

Quick info for parents....

- ❖ Payment must be made by the 15th of the month. A late fee is assessed after the 15th. Your student will not be permitted in class until the tuition and late fee is paid.
- ❖ Contracts are not required, however notification of monthly time off is. If you/your student plan(s) to take a month off of training, notice must be given to Master Kreger by the 25th of the month. If notice is not given by that deadline, you are still responsible for the payment of the following month. Students taking a month off of training are ineligible for the next upcoming belt test.
- ❖ Sessions run approximately 12 weeks and consist of about 48 classes (4 classes a week during winter term) between belt testings. One requirement for belt testing is meeting the required attendance.
- ❖ Please be on time. If you have a scheduling conflict that consistently causes you to be late, please speak with the instructor.
- ❖ Uniforms are required. This includes the belt. Repeated missing uniform pieces will have consequences.
- ❖ Training equipment for home use is available for purchase. Please see Master Kreger.
- ❖ Belt testing is offered at the end of the session for students who have met the requirements and are ready to advance. There is a \$20.00 testing fee payable before the test.
- ❖ Advancement for belt rank consists of (but not limited to): required class attendance, knowledge of appropriate Taekwondo terms, hand and foot techniques and poomsae (forms), self defense and one step sparring, behavior and self control. It is the Master Kreger's ultimate decision whether a student is ready for advancement. If you are to be tested...you will be notified.

School Rules

1. Always address the instructor as Sir or Ma'am.
2. Bow at the door when entering and when leaving (the door to the training hall)
3. Be courteous and respectful of where we train and who we train with.
4. Practice only the techniques which you have been taught in class.
5. Only spar when you have permission and in the presence of your instructor.
6. If you get hurt, let the instructor know immediately so you can be helped.
7. No jewelry is to be worn in class. If you must wear a wedding ring, please TAPE it. This is for the safety of the students.
8. There is no eating in the training hall. Only bottled water is permitted.
9. Wear a clean uniform at all times.
10. Ladies with long hair must wear it up in a ponytail or bun.

What does your instructor expect from you?

- A willingness to learn. Pay attention in class and ask questions when you don't understand.
- Proper attendance.
- Show respect to your instructor and fellow classmates.
- Always try. I simply want your best effort!
- Have fun! When you have fun, learning is easy! Learning Taekwondo is a slow sport and is all about becoming the best you can be.

A word from Master Kreger....

Taekwondo is a passion for me. It has changed my life and I have watched it change the lives of my students. It's not just about how high you can kick or if you can win a sparring match. Taekwondo offers so much more. Do you need to work on your self esteem? Maybe you want to get in shape but need something more stimulating than a cardio class. Perhaps you'd like to learn how to confidently defend yourself. Or do you need help controlling your behavior and sharpening your listening skills? Taekwondo can provide the path to all that and more! Each student works at their own pace. Not only do you get support and encouragement from your instructor, but you get it from your classmates as well. You learn to reach your potential and learn how to help others reach theirs. Your instructor, classmates, parents and siblings all make up your Taekwondo family. Let's see what we can accomplish together!

Brief History of Taekwondo

Taekwondo began as an ancient form of unarmed combat in Korea during the first century A.D. (over 1900 years ago). It is the oldest of the existing martial arts. It began entirely as a form of foot fighting, but through the centuries hand and foot techniques were introduced to improve the attack capabilities of Taekwondo. The present day martial art of Taekwondo evolved through improvements constantly being introduced over the centuries since its origin.

Taekwondo is an important part of Korean culture and heritage. It is practiced throughout Korea in gymnasiums of all the schools and universities as well as in the military and police force. Taekwondo is not only the Korean art of self defense but is also the national sport of Korea.

What Does Taekwondo Mean?

Translated literally, Taekwondo means "art of foot and hand fighting". "Tae" means to kick, jump or smash with the foot. "Kwon" denotes a fist used to punch or destroy. "Do" is the art, the way, the method.

The Tenets of Taekwondo

Courtesy: Showing kindness and respect to all fellow humans, especially to those of an older age. It is mandatory that students be courteous and respectful of each other, particularly those of higher ranking belts.

Integrity: Living honestly and telling the truth. Not just to others but being honest with yourself.

Self Control: Having control over your body and your emotions.

Perseverance: The attitude to never give up no matter how discouraged you may become.

Indomitable Spirit: Being strong willed. Through the use of perseverance you strive to overcome personal weakness in all areas of life.

Order of the Belt System...

White
Yellow
Hi Yellow
Green
Hi Green
Blue
Hi Blue
Red
Hi Red
Red/Black
Black

Belt Color Meanings

The color of the belts used is by no means merely some random selection of colors to distinguish the different ranks. Each belt color has a meaning symbolizing advancement and increased awareness.

The color belt system is not just a representation of rank advancement, it is also is an acknowledgement of individual personal growth. Such advancement signifies not only growth within the dojang (training hall), but that of positive character and growth outside of the dojang. The interpretation of the belt colors, which follows, is but one of many possible meanings. For example, the color blue could represent the water, as opposed to the sky, which the plant receives in order to continue to grow.

White: signifies a birth, or beginning, of a seed. A white belt student is a beginner searching for knowledge of the Art.

Yellow: signifies the first beam of sunlight which shines upon the seed giving it new strength with the beginning of new life. A yellow belt student is given his/her first ray of knowledge, opening his mind, from an instructor.

Green: signifies the growth of the seed as it sprouts from the earth reaching toward the sun and begins to grow into a plant. A green belt student learns to further develop and refine his/her techniques.

Blue: signifies the blue sky as the plant continues to grow toward it. A blue belt student moves up higher in rank just as the plant grows taller. The light feeds the plant so it can continue to grow. The student is fed additional knowledge of the Art in order for his/her body and mind continue to grow and develop.

Red: signifies the red-hot heat of the Sun as the plant continues growing toward it. A red belt student is higher in rank, he/she acquires more detailed knowledge and, just as the plant grows slowly toward the Sun, so the red belt student learns to be more cautious as his/her knowledge and physical abilities increase.

Black: signifies the darkness beyond the Sun. A black belt seeks new knowledge of the Art. As he/she begins to teach others, he/she begins planting new seeds, his/her students, many of which will take root deep into the Art, blossom and grow through the ranks in a never-ending process of self-growth, knowledge, and enlightenment.

Tenets of Taekwondo Poem

Courtesy is giving a bow,
to Black Belts and teachers who show you how.
It's doing your chores before you're asked,
and being helpful in every class.
It's simple words like "thank you" and "please",
and never, ever to hurt or to tease.

Integrity is the simple rule,
of being honest at home and in school.
It's never cheating when taking a test,
or thinking you're better than all of the rest.
To lie or steal just wouldn't be right,
so try to be honest with all your might.

Self-Control states a simple fact,
you should always think before you act.
It's standing in class, not a muscle you twitch,
even if you only scratch an itch.
It's counting to ten when things make you mad,
then walking away because fighting is bad.

Perseverance is telling your heart,
you're going to finish the things that you start.
It's refusing to quit when the going gets tough,
or starting to cry when the sparring get rough.
It's not giving up on the board you must break,
no matter how many tries it may take.

Indomitable Spirit is showing no fear,
and not freezing up when trouble is near.
It's knowing in life there's some risks you must take,
and along the way some mistakes you may make.
It's standing up proudly and thinking with glee,
I'm OK! I can do it! I believe in me!

7 Reasons Why Your Child Should Take Taekwondo

Self Defense/Martial Arts training can be a catalyst to promote self-confidence, assertiveness, goal orientation calmness and concentration.

Contrary to what some parents believe, self defense training does not prepare children for a show-down with a bully. Instead it short-circuits the bully-battling signals by building self-confidence and self-esteem through the supervised practice and learning of self-defense techniques.

1. DEFUSING BULLIES....A bully usually has a low self-esteem and the need to feel powerful causes them to seek out others weaker than themselves. A bully senses weakness such as an unwillingness to look him in the eyes, hunched posture, rapid breathing when confronted, and uncertainty in replies.

2. GRACE UNDER PRESSURE....Martial Arts is a practical course in assertiveness training. Some psychiatrists have even recommended it as training for patients who lack assertiveness. The format is simple: apply a small amount of pressure, teach the student how to handle it, then graduate slowly until the student becomes comfortable.

3. GOAL ORIENTATION....Martial Arts offers clear benchmarks of progress that are not found in many modern day activities. The Taekwondo ranking system bestows a different color belt for each step up the ladder which provides a constant sense of achievement. New belt ranking are attained by passing a test offered at periodic intervals. A by-product of this test is learning poise in front of the instructor and an audience.

4. TAEKWONDO, CONCENTRATION & SCHOOLWORK....Concentration is definitely a by-product of Taekwondo training. The tradition form or Poomsae (a set of prescribed movements against an imaginary opponent) is a lesson in self-control. Maintaining a low stance, remembering each intricate move and delivering it with power requires effort.

5. ROLE MODELS....Parents will find that Taekwondo promotes achievement orientation. By emulating the instructor the kids have a strong, positive role model and learn the appropriate use of their new skills.

6. PHYSICAL BENEFITS...A number of professional athletic teams have used martial arts training to improve performance. Children lacking coordination may find martial arts to be one of the best activities to develop balance and fluid movement. Flexibility is a standard part of martial arts training, this makes a young athlete less prone to injury and more flexible later in life.

7. FULFILLING THE NEED TO BELONG....A distinct advantage of Taekwondo over team sports is that every child can participate and succeed. Unlike team sports, where a youngster may not make the cut or ends up on the bench, Taekwondo lets everyone perform at his or her highest level. Children in Taekwondo are often leaders in their peer group. They have an investment in their value system. Things like alcohol, cigarettes, and drugs are viewed as a risk to that investment.