree Decided	Testing Fee of \$95.00
As a 2nd Degree Recommended	Testing Fee of \$95.00
As a 2nd Degree Decided	Testing Fee of \$95.00

SPARRING

ONE-STEP SPARRING

One-Step sparring is a link between forms and free-sparring. The purpose of one-step sparring is to teach the beginning student judgment of distance, changing of direction toward a target, and the development of interaction with an actual opponent, while using predetermined combinations of movements. In short, one-step sparring teaches distance, timing and angles.

In addition to one-step sparring the beginning student is also taught releases and breakaways. These are simple but effective ways of using learned technique in a practical defensive manner.

FREE SPARRING

“Free Sparring” is a relative action which teaches an application of self-protection. This “self” protection is necessary when an outside force intrudes upon a person’s private space in threatening manner. There are several levels of sparring taught at Hauth’s Taekwondo Center:

Level 1 Sparring – Class Testing

Level 1 sparring is essentially an introduction to the physical contact in a very controlled setting. Required belt rank for this level is Light Green belt (Lime) which is usually 6 to 9 months of training. The student learns the basics of sparring such as: **Establishing a Defensive Distance, Defensive Techniques, and Counter Techniques.**

At this level participating students are required to wear certain protective gear. Foot pads, Hand pads, Mouth piece, and a protective cup for the boys and men are *required*. A protective head pad is also *required* for any student under 18 years of age. There is a wide assortment of additional protective equipment that the student may purchase through the school ... just ask Mr. Hauth for details.

Required belt rank for this level is Light Green belt (Lime) which is usually 6 to 9 months of training.

Sparring in structured situations involves adherence to rules designed to establish a conformity in order to achieve a certain objective. Sparring in the classroom situation is for the purpose of teaching sparring skills. There is NO WINNER OR LOSER, because when learning is the goal, everyone learns to win. Usually the contact is minimal, the attitude of sparring partners is helpful and encouraging, and the experience is enjoyable.

Level 2 Sparring – Tournament

Level 2 sparring involves more physical contact and encourages a higher level of intensity than level 1. This level of sparring is generally instructed to students who are interested in competing in point Taekwondo. At this level the student learns *strategy* and how to “read” an opponent. More emphasis is also applied to the understanding of when to evade, retreat from, or block an opponent.

Level 3 Sparring – Full contact

At this level, sparring takes on a whole new meaning ... Level 3 sparring allows for full body targeting. Up to this point, kicks to the back and below the belt were not allowed, nor were hand techniques to the head allowed. Level 3 sparring brings these areas into the potential target zone. Students wishing to participate in this level of sparring need to appeal to Mr. Hauth for approval before they may begin. The minimum requirements for level 3 sparring are 16 years or older and a rank of 2nd grade Red Belt.

Level 4 Sparring – Street Application

This level of sparring simulates how Taekwondo sparring techniques apply to actual weaponless street fighting. At this level students learn to use *Takedowns* and *Sweeps* to neutralize an opponent. There is also a greater emphasis on “follow through” fighting. Students also learn to fight effectively from the ground and from other positions. Street Taekwondo is reserved for Lime Belts and above in the appropriate courses designated on certain days and times... Also known as PDT’s.

THE LANGUAGE OF TAEKWONDO

KOREAN TERMS

1. **Taekwondo** - The Way or Art of Hand and Foot
2. **Dojang** - Taekwondo School
3. **Dobok** - Uniform
4. **Chary Ut** - Attention

5. **Kyung Neh** - Bow
6. **Jhoonbee** - Ready
7. **Shee-Ut** - Back to Attention or At Ease
8. **Shee Jahk** - Start or Begin
9. **Dwe Do Dohra** - Turn around
10. **Sabumnim** - Instructor
11. **Ee Dan Ohp Chugie** - #2 Front Kick
12. **Ee Dan Dohra Chugie** - #2 Round Kick
13. **Ee Dan Yup Chugie** - #2 Side Kick
14. **Choong Sung** - Loyalty
15. **Kamsahamnida** (*Kahm-sah-hahm-nee-dah*) - Thank you
16. **Chonmaneyo** (*Chahn-mahn-eh-yoe*) - Your welcome
17. **Mianhamnida** (*Mee-ahn-hahm-nee-dah*) - Excuse me
18. **Chukahamnida** (*Chuke-ah-hahm-nee-dah*) - Congratulations
19. Count = Hana - Tul - Set - Net - Tasot - Yasot - Ilgop - Yodol
- Ahop - Yol *Pronounced - (Hah-nah, Tule, Sehtt, Nehtt, Tah-
saht, Yoe-saht, Eel-gope, Yah-dahl, Ah-hope, Yahl)*
20. **Poomse** - Form
21. **Annyong haseyo** (*Ahn-nyong hah-say-yoe*) - Hello
22. **Annyong hegaseyo** (*Ahn-nyong hee-gah-say-yoe*) - Good bye
23. **Annyong hegeseyo** (*Ahn-nyong hee-geh-say-yoe*) - Good
bye (If leaving)
24. **Yoboseyo** (*Yoe-boe-say-yoe*) - Hello when answering the
phone
25. **Ki Hop** - Yell
26. **Goman** - Stop or End...

TERMS OF THE SPIRIT OF TAEKWONDO

This is a list of words taken from the “Spirit of Taekwondo”. Any one or all of these words can be asked of a student on test day. White belts will not be graded on these due to their short time of practice and exposure to the “Spirit of Taekwondo”. Yellow, Orange, Lime Green, and Dark Green will not be able to receive an “excellent” grade on their testing if they miss one of these words. Blue Belts and higher ranks will not pass their testing if they miss one of these words.

WAY or SPIRIT OF TAEKWONDO: is a big promise

COURTESY: being nice, and having good manners

RESPECT: treating others the way you want to be treated and treating their things the way you want your things treated.

PERSEVERE: always keep trying, never give up

HONOR: choose the right way over the wrong way, no excuses

INTEGRITY: be honest, don't lie and keep your promises

LOYALTY: trust

SELF CONTROL: controlling our body, feelings and actions

DISCIPLINE: to train by instruction and exercise in self control

ENTHUSIASM: participating with an excellent attitude, setting an example through participation

COURAGE: ability to conquer fear and be brave

RESPONSIBLE: being accountable for your actions

EXAMPLE: being a role model to be followed or avoided

DIGNITY: the feeling of being worthy, honored or esteemed

These words represent an important aspect of Taekwondo and must not be neglected. To teach only Kicking, Punching and Blocking techniques could lead to misuse of Taekwondo. By teaching proper conduct and responsible behavior, combined with the physical techniques, we have a person who knows right from wrong and is confident enough in their abilities to not be swayed.

B E G I N N I N G

S T A N C E S

3 BASIC STANCES

Jhoonbee - ready
Middle
Front

IN 8 WEEKS

YOU WILL

LEARN:

1. Basics (*hand techniques and stances*)
2. Kicks
3. Forms
4. One steps
5. Self Defense
6. Forms and One steps
7. Test Prep
8. Test

The reason why we do stances:
to develop *strength and balance.*

NOTE

Looking, Listening, and paying Attention builds *Concentration and Awareness.*

JHOONBEE Chin Up



Shoulders
Back



Feet are at shoulder width and point straight forward.

MIDDLE STANCE

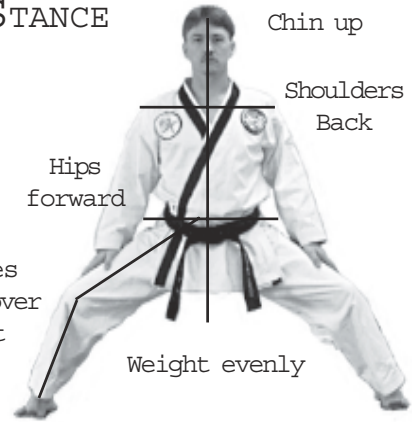


Chin up

Shoulders
Back

Hips
forward

Knees
bent over
feet



Weight evenly

FRONT STANCE

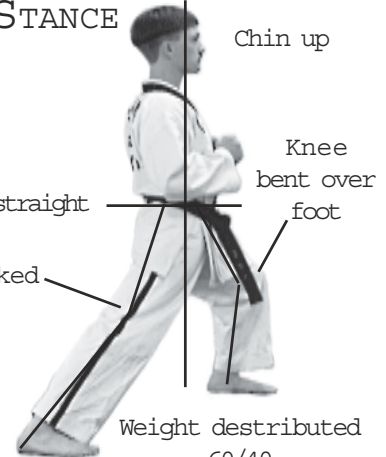


Chin up

Hips straight

Locked

Knee
bent over
foot



Weight destributed
60/40

B E G I N N I N G
B L O C K S

3 BASIC BLOCKS

High Block

Low Block

Inner Forearm
Block

3 LAWS OF MO-
TION

1. For every ac-
tion there is an
equal and
opposite reaction.

2. A body at rest
or moving
uniformly in a
straight line will
remain so, unless
acted upon by
some outside
force.

3. A change in the
motion of a body
is proportional to,
and in the same
direction as the
force that
produces it.

NOTE

*Look, chamber,
Move.*

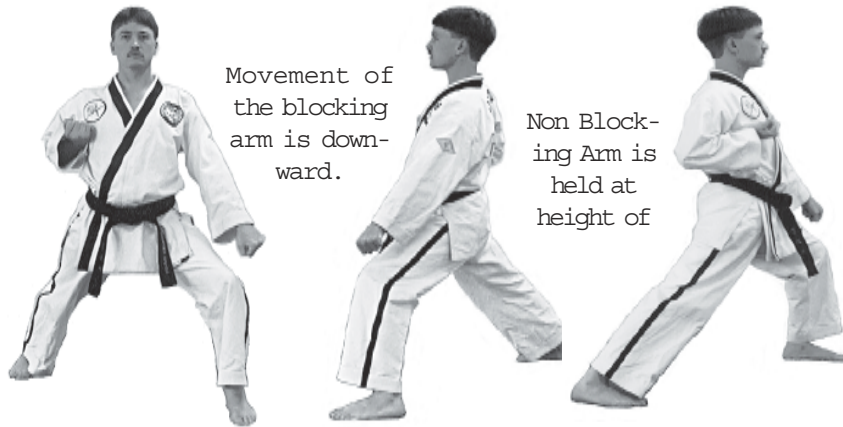
All Blocks
chamber from the
bottom except for
the low block.

HIGH BLOCK



Movement of the
blocking arm is up-
ward

LOW BLOCK



Movement of
the blocking
arm is down-
ward.

Non Block-
ing Arm is
held at
height of

INNER FOREARM BLOCK



Non Blocking Arm is held
at height of third rib.

HAND STRIKES

3 STRIKES

Punch: Lunge or Reverse.

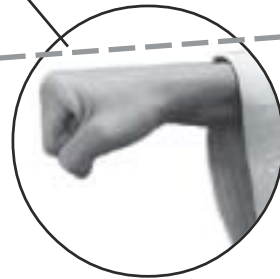
Palm Heel: Lunge or Reverse.

Knifehand

LUNGE PUNCH

Keep wrist straight.

Hitting with the first two knuckles.



3 PARTS TO A STRIKE

1. Starting Position

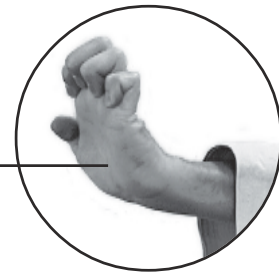
2. Execution.

3. Return to Start.

All strikes chamber from the top.

PALM HEEL STRIKE

Hitting with the heel of the palm.



FORMULA FOR POWER

$$\frac{\text{Mass (weight)} \times \text{Velocity}}{\text{area}}$$

NOTE

5 Elements of Power (*Kinetic Energy*).

1 Hips

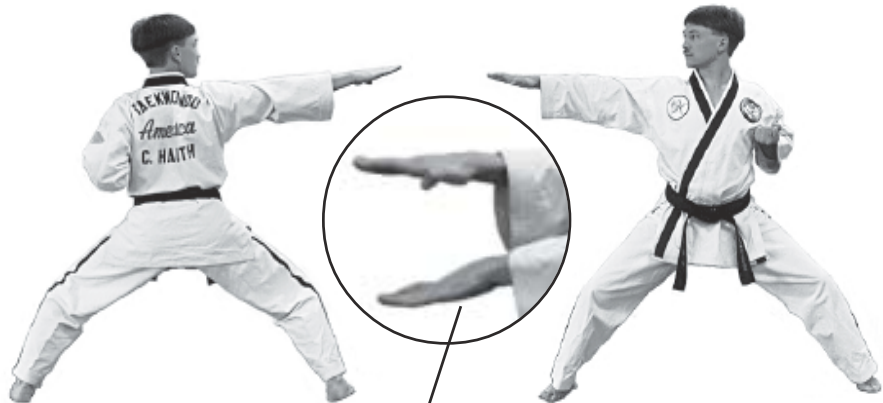
1 Action/Reaction

1 Yell

1 Twist

1 Hand and Foot Timing

KNIFEHAND STRIKE



Hitting with the blade of the hand with a lateral movement.

B E G I N N I N G

K I C K S

3 BASIC KICKS

- Front
- Side
- Round

Front and Roundkicks are snaps closely resembling a knifehand strike.

Side Kicks closely resemble a punch - thrust.

THE 4 PARTS OF EVERY KICK

1. Chamber
2. Execute
3. Rechamber
4. Return

NOTE

For the beginner* Taekwondo is 70% kicks.

*The higher in rank you get the more it changes to 50% kicks

FRONT KICK



Hitting with the ball of the foot.

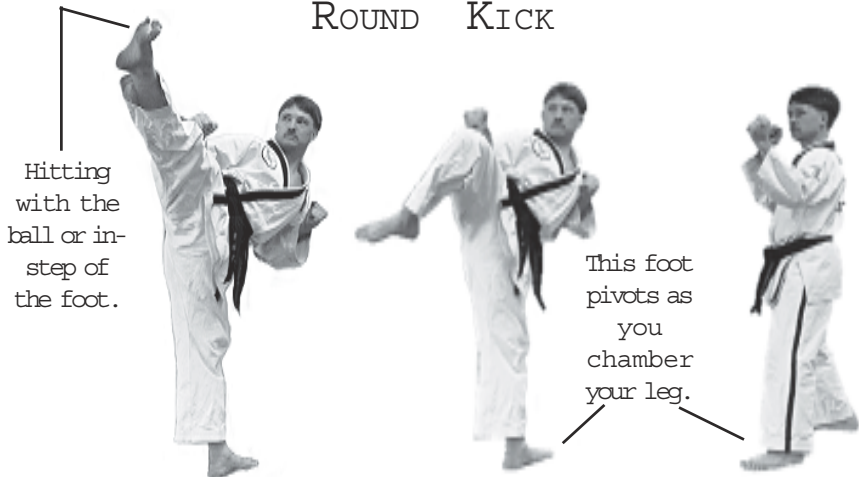
SIDE KICK



Hitting with the heel or blade of the foot.

This foot pivots as you chamber your leg.

ROUND KICK



Hitting with the ball or in-step of the foot.

This foot pivots as you chamber your leg.