

# WELCOME



203 W. Imperial Hwy Ste A  
Brea, CA 92821  
714-256-2000



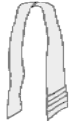
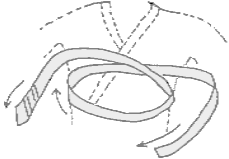
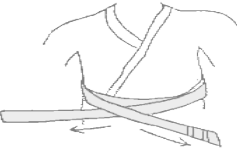






## Earn your stripes!

- At every belt level, students can earn color stripes for achieving certain skills. When the Master feels a student has successfully mastered each skill set, he or she will be awarded the corresponding color stripe tape at the end of class. Stripes help the Master keep track of student progress in each belt level and encourage the student to reach the next level.
- At each belt level, students must achieve all six colors stripes before they qualify for testing for their next belt.

Yellow	Excellent attitude and attendance. Cultivation of Moral Character	Our philosophy: Honor * Balance* Peace* Wisdom* Quiet Mind
Red	Basics	*Punching*Blocking*Stance*Kicking*Falling* Motion
Green	Martial Arts Form	Tae Kwon Do Poomse Hap Ki Do Hyung
Blue	Techniques	Self-Defense
White	Sparring	
Black	Breaking	Hammer fist, Knife Hand, Axe Kick, Jumping Side Kick, etc.

Keep practicing the “Yes, I CAN”! Positive winning attitude.

# SHAMBHALA MARTIAL ARTS

How to tie a taekwondo belt	
	Hold belt at its center, ends even, with stripes (if you have them) on the left side.
	Place center of belt on front center of shirt, about one inch below the naval (a location called the tanden). Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.
	Lay the left side of belt over the tanden. Lay the right side of belt across the tanden. Stripes will now be on your left side.
	Slide the left side of belt (striped side) under and behind all the belt layers at the tanden. Stripes will still be on your left side.
	Loop
	Bring left (striped) end of belt down and over the front of the U
	Loop striped end under and up through the U shape to form a knot.
	Pull ends of belt outward to tighten knot. Stripes will be on your right side.
	Adjust knot so the ends of belt are even and hang neatly.



## **Questions for White Belt**

(all answers must be completed with *Sir!*)

**1. Q. What do you learn at this school?**

A. TAE KWON DO, *Sir!*

**2. Q. What is TAE KWON DO?**

A. The Korean martial art, *Sir!*

**3. Q. What is the name of your school?**

A. Shambhala Martial Arts, *Sir!*

**4. Q. What is our mission statement?**

A. Through Tae Kwon Do:

Teach students to know their own hearts.

Teach them to have the courage and the strength to follow their own hearts, *Sir!*

**5. Q. How do you say *grandmother* in Korean?**

A. Gwahn Jang Nim, *Sir!*

**6. Q. How do you say *Master* in Korean?**

A. Sah Bum Nim, *Sir!*

**7. Q. How do you say *instructor* in Korean?**

A. Kyo Sa Nim, *Sir!*



# Star Program

Star program is a reward program for young students. This program promotes young students to do good deeds and improve on behavior at school and at home. Each time a student proves that he or she did good work they can earn 1-5 stars. Shambhala Martial Arts teaches students to be better not only physically, but mentally as well. Shambhala Martial Arts' goal is that everybody who joins will gain physical and mental health through different programs and activities, such as our star program. It is our sincere hope that every parent will participate with their children.

There are many ways to earn stars:

Monthly progress reports

Home: 2-5 stars

School: 1-3 stars

Training

100% Effort. Improvement. Assistance: 1-5 stars

Report cards

A average: 3 stars

B average: 2 stars

Showing improvement: 1-5 stars

Awards

From school, dance or music studio, sports, etc: 2-5 stars

Miscellaneous

Books that you have read, artwork extra projects, etc: 1-5 stars

***20 stars may be exchanged for: one star card  
20 star cards may be exchanged for: Improvement certificate, patch and a taekwondo medal!***



## TAE KWON DO TERMINOLOGY

### FOR BEGINNING CLASS

To the flags, Bow! = (Kuk ki ae dae ha yo, Kyung Rea)

To the Master, Bow! = (Sabum nim Kae, Kyung Rea)

### CARDINAL NUMBERS (for counting)

1 ha na      6 yoseot  
2 tul        7 ilkop  
3 set        8 yodolb  
4 net        9 ahop  
5 taseot    10 yul

### ORDINAL NUMBERS (for grades or verbs)

1<sup>st</sup> il        6<sup>th</sup> yook  
2<sup>nd</sup> yi       7<sup>th</sup> chil  
3<sup>rd</sup> sam     8<sup>th</sup> pal  
4<sup>th</sup> sa       9<sup>th</sup> koo  
5<sup>th</sup> oh       10<sup>th</sup> sip

20 semul    30 sarun      20<sup>th</sup> yi sip    30<sup>th</sup> sam sip  
21 semul hana 31 sarun hana 21<sup>st</sup> yi sip il 50<sup>th</sup> oh sip

### COMMANDS

Attention = chareyut      Break = kal yho  
Ready = choon be        Stop = ku mahn  
Begin = si jak            Continue = kea sok  
Return = ba ro

### GENERAL

Master = sabum nim      Degree = dan  
School = do jang        Flag = kuk ki  
Uniform = dobok        Yell = ki hap  
Grade = kub

Black Belt Holder = yu dan ja  
Senior = soon bae nim  
Junior = who bae  
Thank you = kam sahb ne da  
You're welcome = choon mahn ae yho

### FOR CLOSING CLASS

To the flag, Bow! = kuk ki ae dae ha yho, Kyung Rea  
To the Master, Bow! = Sabum nim Kae, Kyung Rea  
Tae Kwon-Do = Tae Kwon-Do  
Thank you Sir = kam sab ned, saum nim  
Practice is finished = un dong gutt