

# **UNIVERSITY OF VERMONT Taekwondo Student Manual**

**Welcome to UVM Taekwondo!** By joining this club, you are participating in one of the oldest and most vibrant clubs on campus. We engage in a wide variety of Taekwondo-related activities, as well as social events and group outings. You can plan on having a good time, meeting some new friends, and getting the best Taekwondo training available.

## **What To Know Before Your Very First Class:**

- Taekwondo is organized fun!
- Don't worry about not knowing what to do. You will be instructed on what to do and how to do it. No one is perfect on their first day. Follow along to the best of your ability.
- If you are experienced in Taekwondo or another martial art, be prepared to empty your cup. Things will be different. Even things that are the same may be different.
- You will need to sign up on the Lynx and fill the Agreement to Participate form (<https://clubs.uvm.edu/organization/taekwondo-club>) before your first class. It is very easy; you will need to have your insurance card to complete the form.
- Wear comfortable, loose-fitting clothing.
- There are some costs involved: a uniform, sparring gear, and promotion fees (if you want to progress). These fees are modest, and we will let you know well in advance.

## **Why We Do Taekwondo:**

People do Taekwondo for a variety of reasons. Here a few common ones:

- To get in better shape
- Fun!
- Self-defense
- Great People!
- Self-discipline and self-confidence
- Flexibility
- Leadership training
- Individual and team sport in the same activity
- Physical and mental challenge

## **School Rules:**

1. Bow when entering and leaving the dojang
2. Bow to instructor when the instructor enters the dojang

3. Address all black belts by title and last name or Sir/Ma'am/Ind/Mx or by their preferred pronouns
4. Respect fellow students and instructors. Do not speak when the instructor is speaking
5. Obey instructors promptly, and if you have questions be respectful
6. Arrive on time for class
7. Arrive prepared for class
8. Keep the dojang clean and free of obstructions
9. Be safety conscious at all times
10. Memorize and practice the school rules

### **Taekwondo Club Organization and Structure**

#### **Club Officers:**

##### *President*

The Club president is responsible for all operations of the UVM Taekwondo club, and is responsible for the support and monitoring of all delegated tasks. They are held to the highest expectations and serve as a role model and representative for the club and University. The president is the first of two people authorized to sign paperwork for the club for any reason.

##### *Treasurer*

The club treasurer is responsible for the fiduciary side of the Taekwondo Club. All income and expenditures related to the club must be processed through the treasurer. The treasurer is the only other club member who is authorized to sign paperwork for the club for any reason.

##### *Faculty Club Advisor*

The club advisor is responsible for advising the president and treasurer in relation to the University policies, as well as duties and expectations of their roles. The club advisor serves as a permanent link between the club and the University. Decision-making is done by the executive officers, except in situations where the decision is contrary to University policy. Master Instructors may also serve in an advisory capacity to the Executive Committee regarding the duties and expectations of their roles as needed. The club advisor is currently Dr. Adam Shafritz.

##### *Other Officers*

Other officers (Vice president, Team Manager, etc.) are appointed by the club president and serve at their discretion. Serving in one of these positions is recommended if a member has an interest in being President/Treasurer in the future. If you are interested in helping out at any point in the year, please contact an officer.

## **Instructional Staff:**

### *Chief Instructor/ Head Coach*

The role of the chief instructor is to provide quality Taekwondo training and official Taekwondo rank recognition for the club. The chief instructor certifies all class instructors, and is responsible for all aspects of Taekwondo / Martial Arts training activities.

### *Instructor*

The instructors are black belt level persons certified by the chief instructor to teach Taekwondo. These instructors may be current students, alumni, or special guests under the direct supervision of the chief instructor.

### *Assistant Instructor*

This category is reserved for non-instructor level persons who may be called upon to lead part of or an entire practice in the absence of senior instructional staff, and for black belt level persons training to become instructors in the future. Students may serve in this capacity.

## **Taekwondo History/Facts/Information**

### **A brief history of Taekwondo:**

Taekwondo is a Korean unarmed martial art and currently one of the most widely practiced in the world. The Kukkiwon World Taekwondo Headquarters has registered 20 million black belt holders since its founding in 1972. However, the roots of Taekwondo can be traced back to post World War II in the modern era. There are a great many connections with older martial arts styles in Korea but these connections are not clearly defined. Taekwondo is not only kicking and punching, but also a way of living. Taekwondo is an international sport with many different competitions including a World Championship for Taekwondo forms. Taekwondo sparring is an Olympic sport with full medal status.

### **A brief history of the UVM Taekwondo Club:**

1987 – Living and Learning Taekwondo program started by J.T Shields

1990 – Taekwondo Club recognized by Student Government Association (SGA)

1994 – First UVM Taekwondo promotion to Master Instructor (Master J.T Shields)

1996 – Mr. Ernest Hart takes over as Chief Instructor

2000 - Mr. Hart promoted to Master Instructor

2004 – Living Learning Taekwondo program ends

2007 – Master Hart earns silver at the US National Championships in poomsae  
Mr. Schulte promoted to Master Instructor

2008 – Master Hart promoted to Senior Master Instructor

2010 – UVM Taekwondo celebrates 20<sup>th</sup> anniversary. Major curriculum changes occur,  
including adoption of the Kukkiwon standard at all rank levels  
Master Schulte promoted to International Referee

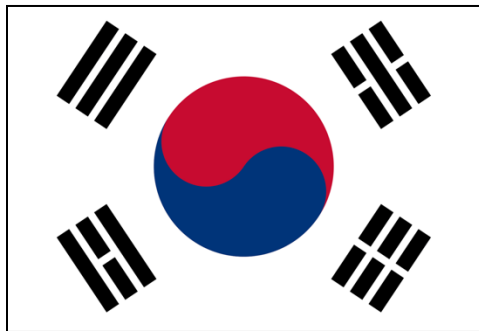
### **The Multiple Components of UVM Taekwondo**

#### **The Flags:**

We hang the flags in the dojang out of respect for the country where Taekwondo originated and to show respect to the country that we live in. The flags are hung so that when we stand between the flags facing the class, the U.S. flag is on our right, and the Korean flag is on our left. Pursuant to U.S. flag code, the U.S. flag should be hung in a position of superiority (higher and/or to the right) whenever it is displayed. To hang the flags in the vertical position, the Korean flag is simply turned 90 degrees clockwise. The U.S. flag is hung so that the stars remain in the upper left hand corner.

#### **Symbolism of the flags:**

The Korean flag (Taegukki) consists of a white background with a red/blue circle in the center and 4 trigrams in black on the corners.



The circle represents the concepts of Um and Yang and is called Taeguk. Um and Yang are similar to the Chinese concepts of Yin and Yang. These are opposites, such as light/dark, fire/water, and others, but also represent two sides of the same thing. The trigrams, moving clockwise from the upper left are: Heaven, Water, Earth, and Fire.

The U.S. flag consists of a blue background with 50 stars in the upper left hand corner and 13 stripes for the remainder of the flag. The 50 stars represent the 50 states, and the 13 stripes represent the 13 original colonies. The colors red, white, and blue also have significance. Red symbolizes courage, and the blood shed for freedom. White represents purity. Blue represents liberty and justice.



The flags should be treated with proper respect when putting them up and taking them down. At no time should the flag be allowed to make contact with the ground and the U.S flag should be folded properly.

### **Taekwondo Belt System:**

*White Belt* – Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo

*Yellow Belt* – Signifies the Earth from which a plant sprouts and takes root as the Taekwondo foundation is being laid

*Green Belt* – Signifies the plant's growth as the Taekwondo skills begin to develop

*Blue Belt* – Signifies the Heaven, toward which the plant matures into a towering tree as training in Taekwondo

*Red Belt* – Signifies danger, cautioning the student to exercise control and warning the opponent to stay away

*Black Belt* – Signifies the opposite of white, therefore, signifying the maturity and proficiency in Taekwondo

### **Taekwondo Poomsae:**

Poomsae (forms/patterns) are an important part of Taekwondo practice. Forms demonstrate timing, balance, rhythm, and precision of technique. Poomsae practice and competition, while strenuous, does not carry the same level of injury potential as sparring. For the competitor, there are poomsae competitions up to the World Championship level. For those not interested in sparring competition, poomsae practice provides an opportunity for challenge and success measured by a concrete standard.

The UVM Taekwondo Club currently practices the Taegeuk series of forms, though instructors have been trained in ITF as well. Taegeuk forms are what we use in the majority of the competitions that we attend, and currently is the most standardized form series. We maintain links to the most up-to-date information on poomsae from the highest level sources. In addition, the club has nationally experienced and successful poomsae referees and competitors.

### **Taegeuk 1: White – Yellow Belt (10<sup>th</sup>-8<sup>th</sup> Gup)**

#### *Taegeuk Il-Jang*

It is pronounced “Tay-guhk Ill-jaahng” and has 18 movements

Represents the symbol of “Keon,” one of the 8 Kwaes (divination signs), which means the “heaven and yang.” As the “Keon” symbolizes the beginning of the creation of all things in the universe, so does Taegeuk Il-Jang in the training of Taekwondo.

### **Taegeuk 2: High Yellow Belt (7<sup>th</sup> Gup)**

#### *Taegeuk Ee- Jang*

It is pronounced “Tay-guhk ee-jaahng” and has 18 movements

Symbolizes the “Tae,” one of the 8 divination signs, which signifies the inner firmness and the outer softness.

### **Taegeuk 3: Green Belt (6<sup>th</sup> Gup)**

#### *Taegeuk Sam – Jang*

It is pronounced “Tay-guhk sahm-jaahng” and has 20 movements

Symbolizes the “Ra,” one of the 8 divination signs, which represents “hot and bright.” This is to encourage the trainees to harbor a sense of justice and ardor for training.

### **Taegeuk 4: High Green Belt (5<sup>th</sup> Gup)**

#### *Taegeuk Sa – Jang*

It is pronounced “Tay-guhk sah-jaahng” and has 20 movements.

Symbolizes the “Jin,” one of the 8 divination signs, which represents thunder, meaning great power and dignity.

### **Taegeuk 5: Blue Belt (4<sup>th</sup> Gup)**

#### *Taegeuk Oh – Jang*

It is pronounced “Tay-guhk oh-jaahng” and has 20 movements

Symbolizes the “Son,” one of the 8 divination signs, which represents the wind, meaning both might force and calmness according to its strength and weakness.

### **Taegeuk 6: High Blue Belt (3<sup>rd</sup> Gup)**

*Taegeuk Yook – Jang*

It is pronounced “Tay-guk Yook-jaahng” and has 19 movements

Symbolizes the “Kam,” one of the 8 divination signs, which represents water, meaning incessant flow and softness.

### **Taegeuk 7: Red Belt (2<sup>nd</sup> Gup)**

*Taegeuk Chil –Jang*

It is pronounced “Tay-guhk Chil-jaahng” and has 25 movements

Symbolizes the “Kan,” one of the 8 divination signs, which represents the mountain, meaning ponder and firmness.

### **Taegeuk 8: High Red Belt (1<sup>st</sup> Gup)**

*Taegeuk Pal –jang*

It is pronounced “Tay-guk Pahl-jaahng” and has 27 movements

Symbolizes the “Kon,” one of the 8 divination signs, which represents “Yin” and Earth, meaning the root and settlement and also the beginning and the end. This is the last of the 8 Taegeuk poomsae, which may enable the trainee to undergo the Dan promotion test.

Source: [http://www.wtf.org/wtf\\_eng/site/about\\_taekwondo/poomsae.html](http://www.wtf.org/wtf_eng/site/about_taekwondo/poomsae.html)

### **Taekwondo Sparring:**

Kyorugi (sparring) is at the core of Taekwondo, and is a main distinction between other martial art styles. It consists of punches to the body as well as kicks to the body and head. In practice and competition sparring, a wide variety of padded safety equipment is worn, with the idea of using a more realistic level of power with strikes.

The UVM Taekwondo Club currently practices the WT style of competition Kyorugi. In class, we operate on a modified rule set, using the concept of “promise sparring.” Partners are allowed to mutually lower the contact threshold to a level commensurate with their experience and comfort level. Under no circumstances are students allowed to spar under full WT adult rules without instructor permission and direct supervision. We maintain links to the most up-to-date information on sparring. In addition, the club has nationally and internationally certified referees and coaches, as well as competitors.

## Taekwondo Self-Defense:

At UVM Taekwondo, we teach a variety of concepts and techniques from different martial arts styles for purposes of self-defense, in addition to the methods for avoiding a dangerous situation. This eclectic blend of concepts, methods, and techniques speaks to what we hold as a core belief in effective self-defense.

## Taekwondo Travel and Competition:

As you travel for Taekwondo competition, here are a few things to keep in mind:

- First and foremost, this is a University-sponsored activity. Please conduct yourself in a manner that promotes a positive image of the University in the larger community at all times.
- Second, this is a Taekwondo activity. While it is not a practice, the same standards of behavior hold in the competition environment. It's OK to compete hard and get excited, but at the same time be respectful of your teammates, other teams, and the coaches and staff.
- Third, all of the officials are volunteering their time for this event. While there are a number of very experienced referees, for some this is their first time judging. Expect that people will make mistakes. Respond from a place of understanding and kindness. We strive for the best quality event, but it is a learning event for all.
- Last, you may win, and you may lose. You may not get to finish your bracket due to time constraints. It's all good. It's very hard to not get frustrated when things don't work out as planned, especially after putting in lots of hard work. It's hard when you don't perform as you expected. Getting frustrated is OK, but be mindful of how you show that frustration. Instead, celebrate the little successes and let the little challenges and frustrations inspire you for training for the next event.

## Taekwondo Vocabulary:

### White Belt/Yellow Belt (10<sup>th</sup>/7<sup>th</sup> Gup)

English	Korean	Korean Pronunciation
School	Dojang	Doe-Jaahng
Attention	Charyut	Cheh-ree-yut
Bow	Kyung-nae	Kyung-nae
Thank you	Kahm Sa Hamnidah	Kam Sa Hahm Ni Da
One	Hana	Ha Na
Two	Dul	Dool



Three	Set	Set
Four	Net	Net
Five	Dasot	Da Sot
Six	Yasot	Yah Sot
Seven	Ilgop	Il Gohp
Eight	Yodul	Yo Duhl
Nine	Ahop	Ah Hope
Ten	Yul	Yuhl
Low	Arae	Ah Ray
Middle	Momtong	Mohm Tong
High	Ulgol	Uhl GUL
Block	Makki	Mahk Kee
Punch	Jireugi	jheer-ru-gi
Stance	Seogi	Soug-Gee
Front Kick	Ap Chagi	Ahp Cha-Gi
Side Kick	Yop Chagi	Yohp Cha-Gi
Back Kick	Dwit Chagi	Dwi Cha-Gi
Round Kick	Dollyo Chagi	Dohl yul Cha Gi
Jumping	Tdwimya	Dwim-Yah
Ready Stance	Jumbi	Joon-Bee
Forward/Short Stance	Apseogi	Ahp-Sou-Gee
Front/Long Stance	Apkubi	Ahp-Koo-Bee
Form	Poomsae	Poom-Say
Sparring	Kyorugi	Kor-Roo-Gee
Self Defense	Hosinsool	Ho-Sin-Sool
At Ease	Shiot	She-Oh
Begin	Shijak	She-Jahk
Turn	Dorah	Doh-Rah
Yell	Kiyap	KEE-YAP!!
Uniform	Dobok	Doh-Bohk
Instructor (1-3 Dan)	Kyosanim	Kyo-Sa-Nim
Master (4-6 Dan)	Sabumnim	Sah-Bu-Nim
Senior/Chief Master	Chungsanim	Chung-Sah-Nim
Grandmaster (7-9)	Kwanjangnim	Kwan-Jaah-Nim

### Sparring

Blue	Chung	Chung
Red	Hong	Hong
Break	Kalyeo	Kal-Yoh

Stop	Keuman	Koh-Mahn
Resume	Kyesok	Kay-Sook
Stop Clock	Shigan	She-Gaan
Full-Point Penalty	Gamjeom	Gam-Jaam
Half-Point Penalty	Kyongo	Kyong-Go
(Color) Wins	Seung	(Color) Seung

Green Belt and Above

Hook Kick	Gulgi Chagi	Gul-Gi Cha-Gi
Spinning	Dolmyo	Dohlm-Yo
Reverse Hook	Bandae Gulgi	Bahn-Day Gul-Gi
Crescent Kick	Bandal Chagi	Ban-Dahl Cha-Gi
Downward/Axe Kick	Naeryo Chagi	Nayr-Yo Cha-Gi
Flying Kick	Nalla Chagi	Nahl-Lah Cha-Gi
Scissor Kick	Kawi Chagi	Ka-wee Cha-Gi
Vertical Kick	Sewo Chagi	See-Wo Cha-Gi
Double Kick	Ee-Jung Chagi	Ee-Jaahng Cha-Gi
Consecutive Kick	Yungseuk Chagi	Yung-sook Cha-Gi
Combination Kick	Honhap Chagi	Hon-Hap Cha-Gi
Left	Wen	Wen
Right	Oreun	Oh-Reun
Cat Stance	Beom Seogi	Bohm Sou-Gee
Spear Hand	Pyonsonkeut Sewo Tzireugi	Pyon-Son-Kut See-Wo Tseer-Reu-Gi
Elbow Strike	Palkup Chigi	Pal-Kup Chi-Gi
Knee Strike	Mureup Chigi	Moo-Reup Chi-Gi
Back Fist	Deungjumeok	Deung Joo Meok
Double Knife Hand	Sonnal	Saw Nal
Single Knife Hand	Hanssonal	Han Saw Nal
Ridge Hand	Hanssonal Chigi	Han Sohn Nal Chigi
Fist	Jumeok	Joo Meok
Spreading Block	Hecho Makki	Hech-o Mahk-Kee