



# Olympic Tae Kwon Do Times



January 2002

## Upcoming Events

### January

HAPPY NEW YEAR!!!

Welcome to 2002

### February

Have a great Valentines Day

### March

13-15<sup>th</sup> Color Belt Testing

Times to be announced

23<sup>rd</sup>- Make up Belt Test

## Contact Information

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## Tae Kwon Do Basics

### Tae Kwon Do Terms

#### Parts of the Body

1. Mom - The Body
2. Eolgool - Upper Body (ie head and neck)
3. Ahre - Lower Body (ie legs and feet)
4. Momtong - Middle Body (trunk)
5. Meo-li - Head

#### Competition Terms

6. Boo sang – injury
7. Hong - Red
8. Chong - Blue
9. Shijak -start
10. Kuman -end

### Tae Kwon Do Rules

1. Respect your parents
2. Always Do your best in school
3. Believe in yourself

*If you would like to submit an article or have any questions/comments please email Rea and Leanna at our new email address:*

*newsletter@olympic-taekwondo.com*





# Past Kicks



## Christmas Party

The Olympic Tae Kwon Do Annual Christmas Party was a huge success. We would like to give a special thank you to Master B.C. Kim and Lisa Pickett for all of the time and effort they put into making this happen. Every did a wonderful job at the talent show. It was good to see the special talents that the Olympic TKD students possess.

## Belt Testing

Congratulations to all color belts that tested in December. This tests was the first to include the Five Strips of Success program asking many of our students to go above and beyond. Thank you to all for rising to the challenge and accomplishing it with flying colors. Keep up the good work!

Hope everyone had a  
Great Holiday and  
Happy New Year.  
Welcome Back.



# Tae Kwon Do Etiquette in the Dojang

Since we are starting a brand new year we thought it would be a good time to re-visit the Olympic Tae Kwon Do school rules. These rules can also be found on the website. <http://www.olympic-taekwondo.com>

## **Class Structure**

Regardless of skill level, all students follow the 3 principle rules of Olympic Tae Kwon Do:

1. Always respect your parents
2. Always do your best in school
3. Believe in yourself

The Classes at Olympic Tae Kwon Do are structured so that you, as the student, get the maximum benefit from each lesson. Students are usually separated into groups depending on their skill levels ranging from beginner to advanced.

Beginners usually have limited flexibility and in addition to learning the basic principles of Tae Kwon Do, beginners will learn and practice proper warming up, stretching, basic blocks, kicks, and punches. Beginners are also exposed to correct sparring techniques. This will help beginners develop better concentration, flexibility, strength, and muscle tone. This also improves the cardiovascular health.

At the intermediate level, students will learn more complex combinations and moves. As their concentration and skill levels rise, they will be introduced to higher levels of self defense and self control, motivating them to be their best. Advanced students will continue to perfect their art with the emphasis being on control, power, and accuracy. At this level of Tae Kwon do, self defense techniques are perfected and the true art of Tae Kwon Do becomes the focal point of their lessons.

## **Tae Kwon Do Rules and Protocols**

1. Bow (KyungNeh) when you meet Master Kim and any other Master Instructor
2. When you meet any senior ranks - any belts higher than your current belt
3. Whenever you enter the Training Hall from any direction
4. Whenever you leave the Training Hall

### **Addressing Masters, instructors, elders, and other classmates**

Always use Sir or Ma'am when addressing instructors, senior rank and elders.

Always address and refer to senior ranks by Mr. Ms. or Mrs. Always show respect when talking to others.



## **Uniform (DoBok)**

Wear the uniform with pride.

Always wear a clean uniform that is not wrinkled.

Do not roll sleeves or pant legs - have them hemmed if too long.

Do not decorate. Tae Kwon Do strives for simplicity. Wear only approved patches.

Remove all jewelry, rings, watches, etc. before entering the Studio.

Remove shoes and hats before entering the Studio.

Tie the belt correctly. It is a sign of rank and should be worn with dignity. If you do not know how to tie your belt correctly please feel free to ask someone.

If your children dress at home, come directly to the Training Hall for class and

afterward go directly home. It is not appropriate to wear the uniform and belt when shopping or playing.

## **Behavior in the Training Hall (DoJahng)**

Always take the initiative to greet the instructor when you enter (Stop. Bow. Hello Sir/Ma'am.)

Be early - at least be on time - for class. If late, stand to one side and request permission to join. Wait until permission is granted.

Attempt to be helpful whenever possible. Higher belts should always be willing to train and instruct lower belts.

Do not ask to be excused to the restroom or to get a drink during class. In an emergency, ask permission to leave class.

Do not eat, drink, or chew gum in the Studio.

Accept criticism gracefully. Do not talk back.

Do not discuss things that do not apply to Tae Kwon Do.

Speak correct English. Do not use slang.

Do not engage in horseplay while in uniform or at

# Five stripes to Success

## What is the Stripe System?

The **Stripe System** is used to motivate and reward our students for their hard work and good behavior. It is also designed to challenge each student to set goals and work towards achieving them. All students will be required to earn stripes (depending on age and level) in order to qualify for belt testing. This system is intended to help build discipline, respect, good habits, better focus, and positive attitude. These qualities are needed in every aspect of our lives –not just here in our DoJang. This system should be used as a tool to help build strong, confident, responsible, and respectful citizens of our school and our community.

### **There are 5 stripes in the system:**

**Blue:** Knowledge Through Reading

**Black:** Home Jobs and Responsibility

**Red:** School Success

**Green:** Tae Kwon Do Technique

**Yellow:** All around Good Behavior

**The Blue Stripe** The Blue Stripe is earned when the student reads the required number of books based on his/her age or belt level. These books are chosen by the student and/or parent. However, we would like to encourage you to challenge your child. This stripe is intended for them to gain knowledge of the people and world around them. As Master Kim put it: "You can experience things and go to unknown places by reading a book." Encourage your child to read books about exciting places and interesting people. Help them find books that will interest them so that they will be motivated to read and explore. Any book that the student is required to read for Literature Class can be counted towards this stripe. Small picture books are adequate for the beginning reader. We leave the decision up to you as a parent.

**The Black Stripe** – Home Job Report Card The Black Stripe is awarded when the student has completed 45 Home Job Points. Every three months you will be given a report card that is intended to keep track of the students' activities at home. This includes chores and behavior. Students must get a minimum of 8 "smiles" in a day to get one point. Each month the student must get at least 15 points towards his/her Black Stripe. A total of 45 points will be required for the 3 months. Not an easy task - we know. But persistence will help to build good habits and will encourage responsibility. You, as a parent, will have the option to create new jobs for your kids that are not included on the report card. For example: You can add "Clean the kitchen" on the line provided if this is a chore you want your child to do on a regular basis. Each household is different, this is why we provide that option.

**The Red Stripe** The Red Stripe is given to a student when they bring back the Red Stripe Application. This is a progress report that will inform Master Kim of his students performance in school. This is beneficial for a couple of reasons. First: Master Kim will be able to see how his students perform in other aspects of their lives. Second: This report will be used to gauge improvements in a student who is struggling with homework, behavior, or attendance. Consistent problems will be discussed with the child and parent in an effort to help in any way possible. This is intended to encourage each student to always do his/her best in school. Any improvement, even small, will be recognized and rewarded.

**The Green Stripe** Consistent attendance and hard work can attain the Green Stripe. This stripe is awarded when the student has demonstrated that he/she has successfully memorized the Tae Kwon Do techniques required for their belt level. This will be evaluated during a pre-test that will be held during regular class time a week or so before Belt Testing. If, for some reason, the student fails to receive this stripe during pre-testing, they may come to another class and try again. Instructors will challenge your child to perform at their very highest level and will give whatever direction and encouragement they can to ensure a successful pretest. However, each student is expected to work hard to achieve success.

**The Yellow Stripe** This is generally the last stripe given and the most difficult for the instructor or parent to give sometimes. The Yellow Stripe encompasses the social behavior of the student. This stripe is given when the student has displayed courtesy, respect, kindness, compassion, honesty or any other behavior that all too often gets overlooked. As a parent, we at Olympic Tae Kwon Do rely greatly on you to let us know when your child has gone that extra mile. You have the right to award this stripe to your child if you feel he/she deserves it. You also have the right to take it away at any time as a consequence if you feel it necessary for some reason. If you want to award this stripe to your child, let Master Kim know the reason and he will give it to them. After belt testing - students with a yellow stripe will be awarded a trophy as a symbol of their great accomplishments

