



Welcome to SPIRIT TAEKWON-DO

TAEKWON-DO

Taekwon-Do is the modern form of ancient Korean martial arts and Japanese Karate. The founder of Taekwon-Do, General Choi Hong-Hi, combined the various martial arts that he had studied into one martial art, Taekwon-Do, by refining the best techniques from each of those arts and applying scientific formulae and military tactics. General Choi then proceeded to introduce Taekwon-Do around the world, culminating in the formation of the International Taekwon-Do Federation (ITF).

Taekwon-Do is famous for its spectacular flying kicks. However Taekwon-Do is much more than just that! The physical movements of Taekwon-Do are taught in a systematic fashion, allowing anybody to start training at their own level. The process of training in the martial arts develops much more than physical ability though. Through the discipline of training over a period of time the student will develop a strong morality and high self esteem. This is particularly important for children, who can learn many important life skills through training in Taekwon-Do.

As well as the kicking and striking techniques, Taekwon-Do teaches practical self defence, and promotes physical fitness, courtesy, integrity, perseverance, self control and indomitable spirit.

TAEKWON-DO IN NEW ZEALAND

Taekwon-Do was introduced into New Zealand in the 1960s and has since grown to the point where our national organisation, the International Taekwon-Do Foundation of New Zealand, has over 80 schools spread throughout the country. ITFNZ coordinates much of what we do, maintaining the integrity and consistency of Taekwon-Do in New Zealand.

We are often able to learn from the experience of very highly qualified instructors who regularly come to New Zealand to conduct seminars for the senior belts. Also New Zealand's own Master Instructors are very active in teaching Taekwon-Do in New Zealand and overseas.

TAEKWON-DO IN WELLINGTON

Taekwon-Do in the Wellington region is strong, with Dojangs throughout the Greater Wellington region.

The region's schools often get together for combined trainings, regional tournaments, training camps, and social functions. The region's instructors meet regularly to organise these events and to keep everybody up to date with the latest developments.

SPIRIT TAEKWON-DO

The Spirit Taekwon-Do Group Inc. is a non-profit incorporated society, of which all paid-up students of any of our schools are members. Spirit Taekwon-Do currently has four schools, training in locations throughout Wellington.

The Brooklyn School was opened in July 1995 by Mr. Brett Kraiger (3rd Dan Black Belt) who is now the Head Instructor for Spirit Taekwon-Do. Classes are held in Vogelmorn Hall on Sundays and Thursdays and are now run by Ms Louise Chan (3rd Dan) and Mr Wylie-van Eerd (3rd Dan).

The Thorndon School opened in October 2005 at Thorndon Primary School. It trains on Monday and Thursday nights, and is instructed by Mr Don Martin (2nd Dan)

The Karori School opened in November 2007, and currently trains out of two locations. On Mondays it is located at Kelburn Normal School and on Fridays at St John's Hall in Karori. The instructor is Mr D'arcy Mellsop (2nd Dan)

The Brooklyn Children's class started in 2008 and is a dedicated environment allowing children to have fun as well as learning the important skills which Taekwon-Do teaches. (Including etiquette, respect, courtesy, goal-setting and many other life skills). The instructor, Mrs Helen Miller (3rd Dan), has a particular affinity with children.

We emphasise the non-physical aspects of the martial arts as well as the physical side. Our basic tenets of Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit are very important to the instructors and students.

THE COST

Beginners Four 1 hour sessions with a qualified black belt, designed specifically for beginners	\$20
Joining Fee (One off cost) Gives you membership to Spirit Taekwon-Do and the ITFNZ. Family Discounts apply	\$95
Spirit Taekwon-Do Membership Fees Fees are payable on the 25th of each month (for the next month), by automatic payment. Additional fees apply if the payment is not by automatic payment.	\$40 per month \$35 (kids class) Note: \$45 if not a/p
Dobok/Uniform (One initially – later you may want more) Not necessary straight away, but you will need one before you grade to your next belt.	New: Approx \$90
Grading Fees Three times a year the ITFNZ holds gradings. These give you the opportunity to move up through the ranks as you gain proficiency in Taekwon-Do. A Family Discount applies if more than one person in your family grades at the same time.	\$50 per grading

FINAL WORD

We are sure you will enjoy training with Spirit Taekwon-Do, and look forward to helping you develop your Taekwon-Do skills. We are certain that if you are willing to learn and give it *your* best, then you can achieve any level in Taekwon-Do that you desire.

If you have any questions at any time please do not hesitate to ask. <http://spirit.net.nz/contact-us>

BEGINNERS' INFORMATION

Taekwon-Do is a Korean martial art which, as with all oriental martial arts, has traditions and courtesies to be observed. It can be difficult for the beginning student to know what to do and how to act in the Dojang (training area). You will pick up a lot by watching the other students, but I have summarised most of what you need to know in this information sheet.

The student oath

At the start of every class we recite the student oath:

- I shall observe the tenets of Taekwon-Do
- I shall respect the instructor and seniors
- I shall never misuse Taekwon-Do
- I shall be a champion of freedom and justice
- I shall build a more peaceful world

The tenets of Taekwon-Do are: Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.

Preparation for training

The Dojang will open up at least 10 minutes before the start of class to allow you to get yourself prepared for training. Please try and be early. It is expected that you warm up quietly or use the time to catch up with your fellow students. Maybe practice what you have been learning recently and ask a senior to help you. In particular, children should try to be quiet and avoid running around.

The instructor(s) may need some help in setting up the Dojang for training. All students, regardless of rank, must help set up the Dojang if asked. If a senior member is helping out, it is courteous for the junior members to offer to take over.

Dress for training

Students are expected to wear the official ITFNZ Dobok (training uniform). This must be clean, tidy and in good repair. The school's badge is worn on the right sleeve. (located on the sleeve, centred on the centre seam, and 2 cm below the shoulder seam)

Beginning students can just wear loose fitting clothing. Training is normally conducted in bare feet, however dispensation can be made for people with problem knees, ankles etc.

Entering the Dojang

Whenever entering the Dojang you must stand aside and let your seniors in before you. This concept applies to any Taekwon-Do event you may be attending. (For example at a formal dinner the seniors should be served first). By senior we mean someone of senior rank. Children should defer to adults. (Rank is explained later on)

When you enter the Dojang you must bow at the door and say "Taekwon". You should then go up to the instructors and bow to them. It is important to wait patiently to bow to the instructors because they may be busy doing something or helping somebody. Wait quietly and at attention until the instructor notices you. After you have bowed to the instructor you should bow to the black belts next and then to all the other members in the class.

Forming Up

The instructor will call out "Form Up" at the start of class. You must line up quickly and correctly:

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                                FLAG
                                Instructor
                X   X   X   X   X <= Senior
                X   X   X   X   X
Junior =>      X   X   X   X

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The most senior student is in the front right corner, the person to their left is the next most senior and so on. The most junior student is in the bottom left corner. When you are the same rank as somebody else, the person who graded to that belt first is the senior. When you graded at the same time the eldest is the senior.

Order of the Belt Colours

Most Senior -----> Most Junior
Black, Black-tip, Red, Red-tip, Blue, Blue-tip, Green, Green-tip, Yellow, Yellow-tip, White

Black Belt is further broken down into 9 'Dans'. The higher the dan, the higher the rank. (i.e. 2nd Dan is a more senior rank than 1st Dan). You can recognise the rank of a black belt by looking at their belt. Their Dan ranking will be shown in Roman numerals. (I,II,III, etc). The highest ranking instructors in New Zealand are VII Dan.

Basic Commands

You will hear commands being called out by the instructor. Initially you will probably be a bit confused because many of these commands are in Korean! Some of the more common ones are:

Charyot = Attention
Dero Dara = Turn Around
Goman = Stop

Kyong-Ye = Bow
Junbi = Ready
Baro = Return

Sho = Relax
Sijak = Start
Tashi = Again

Hana = One

Dool = Two

Set = Three

Net = Four

Etiquette

In Taekwon-Do, as in all martial arts, etiquette is of utmost importance. At all times you should be courteous and respectful to all the other students in the class, most importantly your seniors and instructor. Whenever you wish to speak to the instructor you should wait quietly and at attention until you are acknowledged. You should not interrupt the instructor, especially if they are busy helping someone else. The instructor must be referred to as Sir or Mr. (or Ma'am/Mrs/Miss/Ms). Under no circumstances should the instructor be addressed by their first name.

When a command is given in class or a question is asked by the instructor you must immediately respond with a loud "Yes, Sir" or "No, Sir". (or "Ma'am").

You should never disobey the instructor. When you are asked to do something you must respond "Yes, Sir" and do what was asked of you immediately. If you disagree with what the instructor has requested, please do your best to comply, and discuss it quietly with the instructor after the class has finished.

Gradings

Three times a year the ITFNZ Examiners travel around the country to conduct gradings, which is where you have the opportunity to test for the next rank. Your instructor will conduct at least one pre-grading to determine if you are ready to grade. It is up to the instructors to decide if they think you are ready to test for your next belt. It is important to remember that grading isn't everything - it is often more important to consolidate your learning than to move to the next belt colour. At a pre-grading or a grading you are tested not only on your physical ability, but on your mental attitude or 'spirit'.

Tournaments

Although not a major part of Taekwon-Do training, there is opportunity to attend tournaments to test your skills in a safe competition environment. All of our sparring competitions are touch-contact, which minimises the probability of injury. Patterns (set sequences of movements) are also contested at tournaments. There is usually one regional tournament and one national tournament each year. While not at all compulsory, it is highly recommended that everybody enters at least one tournament to see if they enjoy that side of Taekwon-Do.

Combined Trainings, Camps and Seminars

During the year you will have many opportunities to attend combined training sessions and seminars with members of Taekwon-Do clubs from all around the region and the country. These are a great opportunity to learn more about Taekwon-Do, to meet other people in Taekwon-Do, and to learn from different instructors. It is highly recommended that you attend as many of these extra activities as you can. At higher belt levels you will have to have earned a number of "participation credits" from such events to be eligible to grade to the next belt.

Official ITFNZ Rules of conduct

Preparation for training

1. Members must make sure they are clean and all nails are cut short for safety reasons.
2. Members should arrive at least 10 minutes early before commencement of classes and be prepared both mentally and physically.

Entering the Dojang

1. Remove footwear prior to entering the designated training area.
2. Where several people are entering, ensure the senior person or adult is shown the courtesy of entering first.
3. Bow when entering or leaving the dojang.
4. Ensure shoes or other articles are neatly stored in accordance with the wishes of the head instructor.
5. Bow and acknowledge others present in the dojang which should include firstly the head instructor, the assistant instructor, then senior members. Children will acknowledge adults. Similar courtesies should be paid when visiting other martial arts dojangs.

Inside the Dojang

1. All members must treat each other with courtesy.
2. All instructions issued by the instructor(s) or senior members within the dojang must be obeyed.
3. When seeking to meet the instructor or senior, a student should stand at attention and keep alert to the situation at hand until approached or spoken to by the instructor or senior. The student shall ensure the dobok is well adjusted prior to the meeting.
4. Visiting instructors or seniors should be acknowledged by all members present upon entering the dojang.
5. Members must not leave the dojang without the instructors permission.
6. Members must not raise any objection during training in the dojang.
7. Assistant instructors or other senior members (as indicated by the head instructor) should advise in advance their anticipated non attendance at a training session. This is not only a courtesy but also has practical implications.
8. The junior students present shall be responsible for the setting up and tidying up of the equipment each training session. The senior members (other than the instructor or his assistant) shall supervise the putting away of equipment by junior members after the completion of training, having regards to the wishes of the head instructor.
9. Members must ensure their dojang is kept tidy.
10. Members should not smoke in the dojang. Eating or drinking only at the instructor's discretion.
11. Members should ensure visitors are treated with courtesy, provided with seating, accompanied and given advice where necessary.
12. Students training at another branch should seek permission of their own instructor and that of the instructor of the branch being visited, prior to commencing the session.
13. Visiting members should be formally introduced to the club at the commencement of training.
14. Members must not make any unnecessary noise or disturbance inside the dojang.
15. All training fees or payments must be paid promptly at times indicated by the head instructor.
16. Members shall address one another courteously, and use titles. e.g. Yes Sir, No Ma'am, Mr Bloggs, Mrs Kim, Dr Who etc. The instructor should be addressed as Sir/Madam or by his/her surname, preceded by their title (Mr/Mrs/Dr)
17. Questions or answers should end with the appropriate Sir or Ma'am.

Dress for training

1. On arrival check your dobok and remove all accessories. e.g. rings necklaces, watches, earrings and anything else dangerous.
2. Doboks must always be clean, ironed and worn correctly. They should be in good repair. Students may wear a white singlet or T-shirt under their dobok top with the permission of the instructor.
3. Belts should be worn by those qualified for them, wrapped around the waist once and tied in the correct manner. Care should be taken to ensure the colour of the belt is representative of the grade. Some dyed belts often do not give a true colour.
4. The correct uniform to be worn is white dobok top with white dobok trousers. Black Belt holders shall wear an official ITFNZ black belt and have 2.5cm wide black trimming around the bottom of the jacket. 4th Dans and above are distinguished by 2.5cm black stripes down the outside of the jacket sleeves and trousers.
5. The dobok top should have the Foundation's badge correctly mounted on the front right breast, and the ITF badge on the left front breast. A small club badge may be attached to the right sleeve for individual club identity. (this should be smaller than the ITFNZ badge). For international events a small national flag of the member's country may be attached to the left sleeve, midway between the shoulder and the elbow. Qualified instructors & international instructors shall wear the approved ITFNZ instructors' insignia.
6. If the dobok needs to be tidied up, students must turn about to adjust.
7. Doboks should not be worn outside the dojang unless on special occasions as specified by the instructor.
8. Members who have participated in an authorised event of the Foundation shall be allowed to wear any specialised dobok worn for that event.