

LINDSAY LAWRENCE TAEKWONDO

태권도



STUDENT HANDBOOK

The Korean Art of Self - Defence



Welcome to the LLTKD Handbook

This handbook is designed for Taekwondo students of all levels.

It is very important that now, in modern Taekwondo when there is increasingly more emphasis on the sport's side, that we don't forget the history of the martial art, the philosophy, the tenets and the way of life that is Taekwondo.

Master Lindsay Lawrence

Contents

What is Taekwondo?.....	4
Tenets of Taekwondo.....	5
The Taekwondo Student Oath.....	6
What are the benefits of Taekwondo?	7
Who can learn Taekwondo?	7
Who is your Instructor?.....	8
Membership	9
Instructors	10
Rank Advancement	11
Order and Meaning of belts	11
Grading	12
Grading Requirements	15
How to tie your belt.....	15
Taekwondo – A brief History.....	16
Rise of the Kwans	17
What is WTF?	17
What is Kukkiwon?	18
What is Taekwondo Chungdokwan GB?	18
Competitions	19
Equipment.....	19
Dojang Etiquette	20
Korean – English Dictionary.....	21
South Korean map and some stats.....	23
Training Days and Times.....	24

What is Taekwondo?

Taekwondo is a Korean martial art that makes use of the whole body and does not utilise weapons. **Tae** means "to kick" or "smash with the feet," **Kwon** means "punch" or "destroy with the hand or fist," and **Do** means "way" or "method". In other words, Taekwondo means ***the art of kicking and punching***.

태권도



Taekwondo is a style of unarmed combat used for self defence that involves skilfully applying techniques that include punching, jumping kicks, blocks, dodges, and actions with hands and feet to evade awkward situations. Taekwondo is *more* than a physical fighting skill.

Taekwondo represents a way of thinking and a pattern of life that requires *discipline*. It is a system of training both mind and body placing great emphasis on developing the student's moral character.



Taekwondo has evolved by combining many different styles of martial arts that existed in Korea over the last 2,000 years and some martial art styles from countries that surround Korea.

Taekwondo incorporates the abrupt linear movements of Karate and the flowing, circular patterns of Kung-fu with native Korean kicking techniques.



Since the official birth of modern-day Taekwondo in April 1955, the development of Taekwondo as a sport has been rapid with over **30 million** people practising Taekwondo in more than **156 countries**.

Tenets of Taekwondo

As a martial art, Taekwondo has a set of guidelines called **tenets** which students and instructors are expected to observe. The five tenets of Taekwondo are:

1. COURTESY



Be polite to parents, teachers, family, friends and each other. Encourage a sense of justice. Help others. Don't be quick to judge others. Follow the rules of the Dojang (training area).

2. INTEGRITY

"Be a person of Honour". Know "right" from "wrong" and practise it. Keep your promises. Only make promises you intend to keep. Be a Leader. Be Honest.

Always give your best effort; especially in class.



3. PERSEVERANCE



Learn patience. Don't quit. **If you fail, try again**, you will succeed in the long run. Leaders overcome difficulties with perseverance.

4. SELF-CONTROL

Important inside and outside the Dojang. Control of body and mind. Display your confidence.

Control your temper and emotions.



5. INDOMITABLE SPIRIT



Be courageous and honest. ***Believe in yourself***, even when facing overwhelming odds. Be yourself and trust your judgment. Don't do what everyone else does; make your own decisions.

LEADERSHIP

Leadership is an important skill in today's world. Everyone must learn to lead, to be led and to work as a team.



The tenets of Taekwondo go hand in hand with Leadership. The strong personal character of a Taekwondo student makes them a valued Leader and team member.

Practise the tenets in your daily life!

Leadership =	Courtesy + Integrity + Perseverance + Self-control + Indomitable Spirit
---------------------	---

The Taekwondo Student Oath

- ☆ I shall observe the tenets of Taekwondo
- ☆ I shall respect the instructor and all senior ranks
- ☆ I shall never misuse Taekwondo
- ☆ I shall be a champion of freedom and justice
- ☆ I shall build a more peaceful world

What are the benefits of Taekwondo?

There are a **huge** number of benefits to Taekwondo training. Through training, martial artists can expect to *improve* and *learn* the following:

Improve	Learn
<ul style="list-style-type: none"> ✓ Cardiovascular fitness ✓ Muscular strength ✓ Flexibility ✓ Essential self-defence ✓ Improved balance & coordination 	<ul style="list-style-type: none"> ✓ Mental focus ✓ Discipline ✓ Channelling of aggression ✓ A sense of sportsmanship

Taekwondo is a practical and useful method of self-defence – you can learn how to protect yourself as well as train for fitness and fun.

Who can learn Taekwondo?

Anyone can learn Taekwondo. You train to your own limitations. It is important for your own development to attend class regularly and to set yourself **goals** to attain. Because anyone can learn Taekwondo, age or gender is not a barrier!

Learning Taekwondo is fun, you work together with the other students to develop your techniques and advance through the ranks. As you improve, you will be able to share your knowledge to help new students.

Who is your Instructor?



Master Lindsay Lawrence 7th dan is your instructor. Internationally renowned, Master Lawrence has had a huge input in the development of Taekwondo in Great Britain.

Master Lawrence has designed a highly effective system of training allowing students to learn the art of self defence

within a comparatively short period of time, by using the ancient methods of training and making them compatible with the needs of today.

Twice world silver and bronze medallist, twice European champion, and World Games bronze in addition to ten national titles, Master Lawrence is a very experienced and accomplished competitor and martial artist.

Inspired by the Kung-fu movies of his youth, Master Lawrence began Taekwondo in his local hall under the instruction of his Master Frederick Lee. In a very short space of time, Master Lawrence had achieved his black belt and soon after had been entered into the European championships. Knowing little more than the basics techniques, Master Lawrence learnt fast, observing the other competitors in the days leading up to his first ever competition; and ultimately put Great Britain on the Taekwondo map by winning Gold.



From that point there was no looking back with Master Lee guiding his protégé into more international competitions and even some movie-making in Hong Kong!

Since retiring from the competition circuit (although not officially), Master Lawrence has been able to focus more on his students, and on playing an active role in the development of Taekwondo Chungdokwan GB.

Master Lawrence is first aid trained and passed an enhanced CRB (criminal records bureau) check.

Membership

Each student pays a mandatory annual membership fee which goes towards belonging to **LL TKD**. This entitles you to train at any of Master Lawrence's clubs, but it also means that you are a member of Taekwondo Chungdokwan GB and the BTCB. Your membership also includes insurance provided by the British Taekwondo Council (BTC) should you receive an injury.



Instructors



Raymond Michael,
Kingston University



Paul Sanders,
Action Taekwondo, Kingston
University and TASIS



Lindsey Bell,
Kingston University, Kensington
& Chelsea and TASIS TKD



Donston Kitt,
Stag Lane TKD



Lee Taylor Lawrence,
Stag Lane and Kingston
University



Gary Cole,
Action Taekwondo, Kingston
University and TASIS

Rank Advancement

Advancement of rank within the club will be determined by your instructor on the basis of your achievements in class and the length of time you have been training. There are 10 kup grades (coloured belts) up to 1st Dan (black belt) in Taekwondo. After 1st Dan, you can achieve further Dan Grades with the highest being 10th Dan.

Grades start from White Belt ending in a Black Belt. In between each full grade, there are intermediate grades which are designated with a coloured tag or stripe of the next highest grade.

Order and Meaning of belts

There are 6 colours of belt in Taekwondo and 5 half belts or 'tags', i.e.: white belt, yellow tag, yellow belt, green tag.

White – 10th kup



The white belt signifies *innocence* and *purity* as the student has no previous knowledge of Taekwondo.

Yellow – 8th kup



Yellow signifies *gold*: an element of the Earth. Gold in turn represents *truth* and the foundation of Taekwondo.

Green – 6th kup



Green signifies *growth* as Taekwondo skills begin to grow and develop.

Blue – 4th kup



Blue signifies *heaven* as the student matures and *progresses* in training.

Red – 2nd kup



Red represents the *sun*, the centre of our solar system. Red also signifies *danger* cautioning the student to exercise control and warning the opponent to stay away.

Black – 1st Dan



Black is the opposite of white signifying *maturity* and proficiency in Taekwondo. It also indicates the wearer's *invulnerability* to darkness and fear. Black represents the universe.

Grading

To achieve your next belt, you must participate in a grading. The main component of the grading is the pattern (poomse). As students progress through the belts they also have to demonstrate pre-arranged sparring, self-defence techniques and breaking boards.

For students to pass their gradings, their basic techniques must be strong and accurate. Students must know the correct stances, kicks, blocks and strikes and always show spirit.

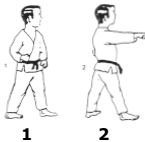
For your first grading, you do **not** need to learn a pattern, instead you must make sure that your blocks and kicks are strong and accurate.

Pattern 1 - Taegeuk il jang (pattern 1) is for yellow belt.

Start

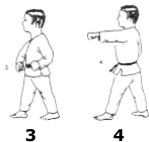


**Turn
To
The
Left**



In walking stance, lower block, step, middle-section punch.

**Turn
To
The
Right**



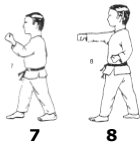
In walking stance, lower block, step, middle-section punch.

**Turn
To
The
Front**



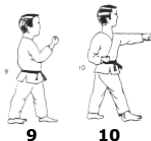
In front stance, lower block, step, middle-section punch.

**Turn
To
The
Right**



In walking stance, inner block, step, middle-section punch.

Turn
To
The
Left

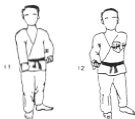


9

10

In walking stance, inner block, step, middle-section punch.

Turn
To
The
Front



11

12

In front stance, lower block, middle-section punch.

Turn
To
The
Left



13

14

In walking stance, upper block, front kick, middle-section punch.

Turn
To
The
Right



15

16

In walking stance, upper block, front kick, middle-section punch.

Turn
To
The
Back



17

18

In front stance, lower block, step into front stance, middle-section punch.

Ki Hap!

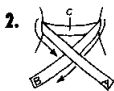
Grading Requirements

- ✓ Students are required to know their test Poomse (pattern) and all previous Poomses upon request of the Examiner
- ✓ There is a minimum of 3 months training between each grading for a new Belt or Tag
- ✓ The minimum training time increases to 6 months from Red Belt Black Tag to Black Belt
- ✓ The black V-neck on a Dan grade's uniform is symbolic of the pure white shirt with black piping worn by the Royal Family and aristocrats of Korea during the Silla Dynasty. Black Piping is only worn by Black Belts

How to tie your belt

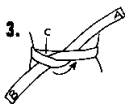


Hold your belt in front of you with both ends A and B even



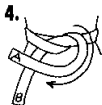
Wrap both ends of your belt around you keeping both sides even.

Side B is under Side A



Tuck side A under side B and C and pull up.

Pull on both ends to tighten the belt.



Bring Side A down and point it to your right.



Side B comes up over A then tucks through A.
Pull Both ends to tighten Knot



When finished both ends of the belt should be even.
If not try again! Having the belt even lengths indicates
balance of mind and body.

Taekwondo – A brief History

The earliest records of Martial Arts in Korea date back to around 50 B.C. These earliest forms are known as '*Taek Kyon*'. Evidence that Martial Arts were being practised at that time can be found in tombs where wall-paintings show two men in fighting-stance. However some say that these men could be dancing as well!

Modern-day Taekwondo is influenced by many other Martial Arts. The most important of these arts is Japanese Karate. Japan dominated Korea from 1910 until the end of World War II, during which time lots of Korean soldiers were trained in Japan. The influence that Japan has given to Taekwondo are the quick, straight-line movements, that characterise the various Japanese Karate styles.

Rise of the Kwans

After World War II, when Korea became independent, several kwans (school or style) arose. The 5 original kwans were; "Chung Do Kwan", "Moo Duk Kwan", "Song Moo Kwan", "Kwon Bop Bu/Chang Moo Kwan", and "Yun Moo Kwan/Jidokwan". The Kwans united in 1955 as Tae Soo Do. In the beginning of 1957, the name Taekwondo was adopted by several Korean martial arts masters for its similarity to the name Taek Kyon.



General Choi Hong-hi required the army to train in Taekwondo, so the very first Taekwondo students were Korean soldiers. The police and air force had to train Taekwondo as well. At that time, Taekwondo was merely a Korean version of Shotokan Karate. In 1961 the Korean Taekwondo Union came into being.

It took a while before real progress was made, but eventually, in 1973, the World Taekwondo Federation (WTF) was founded. In 1980, WTF Taekwondo was recognised by the International Olympic Committee (IOC) and became a demonstration sport at the Olympics in 1988. In the year 2000 WTF Taekwondo became an Olympic sport.

What is WTF?

In 1973 the World Taekwondo Federation (WTF) was created. The WTF is the governing body of WTF-style Taekwondo and WTF is the only official organisation recognised by the Korean government as an international regulating body for Taekwondo.



The WTF is an affiliate of the General Assembly of International Sports Federation (GAISF), which has ties to the International Olympic Committee (IOC). In July 1980, the IOC recognised

and admitted the WTF. In 1982 the General Session of the IOC designated Taekwondo as an official Demonstration Sport for the 1988 Olympic Games in Seoul, Korea.

What is Kukkiwon?



Known as the World Taekwondo Headquarters, the Kukkiwon is an organisation in Seoul, South Korea. It was established in 1972 and is the body responsible for issuing dan grade certification, as well as conducting gradings. The

Kukkiwon also undertakes research and delivers seminars, e.g. the Foreigners Instructor Course. It is also home to the World Taekwondo Academy, which trains and certifies Taekwondo instructors through its leadership course. If you ever manage to go to the Kukkiwon, try to see the *Hall of Fame*, you might recognise a name in there!

What is Taekwondo Chungdokwan GB?



Taekwondo Chungdokwan GB (TCGB) (meaning crystal clear) is a WTF style Taekwondo association. TCGB is in turn a member of the British Taekwondo Control Board (BTCB) which is the National Governing Body for WTF Taekwondo in the UK.

TCDK insures club members, provides gradings and certification, offers competitions and an allegiance with the wider Taekwondo community both nationally and internationally. For further information please visit the website www.chungdokwan.org.uk

Competitions

Competitions are a good way to test your techniques and see what standard you are compared with students from other clubs, but competitions are not for everybody. If you are interested in competing, you are able to take part in kyorgi (sparring) or poomse (patterns) competitions, or both. Each type of competition is equally challenging and requires a different type of skill and training.



The most important part in any competition is **preparation**. If you have not been practising or training for a competition then you will not do yourself, or your club justice. Preparation is not just about how physically fit or strong you are, but how mentally

prepared you are for the challenge ahead.

Equipment

All students wishing to participate in kyorgi (sparring) competitions must have at very minimum shin and forearm guards, a groin guard and a body protector. For competitions, head guards and gum shields are also required.



You may also find it useful to have your own training equipment such as a floppy mitt or target mitt.



All equipment can be purchased through your instructor.

Dojang Etiquette

Entering / Leaving

- ✓ **Be on time for class!**
- ✓ **Take care of personal business such as using the toilet or getting a drink of water BEFORE class begins!**
- ✓ Bow when entering or exiting the Dojang
- ✓ Bow when you see Instructors and Black Belts
- ✓ Put personal items away neatly before class begins
- ✓ If arriving early, members should use the extra time to practise
- ✓ Where possible, inform the Instructor of absence from Training
- ✓ **Act like a Martial Artist**

In the Dojang (training area)

- ✓ **Be on time for class!**
- ✗ Do not wear jewellery (watches, chains, rings, etc.) while training
- ✗ No "messing around" before class in the Dojang
- ✗ No running and sliding on the floor
- ✓ Belts should be worn at *all* times
- ✓ Higher belts are to work on basics and Poomse with lower belts before class
- ✗ No sparring before or after class
- ✗ With the exception of water, no food or drink is allowed in the training area
- ✓ Address instructors and black belts with "Sir" or "Madam"
- ✓ Exercise control in sparring and one-steps
- ✗ Never laugh or make fun of a fellow student
- ✗ Never display a bad temper toward a fellow student

- ✓ Restrict conversations to issues relevant to your own personal improvement
- ✓ If entering the Dojang late, wait for the instructor to let you join in the class, bow then join in
- ✗ Do not use foul language
- ✓ Put rubbish in the bin

Grading Rules

- ✓ Everyone in the Testing Area must remain **quiet** and focus on the Grading activities
- ✓ Students must have permission from the instructor to leave the grading area
- ✓ For the maximum concentration and focus for our members, all non-participants (including siblings) are asked to be quiet and courteous
- ✓ Students must sit quietly on bent knees or cross-legged when told to sit down

Korean – English Dictionary

Techniques		Counting		Patterns
Front kick	Ap chagi	1	Hana	Il jang
Turning kick	Dollyo chagi	2	Duhl	Ee jang
Side kick	Yup chagi	3	Set	Sam jang
Back kick	Dwi chagi	4	Net	Saa jang
		5	Dasut	Oh jang
Block	Makki	6	Yosut	Yuk jang
		7	Ilgob	Chil jang
Punch	Jirugi	8	Yodul	Pal jang
		9	Ahup	
Stance	Sohgi	10	Yuhl	



Master Instructor
Instructor

Kwan Jang Nim
Sa Beom Ni

Attention
Bow
Ready Stance
Turn Around
Back to Ready Stance

Cha Ryot
Kyung Nae
Jhoon-Bi
Diro Dora
Baro

Begin
Separate (break)
Continue
Stop

Shi Jack
Kallyeo
Kyesok
Kuman

Shout

Ki Hap

Uniform
Training Area

Do Bak
Dojang

Sparring
Patterns
Self-defence

Kyorgi
Poomse
hosinsul

Hello, How are you
Goodbye
Thank You
You're Welcome

An Young Ha Shim Neeka
An Young E K Ship Sheeo
Kan Sa Ham Ne Da
Cha Ma Nay Oh

South Korean map and some stats



South Korea Population (2007 est.): 49,044,790,

Capital Seoul, population 10,287,847

Land area: 98,189 sq km (compared to the United Kingdom's (inc England, Scotland, Wales & Northern Ireland) Land area: 241,590 sq km).

Training Days and Times

Kingston College, Kingston, Kingston Hall Road, Surrey	Monday	6:30 – 8 pm
	Wednesday	6:30 – 8 pm
Marlborough Primary School, Draycott Ave, London, SW3 3AP	Tuesday	5 – 6 pm (children) 6.15 – 7.15 pm
	Wednesday	6 – 8 pm 6 – 7 pm (children)
Stag Lane School, Edgware, HA8 5RU	Friday	6 – 8pm
Whitton Sports Centre, Percy Road, Whitton	Thursday	7 – 8:30 pm
	Sunday	2 – 3 pm (Under 8s) 3 – 4:30 pm
T.A.S.I.S – The American School, Coldharbour Lane, Thorpe, TW20 8TE (Access via Ten Acre Lane)		

Please contact Master Lawrence or Lindsey Bell for further details or visit the website WWW.LLTkd.CO.UK

The LLTKD Student Handbook was compiled by Lindsey Bell © 2008 and was correct at the time of going to print. Special thanks go to everyone who has had an input into the LLTKD handbook.