



CONCORD

TAEKWONDO

NEW STUDENT HANDBOOK

2335 Concord Lake Road
Concord, NC 28025

704-794-6610
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 5th 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.



| Junior Classes | | | | | |
|-----------------------|--------|--------|--------------------------------|---------|--------|
| Beginners | | | Intermediate / Advanced | | |
| Monday | 5:00pm | 6:30pm | Monday | 5:45pm | |
| Tuesday | 5:45pm | | Tuesday | 5:00pm | |
| Wednesday | 5:00pm | 6:30pm | Wednesday | 5:45pm | |
| Thursday | 5:45pm | | Thursday | 5:00pm | 6:30pm |
| Friday | 5:00pm | 6:30pm | Friday | 5:45pm | |
| | | | Saturday | 11:00am | |

| Teen / Adult Classes | | | | | |
|-----------------------------|---------|--|--------------------------------|---------|--|
| Beginners | | | Intermediate / Advanced | | |
| Monday | 6:30pm | | Monday | 7:15pm | |
| Tuesday | | | Tuesday | 7:15pm | |
| Wednesday | 6:30pm | | Wednesday | 7:15pm | |
| Thursday | | | Thursday | 7:15pm | |
| Friday | 6:30pm | | Friday | 7:15pm | |
| Saturday | 11:00am | | Saturday | 11:00am | |

| Little Samurai Classes | |
|-------------------------------|--------|
| Monday | 5:45pm |
| Wednesday | 5:00pm |
| Friday | 5:00pm |

| School Hours | |
|---------------------|-------------------|
| Mon – Fri | 4:30pm – 8:30pm |
| Saturday | 10:00am – 12:30pm |
| Sunday | Closed |



Stay up to date on school closings and events through the Email Newsletter!



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



Students 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. In order to be eligible to test for their next belt, students must earn all of the required stripes for their current rank.

Requirements for each stripe are listed below for each of the first three belts:

| White Belt Stripes | | | |
|--------------------|--|--|----------------|
| Yellow | Stances (<i>Attention, Ready, Front, Back, Sitting</i>) | Blocks (<i>Low, High, Inner-forearm</i>) | |
| Green | Meaning of Form (<i>Ki-Bon, 14 moves, The Beginning</i>) | Kicks (<i>Front, Side, Crescent</i>) | |
| Blue | Demonstrate Ki-Bon | | |
| Red | Demonstrate White Belt One-Steps | 1-3 for Juniors | 1-5 for Adults |

| Yellow Belt Stripes | | | |
|---------------------|--|-----------------|----------------|
| Yellow | Kicks (<i>Round, Spin Side, Spin Crescent</i>) | | |
| Green | Meaning of Form (<i>Dan-Gun, 21 moves, The Legendary Founder of Korea</i>) | Tying Belt | |
| Blue | Demonstrate Dan-Gun | | |
| Red | Demonstrate Yellow Belt One-Steps | 1-3 for Juniors | 1-5 for Adults |

| Orange Belt Stripes | | | |
|---------------------|--|-----------------|----------------|
| Yellow | Kicks (<i>#3 Jump Front, #2 Jump Round, #3 Jump Side</i>) | | |
| Green | Meaning of Form (<i>Do-San, 24 moves, The pseudonym of the patriot Ahn-Chang-Ho. The 24 moves represent his entire life which he devoted to furthering the education of Korea and its independence movement</i>) | Tying Belt | |
| Blue | Demonstrate Do-San | | |
| Red | Demonstrate Orange Belt Sparring Combos | 1-3 for Juniors | 1-5 for Adults |



Watch the forms on YouTube!
[YouTube.com/ConcordTKD](https://www.youtube.com/ConcordTKD)



Instructors will sign for stripes in the student's logbook, where the student can also keep track of class attendance, event attendance, and their current rank information.

Students are expected to have the stripe requirements filled out in their logbooks prior to testing for stripes. On the backside of the Logbook sheet, Instructors may leave feedback on the progress of the student for parents to view.

A new logbook sheet will need to be placed into the logbook at the beginning of each cycle. This sheet can be found at the Pro-Shop.



Rank Testing



Every cycle (2 months) a Rank Testing is held for eligible students to test for their next belt rank.

The instructors will evaluate the skills of the student, taking into account expectations based on rank, age, and physical ability. Requirements to pass testing will increase in difficulty as the student progresses in rank.

To advance in rank, students will need a passing grade in ALL of the following areas of testing:

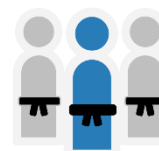
| | | |
|--------------|-----------------------------|---|
| Forms | One-Steps / Sparring | Board Breaking (Brown Belt and Above) |
|--------------|-----------------------------|---|

Students who pass testing are awarded their next Belt and Rank Certificate at the Award Ceremony on the Wednesday following Testing.

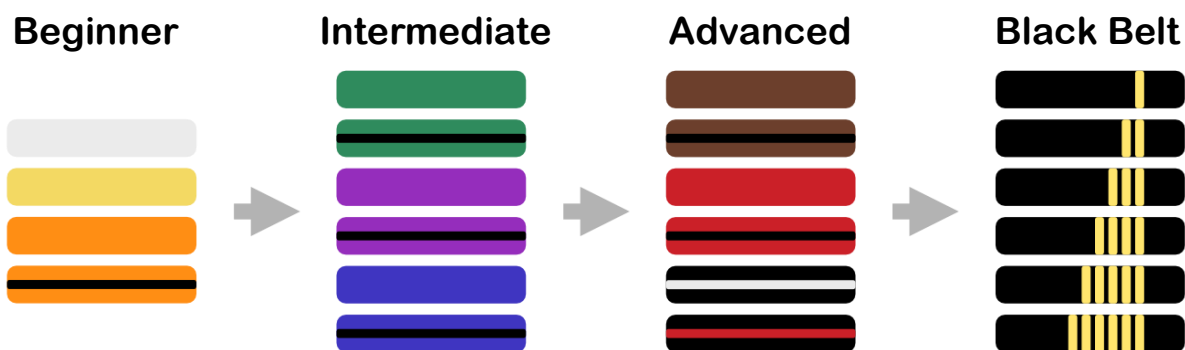
If a student does not pass testing, and receives a “No Change,” the next testing fee is waived.

If a student has a conflict with the date of Testing, he/she may schedule to “Pre-Test” in class, prior to Testing. This is only an option up to the rank of Senior Blue, and is only permitted twice.

Brown belts and above who cannot make the local Testing have the option to travel to another Taekwondo America school and participate in their Testing. Students who wish to consider this option should plan this with one of the staff members well in advance of the Testing.



Belt Progression



Probationary Black Belts through 2nd Degree Decided Black Belts will be required to perform a previous form, in addition to their current form at their testing.

2nd Degree Seniors and up cannot test at the local testing, but are required to test at High Rank Testing, held at national events such as Tournaments.



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 |

Students are required to attend at least one Taekwondo National or Regional event before testing for their Probationary Black Belt.

Black Belts are required to attend at least one National *and* Regional event at each rank as a requirement of their testing.

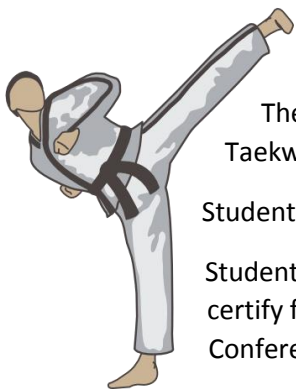
Winter Camp

Every November our Region hosts a Winter Camp, a weekend full of Fun, Taekwondo, and the Outdoors. Winter Camp is open to students 8 and up, who are Orange Belt and higher. Sleep in cabins, eat in the mess hall, workout in the grass, and finish the weekend with a huge bonfire at the closing ceremony!

Space is very limited and interested students should sign up for Camp as soon as possible.



Black Belt Conference



The Black Belt Conference is a gathering of all the Taekwondo America Schools from across the country for a great weekend of workouts, seminars, and social time.

The Conference is a great time to learn from the many great presentations by Taekwondo America School Owners! Typically held in May or June.

Students must be a minimum of 13 years old to attend.

Students entering the Instructor Program will need to attend a Black Belt Conference to certify for their Level 4 Instructor Test. Level 4 Instructors are also required to recertify at the Conference every few years.



Private Lessons

Students have the option to purchase private lessons to supplement their regular class training. Private lessons can be a great tool to receive one on one instruction in any area of the student's choice. Lessons can be scheduled at the Pro-Shop.

Each Lesson is 15 minutes in length. They can be purchased individually, or in a package below:

| | | |
|-----------------------|--------------------|---------------------|
| Single Private Lesson | 2 Lesson Bundle | 3 Lesson Bundle |
| \$25 | \$45 (Save \$5) | \$65 (Save \$10) |

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.

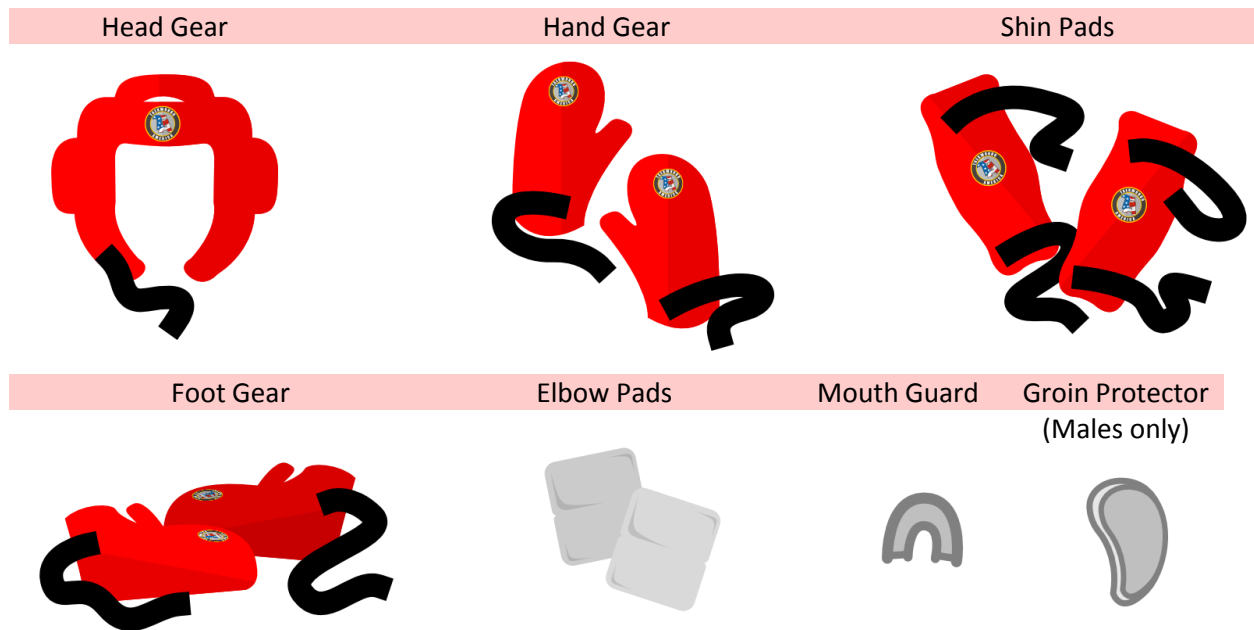


Sparring

Sparring is an integral part of Taekwondo. When students reach the rank of Orange belt, they will begin learning sparring combinations. Students will wear the sparring gear to become more comfortable moving around in it while learning offensive and defensive maneuvers. This is the first time contact is allowed.

At Green belt, students will begin Free Sparring. Students are taught to use control during sparring; using only light contact to the head and medium contact to the body. Students may only make contact on the front of the body - above the belt, and to the head (Not to the Face, Legs, or Back).

No Sparring is ever allowed without a complete set of Taekwondo America approved sparring gear. This set includes the gear listed below. All of our sparring gear has been branded to insure that it meets our standards for safety and uniformity.



Only red TAEKWONDO AMERICA branded sparring gear is allowed

Board Breaking



Students that are **Brown Belt** and above will be required to perform *Board Breaking* as a part of their Testing. The boards used are plastic “Re-Breakable” Boards, the difficulty of the board represented by its color.

Students are encouraged to begin practicing board breaking before they reach Brown Belt, to start preparing for that ability, and practice for the optional Board Breaking Challenge at Tournaments. The *Board Breaking Challenge* at tournaments is open to Green Belts and above.

A list of the Board Breaking techniques and the required Board Colors per rank/age can be found at the Pro-Shop.



Student Rules and Courtesies

1. Students must wear the correct Taekwondo uniform and belt to all classes, clinics, Testing, and Tournaments. Students may wear an approved Taekwondo America T-shirt instead of the uniform jacket to class.
2. Students must have clean bodies, trimmed nails, and hair must be short or gathered.
3. Only bare feet are allowed on the workout floor. Students should place their shoes in the shoe cubbies located in the lobby.
4. Always address instructors and higher ranks as “Sir” or “Ma’am.”
5. No jewelry or headbands may be worn in class.
6. Do not enter or leave the class without the instructor’s permission.
7. All students are expected to be courteous and considerate of others. Advanced students are expected to set a good example for lower ranking students.
8. Student’s should take responsibility and keep the lobby, workout floor, dressing areas, and restrooms clean out of respect to their school, instructors, and fellow students.
9. Be on time to all events – Class, Testing, Tournaments, etc.
10. Students should always address Instructors and Black Belts by Mr./Mrs./Ms. and their Surname.



School Policies

1. Be on time for class. Parents should promptly pick up children at the end of class time.
2. Children should not be left in the Taekwondo school unattended.
3. Keep the noise level low in the lobby and other areas of the school.
4. No food or drink, other than bottled water, is allowed on the workout floor.
5. Do not sit or stand in the doorways or hallway areas.
6. Only students and instructors are allowed on the workout floor.
7. Please do not interrupt the instructor once class has begun.
8. Please do not distract students in class from the half wall or lobby area.
9. Concord Taekwondo America is not responsible for lost or stolen items.
10. The door to the “Kids/Play room” should remain open any time the room is occupied.
11. Personal items and locks, should not be left in or on lockers overnight without prior permission from a staff member.
12. Personal hygiene sufficient to preserve modesty, health, and safety is required of all students.
13. For safety reasons, no jewelry, except for wedding bands, are to be worn by students in class.
14. The school may be closed for promotional Testing, Tournaments, camps, and other special activities, which will be planned at least two months in advance.
15. For the health and safety of others, students who are sick should not come to class.
16. The Taekwondo School is a place for Positive actions and communication. If you have concerns or problems about any part of the Taekwondo Program, please speak with the Chief Instructor at the appropriate time. Negative comments and gossip are destructive and are cause for membership cancellation.



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.”



