

RUSS MARTIN'S

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TAEKWON-DO

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Important!
**Read the whole pack
before just writing a cheque!!!**

New students wishing to take their first grading

On Wednesday 26th January

You Must:

- ◆ Have paid your current month's subscriptions.
- ◆ Have applied for a TAGB licence - filled in the application form (this is the triplicate TAGB form not the checklist form).
- ◆ Have paid the £36 for the TAGB licence (if paying by cheque, this must be made out to '**Bristol TaeKwonDo Schools**').
- ◆ Have filled in the application form to join Russ Martin's Schools of TaeKwonDo
- ◆ Give me four passport photos, **with the student's name on the back of each one.**
- ◆ Have taken **and passed** the pregrading, this is the mock exam that qualifies you for the real thing. Do not assume that you have passed automatically. Ask me!
- ◆ Fill in the check-list form and when complete, give it to me with everything else. If you cannot fill in every box before you give it all to me then you will not be able to grade because you have not completed the formalities!!!!
- ◆ Have a white TAGB dobok (training suit), or a Tigers suit if under 14 years.
- ◆ Pay for the grading - cost £26, if you are paying by cheque, cheques must be made out to '**Bristol TaeKwonDo Schools**'. This is non-refundable. This means that if you fail to turn up or fail the grading the money cannot be refunded. If however, you are ill, you give me 48 hours notice, I can withdraw you from the grading and money can be returned.

Please note, the attached information (apart from the forms) is for you to KEEP, learn and remember - please do not give it back to me, or you will not be able to learn your theory!!! After you have passed your first grading you will need to purchase a copy of the student handbook from me - £5, which contains all the theory needed for your future gradings (please see attached equipment order form).

All of this must be done and given to me by the Monday before the grading.

On the day

The grading will start at 6.30 (It's ideal to arrive at around 6) It is unacceptable to turn up late and will be likely that you will not be able to take the grading: The grading fee will be forfeit. Traffic and parking in Redfield is difficult, leave early!

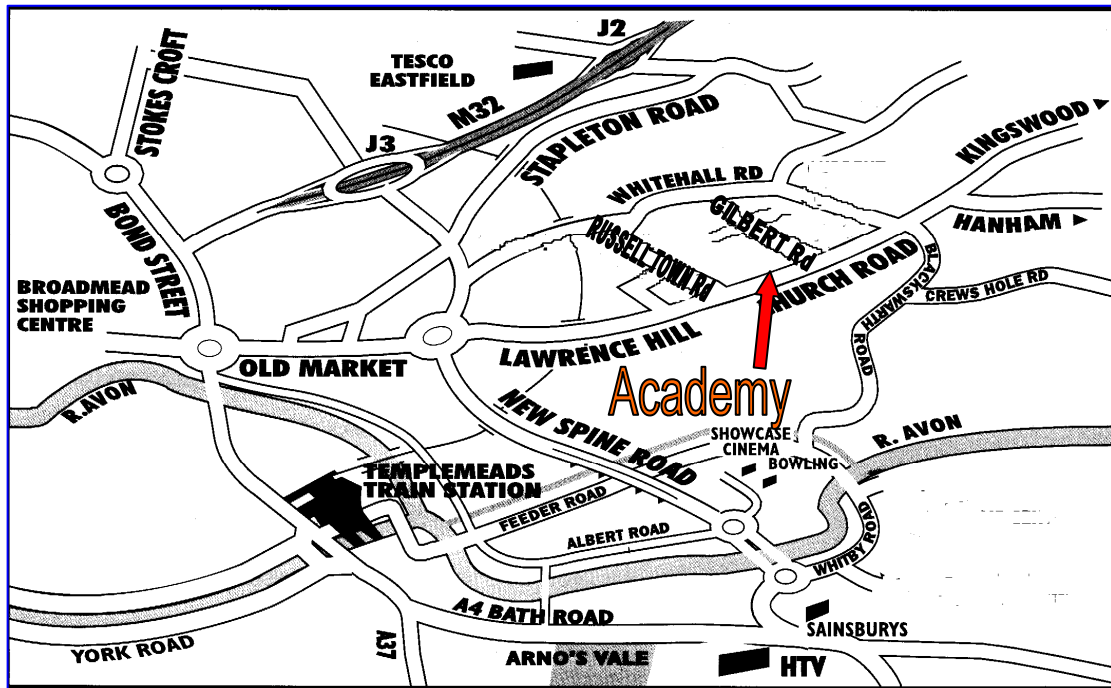
Please do not embarrass me or yourself by -

- ◆ Smoking anywhere around the Academy.
- ◆ Eating or drinking with your belt on and definitely not at all upstairs in the dojang, this goes for non-grading guests as well!!!
- ◆ No swearing.
- ◆ No talking during the grading.

Etiquette

- ◆ After you arrive at the Academy, you will change (gents, there is a downstairs toilet, ladies go upstairs and through the dojang to get to the toilets - please remove your shoes before walking through the dojang). Then go to the Dojang and wait for the grading to start (a good time for a last practice and warm up).
- ◆ Bow every time you enter and leave the dojang (the upstairs training area).
- ◆ You will be called to line up.
- ◆ Your grading examiner will be Master Dew; he is an eighth Dan examiner, and is vice-chairman of the TAGB, head of the West of England TaeKwon-Do (and is also my instructor!).
- ◆ I will bring Master Dew in; we will all come to attention and clap.
- ◆ We bow to him and then are asked to sit down at the back, sit only on the carpeted area, not the polished floor, because this is where the students will be performing.
- ◆ When your name is called, stand immediately and shout, "Yes Sir". You will be told which position to go to (a number on the floor - your patterns should start and end with you standing on that number). Go there immediately, turn around (face away from the table) and adjust your suit. Face the table in the parallel ready position (chunbi). You will be asked to identify yourself: stand to attention (feet together), raise your right hand and say loudly your name and grade e.g. "Arthur Brain, tenth kup Sir" then return to chunbi.
- ◆ Follow the commands that I give; both listen and watch. If you are in the grading, you will be adequately prepared for it and know what to expect.
- ◆ After the physical part of the exam, you will be asked to move to the side table for questions; stand to attention in front of the examiner, bow when requested, stay at attention until dismissed and address the examiner as 'Sir' or 'Ma'am'. Question sheets to study are attached to the back of this pack, or for children will have been given separately.
- ◆ **When you have been asked to sit down, do not leave and go home. Your grading is not formally over until everyone has been formally dismissed. In the past, some people have forfeited their pass by leaving early.**
- ◆ You will not be given your results on the night. People who have done exceptionally well are awarded an "A pass" on the night. Just because you are not called to receive an "A pass" does not mean that you have failed. None of my students have ever failed a coloured belt grading **and you will not be the first!** Only the true smart asses receive their result on the night.
- ◆ Please be aware that there are no spectators allowed in the dojang - parents, partners and friends will have to wait downstairs (bring a book!).

How to find Bristol TaeKwonDo Academy And Redfield Leisure Centre



163a Church Road, Redfield, Bristol. Phone- Bristol (0117) 9551046

A large white building, set back from the road, behind raised railings. There are large signboards identifying it. It is on the A420 signposted towards Kingswood and Hanham from the Lawrence Hill roundabout. It is on the left, just past a pub - the Old Stilage and a "Miss Milly's" chicken takeaway. If you get as far as Tesco's, you have passed it by about 400 metres.

Arrive early because parking is difficult!

Spectators please take note: The Bristol TaeKwon-Do Academy is the headquarters not only of our association, the TAGB, but also of TaeKwon-Do International, our parent world-wide body, and as such we like to treat it with respect - especially upstairs in the training hall (dojang). As such, no eating or drinking is allowed in the dojang. Students taking the grading, including children, cannot leave until they have been formally dismissed - please listen for instructions on the night. If you have other children with you during the grading (i.e. not taking part in the grading), it is your responsibility to supervise them at all times. Thank you.

Sample questions for first grading

What does TaeKwonDo mean?

What are the five tenets of TaeKwonDo?

How many belts are there in TaeKwonDo?

Name the belts of TaeKwonDo.

What does the white belt signify?

What does the yellow belt signify?

Where did TaeKwonDo originate?

What are the stances called in Korean? E.g. Walking, sitting, attention and parallel stances.

What are the blocks called in Korean? E.g. Inner forearm block and outer forearm block.

What is punch in Korean?

What are the three sections of the body called in Korean?

What is the attacking tool for a punch called in Korean?

Who is the father and founder of TaeKwonDo?

When was TaeKwonDo inaugurated?

When was TaeKwonDo introduced to Great Britain?

What does T.A.G.B. stand for?

What is your instructor's name and grade?

For children, learning the various dates can be hard work, for younger children (5 - 11) there is a separate 'Tigers' questions sheet which they can refer to, please ask and I will let you have one. Older children (or child from blue belt and above) can be asked for any of the questions from this sheet or from the blue handbook (up to and including their current grade). For children I would suggest they start by learning the Korean terminology and meanings of patterns first and *then* moving on to memorising any dates! For adults however there are no excuses. These questions can be asked at any grading during your TaeKwonDo career so it is best to learn them thoroughly now. For each new grade there is new material to learn (you will need to purchase a copy of the blue handbook following your successful promotion to 9th kup!).

All Korean is pronounced as it is written. When in doubt, ask your instructor.

ANSWERS

Tae Kwon-Do means - tae - jump kick or smash with the feet, kwon - punch or strike or destroy with the hands, do means art method or way. Tae Kwon-Do loosely translates as the method of fighting with feet and hands or "the foot and hand way".

The five tenets of Tae Kwon-Do are - courtesy, integrity, perseverance, self-control, indomitable spirit.

There are six belts in Tae Kwon-Do: White, Yellow, Green, Blue, Red and Black.

White belt signifies innocence and that the wearer has no previous knowledge of Tae Kwon-Do. Yellow belt represents the earth in which the roots of Tae Kwon-Do grow.

Tae Kwon-Do originated in Korea.

The father and founder of Tae Kwon-Do was Major General Choi Hong Hi 9th Dan.

Tae Kwon-Do was inaugurated (formally started) on April 11th 1955.

Tae Kwon-Do was introduced to Great Britain in 1967.

The T.A.G.B. stands for the Tae Kwon-Do Association of Great Britain.

Your instructors' name and grade is Mr Russ Martin 5th Dan Black Belt.

PARTS OF THE BODY

Forefist	ap joomuk
Forearm	palmok
Inner forearm	an palmok
Outer forearm	bakat palmok

STANCES

Stance	soggi
Attention stance	charyot soggi
Parallel stance	narani soggi
Sitting stance	annun soggi
Walking stance	gunnun soggi

BASIC MOVEMENTS

a. Defensive

Block	makgi
Inner forearm block	an palmok makgi
Outer forearm block	bakat palmok makgi
Front rising kick	ap chaolligi

b. Offensive

Punch	jirugi
Obverse punch	baro jirugi
Reverse punch	bandae jirugi

c. Exercise

Four directional punch sajo jirugi

KOREAN TERMS APPLICABLE TO WHITE BELT (10th KUP).

GENERAL TERMS

Training hall	dojang
Training suit	dobok
Belt	ti

COMMANDS

Attention	chariot
Bow	kyun-ye
Ready	chumbi
Start	si-jak
Stop	gomman
Return to ready	barrol
Dismiss	haessan
Forwards	apro kaggi
Backwards	dwiyro kaggi
About turn	dwiyro torro

COUNTING

One	hanna
Two	dool
Three	seth
Four	neth
Five	dasaul
Six	yosoul
Seven	ilgop
Eight	yodoll
Nine	ahop
Ten	yoll

SECTIONS OF THE BODY

Low	najunde
Middle	kaunde
High	nopunde

Please fill this in and return it to Mr Martin

I wish to take my first grading on Wednesday 26th January 2011.

Do not give me this form unless you can tick all of the following boxes.

I have applied for a TAGB licence, (filled in the forms and paid).
The forms referred to is the triplicate licence application forms not this piece of paper. Obvious I know, but last time.....

I have filled out the application form to join Russ Martin's Schools of TaeKwonDo, again, not this form!

I have given you 4 passport photos (with names on the back).

I have paid for the grading, £26. (made payable to B.T.S.)

I have a white TAGB dobok (training suit).

I have taken and been told that I have passed the pregrading.

I have paid the current month's subscriptions.

I understand that cheques for the grading and the licence are made out to 'Bristol TaeKwonDo Schools'.

I understand that cheques for the monthly subscriptions are made payable to Russ Martin and *cannot* be included in the licence and grading cheque.

Name.....(BLOCK CAPITALS)

Club Bristol North (Bradley Stoke)

Bristol South - Whitchurch

Bristol South - Southville

The above requirements have been fulfilled and I wish to apply to take the grading on Wednesday 26th January 2011.

Signature..... Date.....

TAEKWON-DO EQUIPMENT ORDER FORM (2009)

Student Name: _____ Date: _____

Contact Telephone number: _____

TKD School: Bristol North Bristol South A Bristol South B
 (Whitchurch) (Southville)

PLEASE NOTE: We do NOT accept money in advance - pay for it when you

DESCRIPTION	QTY	SIZE	PRICE	TOTAL	Office Use Only CP	Date Collected	Date Delivered
WHITE DOBOK			000 - 2 £33 3+ £36				
BLACK BELT DOBOK			00 - 2 £36 3+ £38				
GROIN GUARD			£15.50				
GUM SHIELD			£2.50				
FEET			£25.50				
HEAD			£29				
HANDS			£25.50				
SHINS			£20				
PIZZA PAD			£15.50				
STRING BAG			£10				
TRAINING HOLDALL			Junior £18 Adult £20				
TRAINING HANDBOOK			£5				
TAGB COLOURED BELT BOOK			£25				
BLACK CLUB HOODIE			£30				
BLACK CLUB ZIPPIE			£32				
CHILD'S HOODIE			£25				
CLUB SUIT			£40				

GRAND TOTAL

Office Use Only	
CP: _____	Total: £ _____ Payment Received: ____/____/____ Cash <input type="checkbox"/> Cheque <input type="checkbox"/>
Date Delivered: ____/____/____	Initials: _____

