



Welcome to the *U.S. Taekwondo Academy*,
home to the *2003 Junior Pan American
Championship Gold medalist*,
Master Youngshin Jennifer Chang.

The U.S. Taekwondo Academy was established
and founded by Grand Master Se Yong Chang
in Baltimore City with an initial enrollment of
17 students in 1987. Today, the U.S.
Taekwondo Academy has produced over 700
Black Belts and promoted over 100 Official
World Taekwondo Federation recognized
Instructors who teach the art of Taekwondo
all over the State of Maryland and the
United States abroad. We have students
ranging in age from 2½ to 65 year olds,
and thus, age is not a limitation. Under the
careful guidance and strong philosophical
teachings of Grand Master Chang,
we are proud to acknowledge this
school as one of the very best!

Maryland Divisions

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Student Handbook

CHANG'S MARTIAL ARTS INC

U.S. TAEKWONDO ACADEMY

The U.S. Taekwondo Academy upholds many rules and regulations that follow the Korean martial arts of Taekwondo. These rules encompass all basic rules of mannerism to positive morals and principles. *The following pages will guide you through the basic terminology that is used in Taekwondo.* Please take the time to review this booklet as it will give you a better understanding of this discipline.

Throughout the past 2000 years, this Korean martial art of Taekwondo has evolved into an exact science. Going beyond the basic principles of respect and discipline coupled with physical fitness and self defense, Taekwondo has grown with exponential development to become a full medal Olympic sport in the summer games. Due to the overwhelming popularity, Taekwondo is now officially the most practiced martial art and martial sport in the world. This is due to the fundamental basics behind this discipline.



A Good student should be able to recite the

1. Taekwondo Meaning:

Tae – means to kick or squash with foot

Kwon – implies a hand or fist to punch, block, strike or destroy

Do – denotes the art or the way

Thus, **Taekwondo** is the art of kicking, blocking and punching.

2. How to Behave in the Dojang

- Always wear a clean uniform
- Clean hands, feet, short nails
- Don't wear sharp things
- No jewelry allowed (exceptions may be made, talk with instructor)
- Be on time. If you are late, ask for instructor's permission to join
- When entering and leaving the dojang, make a proper bow
- Show proper courtesy to Instructors and higher ranking members

The ten commandments and student codes of honor are considered a requirement of all students to understand when practicing Taekwondo

3. Ten Commandments of Taekwondo:

- 1) Be loyal to your country.**
- 2) Be a good son or daughter to your parents.**
- 3) Be faithful to your spouse.**
- 4) Be on good terms with your brothers and sisters.**
- 5) Be loyal to your friends.**
- 6) Be respectful to your elders.**
- 7) Respect and trust your teachers.**
- 8) Use good judgment before killing any living things.**
- 9) Never retreat in battle.**
- 10) Always finish what you start.**

4. Student Code of Honor:

- 1) Respect each other.**
- 2) Be Honest.**
- 3) Be patient with others.**
- 4) Help each other.**
- 5) Always stand by the weak.**
- 6) Be loyal to yourself and your family.**
- 7) Obey and be loyal to your instructor.**
- 8) Be loyal to your dojang.**



5. Tenets of Taekwondo

COURTESY is the behavior that comes from a respectful attitude. Respect is the attitude that stems from humility. Each student must recognize how much there is to learn and that it is necessary to have someone teach the way. It is respect that will enable the student to be open to learning. This is why we bow to our instructor; this is why we bow as we enter and leave the dojang.

INTEGRITY is the completeness one attains from adhering to a code of values, i.e. sincerity, honesty and loyalty towards oneself and others. Wrongdoing can lead to a path of personal deceit and destruction.

PERSEVERANCE Taekwondo is a lifelong venture. This venture can be begun by the timid; but it can only be continued by those who discover perseverance within themselves. This quality can be learned as long as the student simply says, "one more try." Perseverance means that one has learned the art of living with adversity while still keeping one's sights on goals.

SELF-CONTROL, mastery over one's behavior, is a vital component in the maturing process. So many children have benefited from their experience with Taekwondo because they have learned self-control. This enables them to direct their energies in creative ways as attaining better grades in school, more respect and acceptance of responsibility from teachers and parents, and develops a circle of friends based on the positive human.

INDOMITABLE SPIRIT is the will to do one's best with all one has, against even the most insurmountable odds. It reflects a personal desire to achieve, through setting goals and living with the results, and resetting goals with the values appreciated through failures.

Although, classes are taught in English, the proper terms used for commands and basic terminology are Korean due to the fact that this is origination of Taekwondo. In order to universalize this martial art and sport globally, the Korean language has been chosen to be practiced in every level from the classroom setting to the Olympics.

6. Korean Terminology

Counting

No	For Cadence (one, two, three, etc)	For Ranking Order (first, second, third, etc)
1	Hana	Il
2	Dool	Yi
3	Set	Sam
4	Net	Sah
5	Da-Sut	Oh
6	Yuh-Sut	Yook
7	Il-Kop	Chil
8	Yuh-Dul	Pahl
9	Ah-Hope	Koo
10	Yull	Ship
11	Yull-Hana	Ship-Il
12	Yull-Dool	Ship-Yi
20	Soo-Meul	Yi-Ship
30	Suh-Reun	Sam-Ship
40	Mah-Heun	Sah-Ship
50	Shi-Heun	Oh-Ship
60	Yeh-Seun	Yook-Ship
70	Eden	Chil-Ship
80	Yuh-Deun	Pahl-Ship
90	Ah-Heun	Koo-Ship
100	Baek	Baek



Basic Commands

Attention	Cha-ryut
Bow	Kyung-net
Right Face	Woo-Hyang-Woo
Left Face	Jwa-Hyang-Jwa
About Face	Dwee-Ro-Doh-Ra
Ready	Joon Be
Return to Ready Stance	Bah Roh
Start	Shi Jak
Stop	Goman

Basic Terminology

Uniform	Dobok
Belt	Dee
TKD School	Dojang
Teacher	Sun Saeng Nim
Senior Student	Sun Bae Nim
Junior Student	Who Bae
Master	Sa Bum Nim
Grand Master	Kwan Jang Nim
Forms	Poomsae

Sparring Terminology

Sparring	Gyoroogi
Blue	Chung
Red	Hong
Break	Kalyo
Warning	Kyong Go
Verbal Warning	Joo Ui
Deduction	Gam Jum
Continue	Gae Sok
Time	Shi Gahn
Win	Seung