

Handbook For New Student



K-TOP **TAEKWONDO**
& **MARTIAL ARTS**



What is Taekwondo?

Taekwondo is a systematic and scientific Korean traditional martial art that teaches more than just physical fighting skills. It is a discipline that shows us ways of enhancing spirit and life through training our body and mind. Today, taekwondo has become an international sport that competes within the official games of the summer Olympic sports family.



Let's take a closer look at the meaning of the words "Tae" "Kwon" "Do." Though the term 'Taekwondo' is composed of three parts as often shown in English spelling, it is one word in Korean. "Tae" means "foot", "leg," or "to step on"; "Kwon" means "fist" or "fight"; and "Do" means the "way" or "discipline". When we put these three parts together, we see two important concepts behind

"Tae Kwon Do". First, Taekwondo is the right way of using Tae and Kwon 'feet and fists' and all the parts of the body that are interconnected with the fists and feet. Second, it is a way to control or calm fighting to keep the peace. This second concept comes from the meaning of Tae Kwon to "put fists under control" [or "to step on fists"]. Thus, Taekwondo means "the right way of using all parts of the body to stop fights and help to build a better and more peaceful world."

Taekwondo developed in Korean over 5,000 years and was referred to by different names during this time. Taekwondo originally began as a defensive martial art called "Subak" or "Taekkyon," and developed into a way of training both body and mind. Taekwondo today shares some features with





martial arts from other Asian countries, incorporating the best from these different styles and traditions. But it is also very different from these martial arts. First, it is very dynamic physically with active movements which include a variety of skills utilizing foot, hand, head and general movements. Second,

the principle Taekwondo physical movements are developed in synchronicity with the mind and life as a whole. Third, Taekwondo requires and develops high levels of cardiovascular fitness. Recent sport science studies have established that Taekwondo training requires caloric expenditures that far exceed those expended by many other physical activities. And finally, Taekwondo trains body and mind control through a series of dynamic poses incorporated in poomsae or set patterns.

Taekwondo can be characterized by unity: the unity of body, mind, and life, and the unity of the pose (poomsae). When you learn and practice Taekwondo, you strive to make your mind peaceful, to synchronize your mind with your movements, and to extend this harmony to your life and society. This is how, in Taekwondo, the principle of physical movements, the principle of mind training, and the principle of life become one and the same. Taekwondo pursues harmonious growth and improvements in life through its unique activities. This is why one can say Taekwondo is a way of life. To ultimately enable ourselves to achieve physical fitness and lead more valuable lives, we would do well by finding and training in the guiding principles deeply embedded in and expressed through Taekwondo.

Males and females in all age groups can participate in Taekwondo. Students of Taekwondo can range in age from as young as 4 and 5 through to senior citizens. The training provides well-rounded physical fitness and cardiovascular well-being, while nurturing physical and emotional self-control, respectful behavior, and mental concentration. Taekwondo training focuses on developing among its students the five core principles of **Respect, Integrity, Perseverance, Self-Control, and Indomitable Spirit.**

For those interested in competitive combat style athletics, The World Taekwondo (WT) offers high performance training and the opportunity to partake in the many regional, national, and international tournaments available to develop experience and test skills. WT Taekwondo became a fully-fledged Olympic sport in the 1996 Atlanta Summer Olympic Games. This sport is fully recognized and supported by Sport Canada. In Canada, WT Taekwondo is administered and regulated by the national sport organization Taekwondo Canada. The Maritime Taekwondo Union is the sport's provincial sports organization as recognized by Sport Nova Scotia.



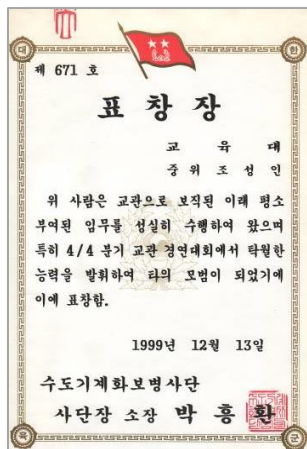
K-Top Taekwondo and Martial arts is an affiliated with Woo Yong's Taekwondo Academy located in Halifax (www.teamwooyong.ca). Grandmaster Woo Yong Jung is one of the very few eighth Dan degree black belt holder in Canada. Born in South Korea, Grandmaster Jung had won 14 South Korean national championships by the time he had graduated from university. In 1980 he won the bantamweight title for South Korea at the San Francisco World Games, and in 1984 he won the featherweight title at the Brazil World Games. Soon after, Grandmaster Jung immigrated to Canada and in 1992 he represented Canada at the Barcelona Summer Olympics, winning the bronze medal in the 64kg division. After retiring from competitive Taekwondo in 1997, he moved to Halifax and started up his academy. Between 2003 and 2010 he was Head Coach and Coaching Chair of the Canadian National Taekwondo Team, leading the National Team to notable success in the Athens and at the Beijing Summer Olympic Games. In 2010, Grandmaster Jung was recognized with the Hall of Fame Coach award.

Introducing Master Andrew Jo



Master Jo started training in Taekwondo in Seoul, South Korean in 1985 he was 10 years old. His interests and expertise included various Korean traditional martial arts such as Sibpalki (Korea traditional military martial art base on Muyedobotongji¹), Hapkido, and weapon techniques (including long staff, nunchaku, and sword). Master Jo was also interested in other martial arts and therefore trained in Chinese martial arts Kung Fu, and in the Japanese martial arts Judo and Kendo.

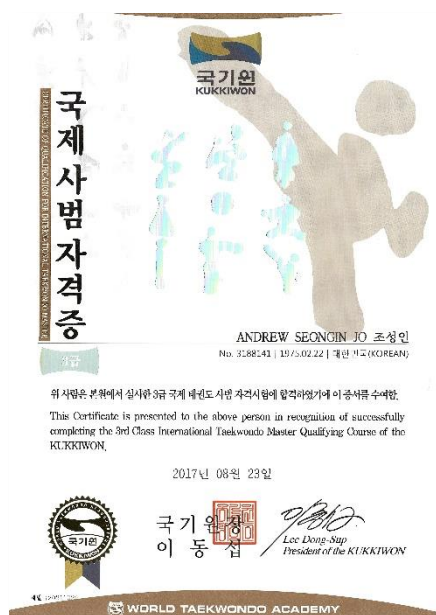
Through martial arts training Master Jo learned respect, consideration for others, courtesy, perseverance, initiative (to lead by example), leadership and spirit as a martial artist. Master Jo believes that the spirit is more important than techniques for a martial art practitioner and so Master Jo focus more on those spirit as a martial arts training person.



While a university student in Seoul, Master Jo was president of the Korea traditional martial arts university student association where he contributed to the study and dissemination of Korean traditional martial arts. Because of these experiences, when he was an officer (first lieutenant) in the military, he taught Taekwondo to Korean soldiers in recruitment training camps. His efforts were much appreciated and Master Jo was awarded a prize for best instructor.

¹ Commissioned by King Jeongjo (1740~1810) in 1790, the Muyedobotongji (translating to "Comprehensive Illustrated Manual of Martial Arts") expanded on the eighteen weapons systems identified in the *Muyeshinbo* of 1758. Written by Yi Deokmu (1741~1793), Pak Je-ga (1750~1805) and Baek Dong-soo (1743~1816), and published in four volumes in 1795, it preserved the methods and practices of the earlier work while adding equestrian training by executing six of the earlier weapons on horseback, extending the system to "eighteen martial arts methods"

After university Master Jo worked for department of education team of Hyundai and Kia Motors, and continued to study, earning a master's degree in HRD (Human Resource Development). He then joined LG Electronics, working as an expert of educational program developer, while continuing his studies to complete a doctorate program in HRD.



Master Jo is a 5th degree black belt in WT Taekwondo, a 4th degree black belt in Hapkido, and a 2nd degree black belt in Sibpalki. He also holds an International Taekwondo Master certificate issued by the Kukkiwon (headquarters of World Taekwondo). This certificate, recognized worldwide, required long and challenging training, culminating with a difficult examination. Taekwondo practitioners from around the world are still challenging this examination to receive this certification. As well Master Jo holds a certificate of instructorship in Hapkido issued by The Korea Hapkido Total Association.

In Korea, Master Jo is well versed in official World Taekwondo Poomsae as well as the new Poomsae (Bigak, Himchari, etc.). He learned the new Poomsae in Korea from Master Ji, a former Korea national Poomsae competitor, and currently a Poomsae instructor for the Korean national competitors. Also, he has trained Taekwondo and Hapkido form Grandmaster Hwang of The Korea Hapkido Total Association in Seoul.

In Canada, Master Jo continued to study taekwondo under the direction of Grandmaster Jung (8th Dan), a former national competitor (both Korea and Canada), world champion, Olympic medalist, and Canadian national team head coach. He has got a silver medal at the 2019 Canada open international Taekwondo championship, 3 gold medals at the 2020, 2021, 2022 Korean Ambassador's Cup Championship, 2 Gold and 1 Silver medals at the 2021 Taekwondo Canada Grand Prix I, II, III, a bronze at the 2022 National championship and a silver at the 2023 National championship.

Spirit of Taekwondo and Martial arts

1. Respect(존경, Jon-Kyoung)

- Always respect everyone (especially teachers, parents, seniors), even when he/she is younger than you. Observe etiquette and good manners at all times.
- A tree is known by its fruit; a man by his deeds. A good deed is never lost; he/she who sows courtesy reaps friendship, and he/she who plants kindness gathers love.

2. Integrity(염치, Yom-Chi)

- Always be honest with others, and with yourself. Resist temptation and corruption. Stand up for what is morally and ethically right.
- Integrity is not a conditional word. It doesn't blow in the wind or change with the weather. It is your inner image of yourself. Be true and honest with yourself and your rewards will be great.

3. Perseverance(인내, In-Nae)

- Always strive to advance, even in the presence of challenges and obstacles, in your training and daily life.
- You may experience defeat many times, but you must not be defeated. In fact, it may be necessary to experience defeat, so you can come to know who you are and what you can rise from.

4. Self-Control(극기, Geuk-Gi)

- Always stay in control over your thoughts and your actions. Do not let your emotions control your actions, even in difficult situations.
- When an individual is motivated by great and powerful convictions of truth, then he/she disciplines him/herself, not because of the demands of others, but because of the knowledge within their heart.

5. Indomitable-Spirit(백절불굴, Baek Jul Bool Gool)

- Always stand up for your beliefs. Give 100% effort each day, in your training and in daily life.
- There are no constraints on the human mind, no walls around the human spirit, and no barriers to our progress except those we ourselves erect.

Rules of the School

Students

1. All Students must always bow when entering the dojang and bow and say "Hello Sir/Ma'am or Master" when seeing a Master or an instructor for the first time.
2. All students must bow to the flags when stepping on and off the mat or entering the Master's office.
3. All students must address instructor by Master, or Mr./Ms., or Sir/Ma'am and the last name of the instructor.
4. Cursing, swearing, and bullying are unacceptable in the school.
5. Having food or gum on the mat is not permitted.
6. Do not wear outdoor shoes on the mat. If you have any reason to wear taekwondo (or indoor) shoes or socks, please tell Master or instructor.
7. If you are late – do 10 push-ups at the mat entrance and wait for instructor's directions - to say join in, and go to the last spot in the class.
8. When you are training if you need to use the washroom – ask to use the washroom (E.g. Can I go to washroom?)
9. All students cannot play mobile games or watch videos (YouTube) at school.

Uniform and Belt

10. All students wear a uniform (top and bottom), and belts must be tied properly (K-Top T-shirt and uniform pants with belt is only allowed in the summer season).
11. Always treat your belt with respect. Don't throw your belt on the ground or play with belt. If you mishandle your belt, you will have to return your belt to Master and wear a white belt until next level testing.

* **The uniform is your attitude, and the belt is your efforts!**

Attitude

- 12. Students using taekwondo without just cause will be asked to leave the school forever.
- 13. Always try to be on your best behavior.
- 14. Treat all fellow students with respect, and they will return respect.

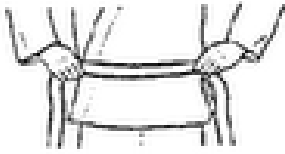
* **Challenges make your life more interesting, and overcoming of them makes your life more meaningful.**

Parents and spectators

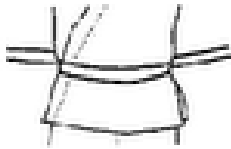
- 15. Please keep an eye on your child(ren).

Belt Tying Instructions

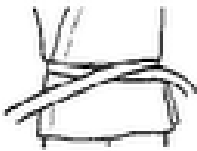
* For **white belt** students, follow from step 3.



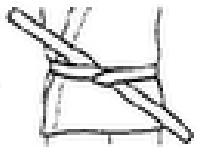
1. Place the middle part of the belt on your waist.



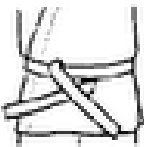
2. Wrap the belt around your waist



3. Bring both ends of the belt back the front of the waist.



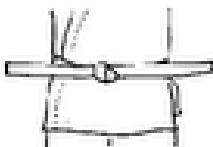
4. Pull the outer wrapped end of the belt under and behind the belt.



5. Flip the other end of the belt over and place the top end over the flipped end.



6. Pull the top end under and around the bottom end of the belt.



7. Pull both ends of the belt horizontally to tighten the square knot.

The method of tying the belt according to the martial arts is different. Please do not refer to tying belt method with other martial arts (Judo, Karate and so on). If you have any question about tying belt, please ask to Master or instructor, don't hesitate.

Belt ranking and test

Level	Belt ranking		Testing Form(Poomsae)	
			Little Tigers (PP ~ P)	Children (Grade 1 ~)
Beginner	White belt		Ten Basics	Ten Basics (Young Children) or Gibon 1 and 2
	Yellow Stripe belt		Gibon 1	Gibon 1, 2 or Taegeuk 1 jang
	Yellow Belt		Taegeuk 1 jang	Taegeuk 2 jang
Intermediate	Orange Belt		Taegeuk 2 and 3 jang	Taegeuk 3 jang
	Green Stripe Belt		Taegeuk 4 jang	Taegeuk 4 jang
	Green Belt		Taegeuk 5 jang	Taegeuk 5 jang
Advance	Blue Belt		Taegeuk 6 jang	Taegeuk 6 jang
	Red Stripe Belt		Taegeuk 7 jang	Taegeuk 7 jang
	Red Belt		Taegeuk 8 jang	Taegeuk 8 jang
	Black Stripe Belt		Taegeuk 1 ~ 8 jang Practice for Black belt Test	Taegeuk 1 ~ 8 jang Practice for Black belt Test
High Performance	Black Belt		Black belt Poomsae	Black belt Poomsae

Eligibility for a belt test.

- Beginners can take the next belt test after 1 ~ 2 months of training.
(White to Yellow Stripe, Yellow Stripe to Yellow)
- Intermediate and Advance students must attend the classes at least 40 times to take the next belt test.
- If you are over 8 years old, you MUST be able to tie the belt yourself and if you are under 8 years old, you MUST be able to explain how to tie the belt to get the Orange belt.**