



# **CONCORD**

## **TAEKWONDO**

### **LITTLE SAMURAI**

### **HANDBOOK**

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[ConcordTKD.com](http://ConcordTKD.com)

# WELCOME TO CONCORD TAEKWONDO!



“The fall of 2014 marked my 30th year in martial arts. Over 20 of those years have been spent as owner and operator of Concord Taekwondo America. It has been a truly grand experience for me and one that has enriched my life for decades.

Someone once said, “Do not ask for an easier life, ask for the strength to endure the one you have.” It has been a journey fraught with many challenges; more so than anything else I’ve done in life. It has created some of my best experiences, it has shown me the best in people, and it has given me a quite a few people I now call my closest of friends.

Over the course of 20 years, I have had the honor and privilege of instructing over 2,000 students. Over 250 have achieved Black Belt. Many of those have had the fortitude to achieve high rank in Taekwondo America. Some became instructors; and a small few went on to make teaching Taekwondo their livelihood. It has been a life I wouldn’t trade for anything.”

SEAN BAXTER

Chief Instructor/School Owner of Concord Taekwondo  
US Army Veteran & Firearms Instructor



태

“Tae”

권

“Kwon”

도

“Do”



Taekwondo originated in Korea during the 1950’s, created by General Choi Hong Hi, a Major General in the Korean Army. Taekwondo, literally translated from Korean, means “Foot Fist Way.” Born in 1918, General Choi created a total of 24 original Forms, of which we learn 20. Each form corresponding to a belt rank up to, and including 5<sup>th</sup> Degree Black Belt.



Concord Taekwondo is a proud member of Taekwondo America. Taekwondo America Schools are independently owned and operated, spanning over 35 cities. TA is not just an organization to us, but a family! Our national organization allows us to have incredible Regional and National Tournaments, hosted all around the country.



# WELCOME TO THE LITTLE SAMURAI!

Our Little Samurai Program is a detailed curriculum that focuses on improving children's basic motor and listening skills. The program is specifically designed to engage children ages 4-5 in a fun, active, fast-paced environment. They not only will learn martial arts, but they will love every minute while doing it!

Little Samurai Class Schedule	
Monday	5:45pm
Wednesday	5:00pm
Friday	5:00pm

Here are some important tips that will help your child get the most out of our Program.



### **Make sure your child attends class regularly**

Students should attend 2-3 classes per week. Coming to class on a regular basis is important for the student's development as a martial artist. Consistency is essential for children in this age group.



### **Watch your child participate in class**

Your child wants to make you proud. The best way they can show you how well they are doing is for you to see for yourself. A great phrase to use is, "I love watching you practice!"



### **Monitor your child's progress**

If your child is attending class regularly, they should earn a stripe about once a week. If your child is having difficulty with a particular aspect of the curriculum or with a stripe, feel free to speak with an instructor about what your child can work on outside of class.



### **Keep track of upcoming Tournaments and Rank Testings**

Your child should participate in the Rank Testing scheduled every eight weeks so they can continue on to the next challenge and be congratulated for their achievements. Tournaments are a great way for your child to demonstrate what they've learned and earn a medal!



### **Invite family, friends, and teachers to your child's Rank Testing**

This is a big event for your child in his or her martial arts training that only comes around every eight weeks. For your child, eight weeks is a long time. Make it a big event and your child's confidence will grow!



## Classes



Students should attend a minimum of 2-3 classes per week.

Coming to class on a regular basis is important for the student's development as a martial artist.



Students should arrive prior to the start of their class. Any student late for class must ask permission from the instructor before entering the workout floor. If a student is 10 minutes late to class he/she may still join the class, but will not receive credit for attending.

Any student who is 15 or more minutes late for class will not be permitted to join class.

Students are expected to be respectful and well behaved both in and out of class. Any student disrupting class may be asked to leave.

Students found to have broken any of the Taekwondo Tenets or the Student Oath may be required to forfeit their belt until the instructor's discretion.

## Uniform



Our uniform is a white, traditional martial arts uniform. Students have the option of wearing a Taekwondo T-shirt to class, which can be purchased at the Pro-Shop, or at Tournaments and Camps. Only official Taekwondo America T-Shirts may be worn to class.



Many students also choose to purchase a pair of our red or blue pants to wear during class, to keep their white pants bright and clean.



Full white uniforms are required to be worn at formal events such as Promotional Testings, Award Ceremonies, and Tournaments.

Belts do not need to be washed. Washing belts will cause them to fray. If necessary, a Tide Pen can be used on stains, and belts can be sprayed with Febreze to keep them smelling fresh and clean.



Uniforms may be washed in regular laundry.

**Do NOT use Bleach.** Using bleach will turn the patches pink.

The School Patch is **sewn** on the right side of the uniform top.

### **Do NOT Iron Patches!**

Patches should be fixed in place while the student is wearing the uniform top.



The Taekwondo America Patch is **sewn** on the left side of the uniform top.

The Organization Patch will be given to the student upon completion of their first rank testing.



## Stripe Testing

Little Samurai will earn stripes in class for achieving a short-term goal. Earning stripes also helps break up the curriculum requirements for advancement from one belt to the next.



Over the course of the cycle (2 months), your child will earn 4 “*curriculum*” stripes that are necessary to advance to the next belt. These stripes will be red or blue, and will go on the left side of the student’s belt.



Little Samurai can also earn additional “*Skills*” stripes for displaying any of the 8 Samurai Skills. These stripes are bonus stripes, and are not required for rank advancement, but are a great indicator of which skills your child is improving in. The “*Skills*” stripes will go on the right side of the student’s Belt.

Your child should usually earn a stripe about once a week if he or she is coming to class on a regular basis.



## Logbook

Students will bring their logbook to every class. At the beginning of the cycle students will receive a worksheet to fill out and keep in their logbook. The instructor will mark any stripes the student earns with a star sticker in their logbook.



On the backside of the worksheet is a “*Sticker Jar*” your child can fill with stickers given to them during or after class.

Stickers are given to Little Samurai for good behavior during class. The sticker jar is also great at helping them practice counting, as they watch the jar fill up!



After earning all 4 curriculum stripes, students will receive a star sticker under their sticker jar when the instructor feels they are ready to test for their next belt.

If you have any questions about the cycle’s curriculum, your child’s Instructor is always available before and after class.



## Samurai Skills



Our curriculum focuses on 8 main *Samurai Skills*  
The 8 Little Samurai skills will help your child grow both physically and mentally.

### Skill #1 Focus

This skill will help your child's aim, listening abilities, and reaction time. They will excel faster in any physical activity. With this skill, your child will become a more focused student at school.

### Skill #2 Teamwork

Teamwork is necessary for any young child to develop. The more confidently your child is willing to work with others, the more he or she will accomplish. Developing teamwork will help your child become a better leader in life.

### Skill #3 Control

Having control means making good decisions. Your child will learn to think about how they can control their behavior and become better at controlling their impulses.

### Skill #4 Balance

This skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging, like riding a bicycle. With this skill, your child will develop better balance and better posture.

### Skill #5 Memory

Developing a good memory is exercise for your child's brain. Exercising memory will help your child perform better in school. Our drills challenge students to think and memorize their moves.

### Skill #6 Discipline

Our Instructors use the Little Samurai drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing. They will learn to follow directions and learn what it means to be respectful of others.

### Skill #7 Fitness

In class, your child will not only learn many different exercises, but have a blast while doing it. Exercise is made fun, and gives the children an opportunity to burn off excess energy. It is important for children to understand the importance of being healthy and physically fit.

### Skill #8 Coordination

Your child will learn left from right, and will become better physical participants in sports and activities. Coordination is as much of a mental skill as it is a physical one. Having good coordination will help your child excel in unfamiliar sports and skills as they try them for the first time.



## Behavior

Children in the Little Samurai Program are expected to be on their best behavior and follow the Tenets of Taekwondo, both inside and outside of class. Little Samurai who misbehave in class may not receive a sticker, or not be allowed to play a game at the end of class.

Good behavior in class is based around 3 types of focus that they are taught:

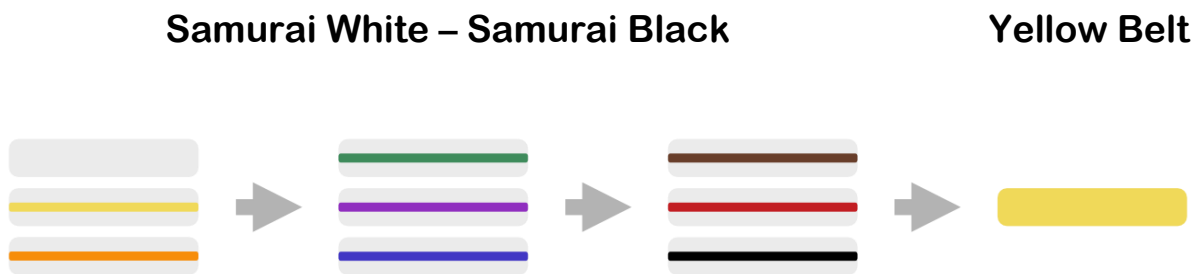
Focus their Eyes	Looking at the Instructor, and pay attention to instructions in class
Focus their Mind	Not speaking out of turn, and staying on topic with what is happening in class
Focus their Body	Being still when required, not laying down or running around inappropriately

If a student is disrupting class or distracting others, that student may be asked to sit at the back of the room, or if necessary, asked to leave that class.

## Belt Progression & Graduation

Little Samurai progress through the Samurai Belts shown below. Students will graduate from the Little Samurai Program into the Junior Program as a Yellow Belt when they reach Samurai Black Belt, or when the Instructor determines they are ready to do so. Students will often be ready to advance into the Junior Program as they approach turning six years old.

Little Samurai can graduate into the Junior Program at any rank and any age with the Instructor's recommendation.



## Taekwondo Tournaments



Every year, Taekwondo America holds 4 Tournaments, 2 National Tournaments and 2 Regional Tournaments. Tournaments are open to all ages and all ranks! At the tournament, students will compete for medals against other students of similar age, rank, and size, from other Taekwondo America schools.

Competing in a tournament is not only a great experience, but an invaluable tool in receiving feedback on your martial arts training.

National Tournaments		Regional Tournaments	
January	September	March	July

## Birthday Parties

Throw your child's Birthday Party at Concord Taekwondo! We offer a fun, safe environment to host the perfect Birthday Party! 90+ minutes of Party Fun, for up to 15 kids.

We'll handle the Entertainment and clean up, and you'll have the freedom to sit back, relax, and enjoy the party!

You only need to provide the Cake and Decorations.

### We Provide:

- The Facility
- Tables and chairs
- The Games
- Clean Up
- The Invitations
- Martial Arts Class
- 90+ minutes of Party Fun
- Real Wooden Board for the Birthday Boy/Girl to break!



Party Schedule:

Set Up / Decoration	Taekwondo Lesson	Cake and Gifts	Taekwondo Games (Clean Up)
30 minutes	30 minutes	30-45 minutes	30 minutes



Schedule your Party as soon as possible to secure the date!  
See the Pro-Shop for pricing details.





## **Taekwondo Tenets & Student Oath**

The following Taekwondo Tenets and Student Oath should be memorized by students. It is recited at the beginning of every class and formal event.

Students are expected to embody these Tenets and follow the Oath both in and outside of the Taekwondo School.

## **Tenets of Taekwondo**

COURTESY

INTEGRITY

PERSEVERANCE

SELF-CONTROL

INDOMITABLE SPIRIT

## **Oath of Taekwondo**

“I SHALL OBSERVE THE TENETS OF TAEKWONDO.

I SHALL RESPECT THE INSTRUCTORS AND SENIOR STUDENTS.

I SHALL NEVER MISUSE TAEKWONDO.

I WILL BE A CHAMPION OF FREEDOM AND JUSTICE.

I WILL BUILD A MORE PEACEFUL WORLD.”



