

IRONHORSE TAEKWONDO ACADEMY

NEW ADULT STUDENT INFO

Dear Student(s)

Thank you for choosing Master Kim's Iron Horse Taekwondo Academy for your training. Our Academy goals begin with you, as individual, and expand to the community. More specifically stated, our goals are as follows:

1. Guide students of all ages to reach their goals and their maximum potential, enhancing the quality of each individual's life.
2. Foster individual internalization of Taekwondo – achieving equilibrium and making it possible for everyone to experience physical, mental and spiritual harmony.
3. Encourage students to channel the positive outcome of accomplished goals and internal balance into the community that surrounds them.

To get the most from your training and to help you feel more comfortable in IHTA, we'd like to share the following information and some guidelines:

DROP OFF PROCEDURE - 5 minutes before class - students must be quiet and respectful. Must be picked up with 10 minutes after class ends (0 minutes for Little Champions). Parents are not usually required to stay for class. Observation is allowed from parent waiting area only (first come, first seated - seats are not guaranteed).

ATTENDANCE CARD - Students must scan the card from the rack. Late students must stand at the entrance of the classroom and ask permission to enter the class. A minimum of 5 classes per month is required for a tip test. We expect a solid commitment from our students because we are committed to their progress. Tae Kwon Do requires year round participation but its benefits far exceed those of any conventional sport. Please communicate to an instructor of any scheduling obstacles.

PERSONAL BELONGINGS - Please put all your belongings neatly along the left side wall before class. Put your shoes and socks neatly in the areas provided. Please put your full name on all equipment and belongings.

ENTERING/ LEAVING THE DOJANG - Always bow to the flags to show your respect.

PARENT-TEACHER APPROVAL - One of our main objectives is to develop well-rounded students, not only in Martial Arts but in society as well. Before a student is able to apply for the next belt, they must demonstrate that they are doing well in school and at home. Approval from their teachers and parents should be written on the Parent-Teacher form that will be part of your belt test application.

PROMOTION TESTS - Each belt has a particular curriculum. Curriculum sheets are available and you should always have one for your current belt level. There is a different time period required between each new belt level (this is listed on the curriculum sheet). There is a range of testing fees from no belt through Black Belt. Promotion tests are held every other month and the times of the test are posted in the IHTA. No regular class will be held on Promotion Test Day.

PRACTICE - It is important to try and spend some time practicing your skills each day at home. The time can be short, but consistency is important for children, practice should be FUN! One of the ways to self-improvement and for a skill to become second nature is through practice.

WAITING AREA - Please keep as quiet as possible during class. Students learn best when they are not distracted by noise and outside activity. No food is allowed. If your child must eat, a parent/ guardian must stay with them to supervise.

QUESTIONS OR SUGGESTIONS - Please direct your concerns, questions or suggestions to a staff member. We welcome new ideas and your input! (Text: 719-550-1777 or E-mail: coironhorsetkd@gmail.com)

SPECIAL EVENTS - Throughout the year, Iron Horse TKD Academy holds numerous special events. This may include Bi-Annual Black Belt Awards, Christmas Parties, Summer Camps and more! Watch out for upcoming events! These are a great way to get to know other students and families of Iron Horse TKD Academy!

WELCOME TO THE EXCITING WORLD OF IRON HORSE TAE KWON DO ACADEMY!!

Gham Sa Hap Ni Da — Thank You!!!

6030 N. CAREFREE CIR. COLORADO SPRINGS, COLORADO 80922 ☎719-550-1777

www.IronHorseTaekwondo.com

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CLASS SCHEDULE				
MONDAY Form Kicking Set Board Breaking	TUESDAY Form Kicking Set Board Breaking	WEDNESDAY Weapon Sparring Drills Sparring	THURSDAY Weapon Sparring Drills Sparring	FRIDAY (Event)
4:30-5:00pm	5:00-5:40pm	4:30-5:00pm	5:00-5:40pm	5:00PM COLOR BELT TESTING FEB/APR JUN/AUG OCT/ DEC BLACK BELT TESTING MARCH JUNE SEPTEMBER DECEMBER
LITTLE CHAMPION (4-6 Yr. old)	YOUTH Advanced Blue to Red Belt ADULT Color Belt	LITTLE CHAMPION (4-6 Yr. old)	YOUTH Advanced Blue Belt Up (7-11 Yr. old)	
5:00-5:40pm	5:40-6:20pm	5:00-5:40pm	5:40-6:20pm	
Beginner No Belt to White Sr. Belt (7-11 Yr. old)	BLACK BELT (All ages)	Beginner & Intermediate (7-11 Yr. old)	ADULT & BLACK BELT	
5:40pm-6:20pm	6:20-7:50pm	5:40pm-6:20pm	6:20-7:50pm	
Intermediate Yellow to Green Sr. Belt (7-11 Yr. old)	Team One Competition Team	LEADERSHIP	Team One Competition Team	
PHYSICAL FITNESS TESTS ARE HELD ON THE LAST WEDNESDAY AND THURSDAY OF EACH MONTH				
CLASS ATTENDANCE NOTES				
<ul style="list-style-type: none">➤ Students should arrive least five minutes before class➤ If they missing class (Text: 719-550-1777 or E-mail: coironhorsetkd@gmail.com)				
SUMMER T-SHIRT DAY				
<ul style="list-style-type: none">➤ Start Memorial Day (May) to Labor Day (September)➤ Wear an Iron Horse TKD T-shirt, Uniform pants and Belt.				
HOLIDAY SCHEDULE: We are closed on				
<ul style="list-style-type: none">➤ New Year Eve/ New Year's/ Memorial Day/ Thea Fourth of July week/ Labor Day/ Thanksgiving/ Christmas Day and on the days of major Iron Horse TKD event as tournaments or picnics. We are open for most other holidays.				
SNOW DAY In cases of the following Districts closing, there <u>WILL NOT</u> be any classes for Taekwondo Closures in: District 20, District 49, District 11				

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RULES OF THE DO JANG

1. Always display the highest degree of respect to your Sa bum nim.
2. Always bow before and after speaking to your Sa bum nim.
3. When adjusting your uniform, do not face your Sa bum nim.
4. When entering or leaving the training area, bow to your Sa bum nim and to the flags.
5. If you arrive late for class, wait to be recognized from your Sa bum nim before leaving the training area.
6. During class, you must receive permission from your Sa bum nim before leaving the training area.
7. Strict attention is to be given to your Sa bum nim at all times. Remain silent when your Sa bum nim speaks.
8. Proper respect will be displayed to all higher-ranking belt holders.
9. Never misuse your art! T  e Kwon do should not be used outside of Do Jang except in situations that require self-defense or the defense of others.

Safety

1. Free-fighting without the permission or supervision of your Sa bum nim is prohibited.
2. Remove all jewelry before class.
3. Students shall obtain and wear appropriate safety equipment, when necessary.
4. Keep your fingernails and toenails closely trimmed.
5. No horseplay in the Do Jang! Practice your techniques.

Self-Discipline

1. Profanity, loss of temper, or any display of the lack of self-discipline will not be tolerated.
2. Always display the highest degree of respect to your parents, guardians and elders.
3. Always display the highest degree of respect and loyalty to your country.
4. Remove your shoes upon entering the do jang. Do not lounge on the floor or against the walls.
5. Keep your uniform clean. Help keep your do jang clean.
6. No smoking or gum chewing in the do jang.

Responsibility

1. All Black Belts (Master Club) MUST attend ALL promotion tests, or explain your absence to the Sa bum nim.
2. All students must wear their uniforms at all promotion tests.

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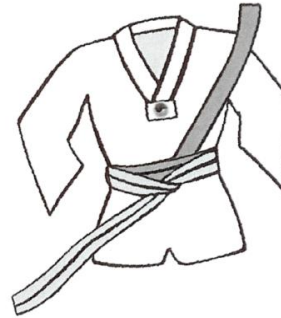
LEARN HOW TO TIE YOUR BELT

WE WORK HARD TO EARN OUR TIP AND BELT SO WE ALWAYS HAVE TO SHOW RESPECT TO OUR BELT. WE

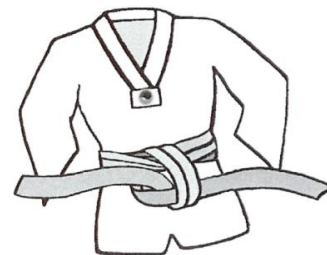
CAN DO THAT BY

MAKING SURE WE KNOW HOW TO TIE CORRECTLY. HERE IS HOW WE DO IT:

1. Take the middle of your belt and place it on your belly button.



2. Wrap the belt around your waist, bringing both ends to the front.
3. Make sure the ends are even. Put the right end over the left end.
4. Now take that end and pull it up under both of the other layers.



5. Make sure it is neat and snug, and then lay the top end down.
6. Curve the bottom end to make a loop.
7. Now pull the top end back up through the loop.



8. Pull both ends horizontally, tightening your knot.

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KOREAN NUMBERS

-THE BASIC-

Korean has two sets of numbers. Native and Sino.

NATIVE			SINO		
1	하나	HANA	1	일	EEL
2	둘	DOOL	2	이	EE
3	셋	SET	3	삼	SAM
4	넷	NET	4	사	SA
5	다섯	DA-SEOT	5	오	OH
6	여섯	YEO-SEOT	6	육	YOOK
7	일곱	IL-GOB	7	칠	CHIL
8	여덟	YEO-DEOL	8	팔	PAL
9	아홉	AH-HOP	9	구	GOO
10	열	YEOL	10	십	SHIP
20	스물	SEU-MOOL	100	백	BAEK
30	서른	SSEO-REUN	1000	천	CHEON

With the numbers 1-10, you can easily count upward by simply putting them together

-NATIVE-

열 + 하나 = 11 (10 + 1)

스물 + 아홉 = 29 (20 + 9)

Native Korean numbers are rarely used above 60

-SINO-

십 + 일 = 11 (10 + 1)

오십 + 육 = 56 (50 + 6)

백 + 일 = 101 (100 + 1)

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SPARRING CLASS

Sparring is required: Sparring classes are White belt and above only

Iron Horse TKD Sparring Gear:

Head Protector, Face Shield, Forearm Guard, Shin & Instep, Hand Protector, Chest Protector, Cup, Mouthpiece, Gear Bag - (\$295)

Please order your sparring gear 1 week before you start sparring class.

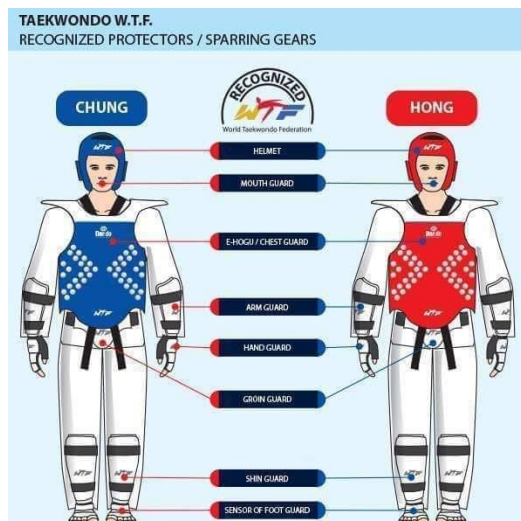
I have an announcement concerning days of sparring to those that this applies to.
During the sparring days.

We will now require students to wear their shin and arm guards BEFORE class begins.

Note that not all students have sparring on all of the three days.

This new requirement will only be required to those who are eligible to spar during their particular class time.

Thank you for the cooperation.














THINKING CHANGES ATTITUDE, BUT ONLY POSITIVE ATTITUDE CAN ENHANCE YOUR LIFE.

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10 Basic Stance	 Ready Stance	 Horse Riding Stance	 Left foot Walking Stance
 Right foot Walking Stance	 Left foot Front Stance	 Right foot Front Stance	 Left foot Back Stance
 Right foot Back Stance	 Left foot Tiger Stance	 Right foot Tiger Stance	 Attention

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COLOR BELT CURRICULUM

COLOR BELT TEST REQUIREMENTS					
Belt Level	Level	Kicking Combination	Form (Poomsae)	Weapons (Mugi)	Board Breaking (Kyokpa)
No Belt	Beginner	Front, RH, Axe Kick	1, 2, 3 Punch / 10 Basic Stance	Basic Figure 8 Reverse Figure 8 Over Under Side to Side	Hammer fist
Whit		#1	Kibon Il Jang		Elbow strike
White Sr.		#2	Teaguek Il Jang		Palm Strike
Yellow	Intermediate	#3	Teaguek Ee Jang	Red Belt Test All Technique (5 times L & R) Triangle - Victory Tornado – Lasso Propeller - Star	Back Fist
Yellow Sr.		#4	Teaguek Sam Jang		Knife hand
Green		#5	Teaguek Sa Jang		Skip Side Kick
Green Sr.		#6	Teaguek Oh Jang		Axe Kick
Blue	Advanced	#7	Teaguek Yuk Jang		Round house Kick
Blue Sr.		#8	Teaguek Chil Jang		Back Kick
Red		#9	Teaguek Pal Jang		Jump Side Kick
Red Ex To Chodanbo	Black Belt Candidate	#1~#4	Taeguek Il(1), Ee(2), Sam(3), Sa(4) Jang	Single From Right Hand	Tornado Kick
1 st Dan Black Belt FINAL		Kicking Set #5~#9	Taeguek Oh, Yuk, Chil, Pal Jang	Single From	2 Compulsory Tech Punch & Spinning Hook Kick
Test Months	➤ Color Belt: February/ April/ June/ August/ October/ December ➤ Black Belt: March/ June/ September/ December				

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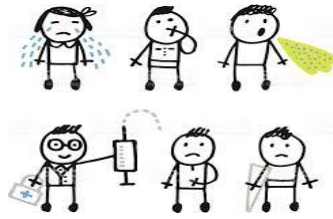
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Color Belt Form (Poomsae) for practice

White Sr. Belt Taegeuk Il (1) Jang	Yellow Belt Taegeuk Ee (2) Jang
	
Yellow Sr. Belt Taegeuk Sam (3) Jang	Green Belt Taegeuk Sa (4) Jang
	
Green Sr. Belt Taegeuk O (5) Jang	Blue Belt Taegeuk Yuk (6) Jang
	
Blue Sr. Belt Taegeuk Chil (7) Jang	Red Belt Taegeuk Pal (8) Jang
	

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We Love having you in class but...

Please stay at home if any of the following symptoms apply:

- Fever within the last 24 hours.
- Severe or phlegm-producing cough.
- Thick colored nasal discharge.
- Sore throat with fever or swollen glands.
- Within 24 hours of beginning antibiotic treatment.
- Three or more watery stools in 24 hours
- Vomiting two or more times in 24 hours.
- Body rash, especially with a fever.
- While chicken pox sores are still infected.
- Thick mucus or pus draining from the eye.
- While any evidence of lice remain.

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