



Dragon Martial Arts of Round Lake

653 Railroad Ave.

Round Lake, IL 60073

(847) 212-8045

Dear New Student of Taekwondo,

Welcome to the Dragon Martial Arts of Round Lake family and the World Taekwondo Federation. I use the word “family” because that’s exactly what we are. We are all here for each other.

Through the study of Taekwondo you will learn self-defense, self-discipline, self-control, self-confidence and self-respect. You will also learn the “Tenets” of Taekwondo: Courtesy, Integrity, Self-Control, Perseverance and Indomitable Spirit. These qualities will follow you out of the classroom and into your everyday life. It is through these tenets that you will become stronger in mind, body and spirit and able to achieve your personal goals while facing any challenges that may come your way. For some it is a healthy outlet, rather than turning to gangs, drugs or alcohol.

With patience and perseverance you can work your way up to Black Belt rank. This takes much practice and repetition. Promotions are conducted approximately every 2 months, so if you have practiced well and are ready, you may try for your next belt rank. A dedicated student will find that the 2 ½ -3 years it takes to become a Black Belt will go by quickly. It is a long road but we are always here to help and to encourage you.

As a Black Belt you will be given the opportunity to practice at the Black Belt class, take part in demonstrations and become a certified referee to help at tournaments and teach outside programs.

I am very happy you have chosen Dragon Martial Arts of Round Lake Taekwondo and the World Taekwondo Federation and I look forward to working and sharing time and ideas with you. If you have any problems or just need to talk, remember, my office door is always open to you. I also welcome any suggestions that could improve our school and the work we are doing on your behalf.

The most important fact to remember is to live your life by the tenets of Taekwondo. By doing so, we will make our lives better and influence the lives of those around us.

Best of luck to you as you take your first steps in the art and sport of Taekwondo.

Master Sergio Hernandez



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Taekwondo

Taekwondo is an ancient martial art and a modern sport. The art of Taekwondo originated nearly 2,000 years ago in Korea and it was an Official Demonstration Sport at the 1988 Olympic games in Seoul, Korea and at the 1992 Olympic games in Barcelona, Spain.

Literally translated, Taekwondo means way of the striking hand and kicking foot. But to its student, Taekwondo is a way of life. Beginning students learn the five tenets of Taekwondo: Courtesy; Integrity; Perseverance; Self-Control and Indomitable Spirit. It is essential to develop the right attitude toward instructors and fellow students and to show respect for elders. Outside of the class, Taekwondo students respect their teachers, parents, elders and friends. Taekwondo teaches students to respect themselves so that they can respect others. What better gift can a parent give a child than the gift of self-respect.

History of Taekwondo

The modern philosophy of Taekwondo comes largely from the 7th century Hwarang-do, which means "Way of the flowering Manhood", a corps of noblemen in the kingdom of Silla, the smallest of the three kingdoms on the Korean peninsula. These young men studied the martial and cultural arts and led Silla to unify the Korean peninsula for the first time in history. The five principals they lived by were: be loyal to your country, be obedient to your parents, be honorable to your friends, never retreat from adversity, and never take life unnecessarily. This is the nonaggressive foundation of modern Taekwondo, the respectful, philosophical foundation that sets it apart from others martial arts.

Toward the end of the 10th century, Silla was overthrown and the kingdom of Koryo was founded. For the next 500 years it was compulsory for all young men to learn martial arts such as Tae Kyon and Soo Bak. Then the old arts declined and they would have been lost if it had not been for the Buddhist monks who kept them alive in their mountain refuges. During the Japanese occupation from 1910 through 1945, the practice of all martial arts was banned in an attempt to suppress the Korean nationalist spirit. Following WW II came a flowering of Korean arts and in 1995, Taekwondo acquired its modern name. Since then it has spread throughout the world and is called by some the fastest growing sport in the world.



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NEEDS
UPDATING

| Class Schedule | | |
|---------------------------------|------------------------|-------------------|
| Monday | 5:00 - 5:50 (PM) | Children Only |
| | 6:00 - 7:00 (PM) | Children & Adults |
| Tuesday | 5:00 - 5:50 (PM) | Children Only |
| | 6:00 - 7:00 (PM) | Children & Adults |
| Wednesday | 5:00 - 5:50 (PM) | Children Only |
| | 6:00 - 7:00 (PM) | Children & Adults |
| Thursday | 5:00 - 5:50 (PM) | Children Only |
| | 6:00 - 7:00 (PM) | Children & Adults |
| Friday Sparring Classes Only | 5:00 - 5:50 (PM) | Children Only |
| | 6:00 - 7:00 (PM) | Children & Adults |
| Saturday | 10:00 (AM)- 11:00 (AM) | Children & Adults |

Hours of Operation

Monday -Friday (3:00 p.m. - 8:00 p.m.)

Saturday (9:00 a.m. - 1:00 p.m.)



Dragon Martial Arts of Round Lake General Class Content

All classes at Dragon Martial Arts of Round Lake Taekwondo offer a basic foundation, which is to help the student maintain or improve their cardio vascular health and endurance and to improve balance and flexibility. Emphasis is placed on several primary activities listed below, these primary activities make up the core of each class:

- Stretching
- Cardio workout (running drills, jumping jacks, etc.)
- Kicking drills
 - Learning and practicing each of the primary kicks used in the art of Taekwondo

One or more of the following activities listed below are incorporated into each class, however they can vary on a class by class or day by day basis:

- Forms
- Hapkido (self defense)
- No – contact, free sparring



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Dragon Martial Arts of Round Lake Class Descriptions

Private Lessons

Private lessons are available upon request and will be an additional charge on top of the normal tuition. Please contact Master Sergio Hernandez with any inquiries.

Children Class

This class time is reserved for children only.

Children & Adults

This class time is open for children and adults.

Olympic Sparring Classes

This class is an additional charge on top of the normal tuition. This class will prepare the students to actually use what they learn in TKD and put it to use to help them prepare for Friday night sparring class, tournaments and demonstrations. A variety of fundamentals skills and advanced techniques will be worked on in class:

- Cardio vascular endurance
- Speed and agility exercises
- Concentrated partner work
 - Using kick pads and/or sparring gear
- Sparring techniques and strategies

* *Family = Participating parents and their children*



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Dragon Martial Arts of Round Lake Martial Arts Equipment

- Uniforms (**Mandatory**)
- Patches (**Mandatory**)
- Sparring Equipment
- T-Shirts
- Shoes
- Backpacks
- Kick pads

Sparring gear is required to participate in sparring classes

Uniform- Patch Positioning

Dragon Martial Arts of Round Lake Taekwondo white uniform with the school patch on the top left front side of the uniform. The W.T.F. patch on the top right front side of uniform. The Korean Flag patch on the left sleeve at the shoulder seam, and The American Flag patch on the right sleeve at the shoulder seam.

****All equipment must be purchased through the school!!***



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Dragon Martial Arts of Round Lake Sparring (Kyroogi)

Mandatory Equipment for Sparring

Support cup, shin/instep protectors, hand/arm protectors, mouthpiece, chest protector, and headgear.

All equipment can be purchased from your school.

Sparring Rules

Sparring in the classroom will always be conducted under the following guidelines:

- Sparring takes place only when the Head Instructor or a Black Belt Instructor is in the classroom.
- All students must wear hand and forearm pads, shin and instep pads, groin protectors, mouthguard, chest protectors, and headgear.
- Legal target area is in the front of the body, from the collarbone to the naval.
- No contact is allowed below the belt area or to the face area.
- Never lose your temper while sparring, remember, you are here to learn and develop your skills.

****All equipment must be purchased through the school!!***

Meaning of Taeguek Poomse (Forms/Patterns)



| # of Movements | Belt Color | Poom | taeguek | Symbolizes |
|----------------|-------------|-----------|-------------|------------------|
| 18 | Yellow Belt | Taeguek 1 | (il) Jang | Heaven and light |
| 18 | Orange | Taeguek 2 | (ee) Jang | Joyfulness |
| 20 | Green | Taeguek 3 | (Sam) Jang | Fire and Sun |
| 20 | Blue | Taeguek 4 | (Sa) Jang | Thunder |
| 20 | Purple | Taeguek 5 | (Oh) Jang | Wind |
| 23 | Brown | Taeguek 6 | (Yook) Jang | Water |
| 25 | Red | Taeguek 7 | (Chil) Jang | Mountain |
| 24 | Red/Black | Taeguek 8 | (Pal) Jang | Earth |

The World Taekwondo Federation (WTF) has 8 colored belt forms and 9 black belt forms. The colored forms are all numbered one to eight and are called Taeguek. The word "Taeguek" represents the most profound Oriental philosophy from which Oriental philosophical views on the world, cosmos and life are derived.

Meaning of Taeguek Poomse (Forms/Patterns)



Black Belt Forms

| # of Movements | Belt Color | Poom | DAN | Represents |
|----------------|------------|----------|-----------------|--|
| 30 | Black | Koryo | 1st | Cultivation of a strong conviction and unyielding spirit. |
| 27 | Black | Keumgang | 2 nd | Too strong to be broken. |
| 26 | Black | Taebeak | 3 rd | Named after the Region of Korea, where according to legend, Korean nation was founded more than 4,300 years ago. |
| 25 | Black | Pyongwon | 4 th | Performed in a straight line and symbolizes the plain. The open plain is vast and majestic and gives us food, |

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Dragon Martial Arts of Round Lake

Tenets of Taekwondo

Courtesy (Yelu) 예의

- To promote the spirit of mutual concessions
- To be ashamed of ones voices, contemplating those of others
- To be polite to one another
- To encourage a sense of justice
- To distinguish instructor from student and senior from junior

염치

Integrity (Yom Chi)

In Taekwondo, integrity means being able to define right from wrong and have the conscience, if wrong, to feel guilt.

- The instructor who misrepresents himself and his art by presenting improper techniques to his students because of lack of knowledge, or because of apathy
- The student who misrepresents himself by "fixing" breaking material
- The student who requests rank from an instructor, or attempts to purchase rank
- The student who gains rank for ego purposes or the feeling of power
- The instructor who promotes the art for materialistic gains

인내

Perseverance (In Nae)

There is an old Oriental saying: "Patience leads to virtue or merit". A serious student must learn not to be impatient: to continue steadfastly, to persevere.

극기

Self Control (Guk Gi)

This tenet is extremely important inside and outside of the DoJang whether conducting one's self in free sparring or in one's personal affairs. A loss of one's self-control can prove disastrous to both the student and opponent. An inability to work within one's capability is also lack of self-백절불굴

Indomitable Spirit (Baekjul Boolgool)

A serious student will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without fear or hesitation and with an indomitable spirit, regardless of whomever or how many the number may be.

A Student's Commitment



I will always develop myself in a positive manner.

I will avoid anything that would diminish my mental growth or my physical well being.

I will develop self discipline in order to bring out the best in myself and others.

I will always use what I learn in training, constructively and defensively, to help myself and my fellow man.

I will have the deepest commitment to my Master, to the Arts and especially myself.

The Spirit of Dragon Martial Arts of Round Lake Taekwondo



I will always train in the spirit of Martial Arts

With **Courtesy** toward my fellow students

With **Integrity**, virtue and honor

With undeterred **Perseverance**
during the difficult times

With **Self Control** in my actions

With the **Indomitable Spirit**
to finish what I have begun

To represent my Master and my school
with honor and dignity, forever



Dragon Martial Arts of Round Lake

Home Rules

1. Children shall greet their parents when they enter their home and advise when they leave.
2. Children will, at all times, be respectful to their parents and their grandparents.
3. Children shall always be truthful.
4. Children will strive to establish a good relationship with their brothers and sisters.
5. Children shall willingly help with household chores.
6. Children shall report to their parents on their completed tasks.
7. Children shall be responsible for the neatness of their own rooms.
8. Children shall practice daily cleanliness with their hair, teeth and body.
9. Children shall abide by their parent's decisions.
10. Children shall not interrupt adult conversations.
11. Children shall refrain from rowdy behavior at home and at school.
12. Children shall diligently study their schoolwork at home and at school.
13. Children shall possess an active mind, body and spirit.
14. Children will, at all times, show respect for their school, their teachers and their peers.



Dragon Martial Arts of Round Lake

School Rules

1. Salute the Flags first, before entering and upon leaving the DoJang or office.
2. When you see your Sabumnim, you must bow to him.
3. You must always respect your Sabumnim when asking and answering questions.
4. When fixing your uniform or belt, do not face your instructor; always turn your back to him.
5. Students are not allowed to belong to another DoJang.
6. No horseplay, whistling or loud talking in the DoJang, especially when the instructor is speaking to a student or a visitor.
7. Respect all your senior belts and bow when asking questions.
8. Never leave the class for a break, to get a drink of water or leave without permission of the instructor.
9. Students must keep their fingernails and toenails clipped and clean at all times.
10. Never lean on the walls or lay spread out on the floor.
11. Telephone the school if you are going to be absent or late.
12. No gum chewing in class.
13. No smoking in the DoJang at any time.
14. No profanity will be used in the class by anyone, at any time, regardless of rank.
15. No jewelry is to be worn during class.
16. Keep your uniform clean at all times.
17. NEVER lose your temper in the DoJang, especially while sparring.
18. Always keep in mind that you are being taught a deadly art. Treat it with respect, and above all never misuse it.
19. Practice Discipline, especially while Training!

Black Belt Rules



1. Black Belts shall always respect the tenets of Taekwondo throughout their lives.
2. Black Belts shall always appreciate the serious nature of the martial art that they are being taught.
3. Black Belts shall always remember that they are a role model for junior belts.
4. Black Belts shall treat their dojang as their own, with the highest amount of respect.
5. Black Belts shall represent their dojang in a positive manner in the community.
6. Black Belts shall never present or promote a disrespectful attitude within or outside of the dojang.
7. Black Belts shall always respect their senior belts.
8. Black Belts shall always respect their time commitments and the time commitment of others.
9. Black Belts shall always be ready to assist with the instruction of the junior belts.
10. Black Belts shall willingly participate in community events involving the dojang.
11. Black Belts shall be willing to assist with belt promotion testing as needed.
12. Black Belts shall stay diligent with their own training to make sure they have not forgotten what they've learned.
13. Black Belts shall always strive for continuous improvement in their training and knowledge of taekwondo.
14. Black Belts shall participate in a minimum of two tournaments a year, (promotional requirement) and attend open sparring class once per month.



Dragon Martial Arts of Round Lake

Korean/American Number Conversion

| Number | English | Korean |
|--------|-----------|-----------|
| 1 | One | Hana |
| 2 | Two | Dul |
| 3 | Three | Set |
| 4 | Four | Net |
| 5 | Five | Dasot |
| 6 | Six | Yasot |
| 7 | Seven | Ilgop |
| 8 | Eight | Yodol |
| 9 | Nine | Ahop |
| 10 | Ten | Yol |
| 11 | Eleven | Yol-Hana |
| 12 | Twelve | Yol-Dul |
| 13 | Thirteen | Yol-Set |
| 14 | Fourteen | Yol-Net |
| 15 | Fifteen | Yol-Dasot |
| 16 | Sixteen | Yol-Yasot |
| 17 | Seventeen | Yol-Ilgop |
| 18 | Eighteen | Yol-Yodol |
| 19 | Nineteen | Yol-Ahop |
| 20 | Twenty | Sumul |
| 30 | Thirty | Sorun |
| 40 | Forty | Mahun |
| 50 | Fifty | Shween |
| 60 | Sixty | Yesun |
| 70 | Seventy | Irun |
| 80 | Eighty | Yodun |
| 90 | Ninety | Ahun |



Dragon Martial Arts of Round Lake

25 Basic Movements

| Number (English) | Number (Korean) | Movement (English) | Movement (Korean) |
|------------------|-----------------|--------------------------------|--------------------------------|
| 1 | Hana | Low Block | AhRae Mockee |
| 2 | Dul | Middle Block | Moom Tong Chirugi |
| 3 | Set | High Punch | All Gool Chirugi |
| 4 | Net | High Block | All Gool Mockee |
| 5 | Dasot | Side Middle Punch | Moom Tong Yup Chirugi |
| 6 | Yasot | Outside Block | Pankook Ro Mockee |
| 7 | Ilgop | Inside Block | Ahnoo Ro Mockee |
| 8 | Yodol | Two Hand Middle Block | Doo Swon Geo Deureo Mockee |
| 9 | Ahop | Middle Knife Hand Block | Doo Swon Nool Moom Tong Mockee |
| 10 | Yol | Low Knife Hand Block | Doo Swon Nool Ah Rae Mockee |
| 11 | Yol-Hana | Middle Spear Hand Strike | Kwan Soo |
| 12 | Yol-Dul | Elbow Strike | Phal Gug Chi Gi |
| 13 | Yol-Set | Knife Hand Block Reverse Punch | Moom Tong Ban Dae Chirugi |
| 14 | Yol-Net | Two Hand Low X-Block | Doo Swon Ah Rae Mockee |
| 15 | Yol-Dasot | Two Hand High X-Block | Doo Swon All Gool Mockee |
| 16 | Yol-Yasot | Two Hand Middle Uppercut | Doo Swon jae Chae Chirugi |
| 17 | Yol-Ilgop | Reverse Punch | Moom Tong Baro Chirugi |
| 18 | Yol-Yodol | Front Stretch Kick | Up Olegi |
| 19 | Yol-Ahop | Front Kick | Up Cha Gi |
| 20 | Sumul | Side Stretch Kick | Yup Olegi |
| 21 | Sumul-Hana | Side Kick | Yup Cha Gi |
| 22 | Sumul-Dul | Back Kick | Dwe Cha Gi |
| 23 | Sumul-Set | Back Round Kick | Dwe Tollyo Cha Gi |
| 24 | Sumul-Net | Front Round Kick | Up Tollyo Cha Gi |
| 25 | Sumul-Dasot | Heel Hook Kick | Nae Flyo Cha Gi |