



Introduction packet for Norwalk Family Taekwondo's new students.

We would like to welcome you to Norwalk Family Taekwondo. This packet contains information that will be helpful in starting to learn the Martial Art of Taekwondo. You have just taken your first step to hopefully one day earning your black belt. We hope you'll enjoy your journey as much as we enjoy helping and teaching you.

Our goal is to provide quality martial arts education to people who, for one reason or another, do not have the desire or resources to join a full-time martial arts club or health facility, yet still wish to enjoy the benefits that come from martial arts training, conditioning and competition, as well as personal attention to training and fitness.

Taekwondo is a form of aerobic training, a competitive sport, and lastly, a practical system of self-defense. We teach students how to avoid conflict. Equally important is the moral education that we provide. Students are taught the five tenets of Taekwondo: courtesy, integrity, perseverance, self-control and indomitable spirit. We believe that by providing a well-balanced education of both physical and moral discipline and teaching that we help students develop self-esteem and become leaders in our society.

Families are strongly encouraged to join and train together! We have found that the kids have an easier time learning when one or both of their parents/guardians are in class with them.

Norwalk Family Taekwondo is an affiliate member with Voorhees Taekwondo, Inc. Our Master Instructor is Master Larry W. Voorhees who has been a student of Taekwondo for over 24 years. We also encourage students to attend as many classes each week as possible. In addition to taking classes at Norwalk Family Taekwondo, you may also attend classes as a guest at any Voorhees Taekwondo affiliate club. Our affiliate clubs and locations are:

- Des Moines @ Archie Brooks Community Center
 - Grinnell @ the Grinnell Community Center
 - Osceola @ the Elementary School
- Voorhees Taekwondo
Grinnell Taekwondo
Falcon Taekwondo

If you are interested in visiting one of these clubs, please contact Mr. Wagenknecht to inquire about club location, class dates and times.

If you have questions you can reach us at our business telephone, 515-210-5217 or via email at NorwalkTKD@NorwalkTKD.com.

We're very happy you have chosen to join our Taekwondo family.

Mr. Wagenknecht
2nd Dan
Head Instructor & Owner @ Norwalk Family Taekwondo

Norwalk Family Taekwondo

Students are charged a class tuition and are required to be Association members in Voorhees Taekwondo.

Tuition and Dues

- Class Tuition, (paid per session with a session roughly being 2 months long.)
- Association Membership Dues, (Paid annually)

Session Tuition Dues and Association Membership:

- **Class Tuition Dues**
 - Submit the Dues along with the Registration Form to the Norwalk Parks & Rec. Dept located in the Norwalk Police Station, 1100 Chatham Avenue, just off of Hwy 28.
 - Make checks for Class Dues payable to: Norwalk Parks and Rec. Dept.
- **Association Membership** is an annual membership fee of \$20 that is valid in the year paid and runs January through December. Please make the checks for the Association Membership payable to "Voorhees Taekwondo, Inc." This must be paid before a student can participate in any more than the first, introductory class. Please turn this fee and form into Mr. Wagenknecht.
- This annual membership does not include membership in the USAT. If you would like to join USAT, please talk to Mr. Wagenknecht. I will be renewing my membership in the USAT. This is a previous requirement to being a student at Norwalk Family Taekwondo, but it has been waved and made an option for 2009.

Norwalk Family Taekwondo Class Schedule

Tuesday	6:15 – 6:55 PM – Beginners’ Class
	7:00 – 8:00 PM – Advanced Class, (All Ranks other than beginners)
Thursday (1 st , 2 nd , & 4 th of month)	6:15 – 6:55 PM – Beginners’ Class
	7:00 – 7:45 PM – Intermediate Class, (White, Yellow, Orange)
	7:45 – 8:30 PM – Advanced Class, (Green and above only)
Thursday (3 rd of month)	6:15 – 6:55 PM – Beginners’ Class
	7:00 – 8:00 PM – Advanced Class, (All Ranks other than beginners)
	8:00 – 8:30 PM – Sparring Class

Uniforms & Equipment

We recommend that you purchase all uniforms and equipment from us to insure that they meet the proper safety and tournament requirements.

We suggest that you purchase a uniform within a few weeks.

Uniform

- White, V-neck,
 - Lt Weight student uniform \$35.00 , (includes Norwalk TKD Patch)
 - Ribbed Uniform \$45.00
- Voorhees Taekwondo (association) patch \$10 each
- Norwalk TKD arm patch \$10 each

Sparring Gear

- Chest Protector, Head Gear, Shin and Instep Pads, & Forearm Guards*
- Mouth Guard **
- Groin Cup (males) **

Our club may have some sparring gear for students to use during sparring class and to borrow for use at tournaments; however when a student begins sparring training, they will need to purchase their own personal mouth guard, males will need to purchase a groin protector, and individuals may want to own their own personal set of sparring gear.

*Ask your Instructor for examples of these items, prices, catalogs and ordering information. **Checks for uniforms, patches, sparring gear and other equipment purchases should be made payable to: “Norwalk TKD.” Checks for Association Dues should be made out to: “Voorhees Taekwondo, Inc.” and turned into Mr. Wagenknecht along with the Association Dues Form**

** Mouth guards and male groin cups can be purchased on your own. The price for these items because of shipping is cost prohibitive for me to keep in stock or to order. I can get them for you, but the price will be higher than could get on your own.

Reminder: Do not purchase any uniform, equipment or sparring gear without checking with your Instructor first, as some styles and colors are not permitted in class or for tournaments. As with everything else, if you have any questions, ask your Instructor.

Five Tenants of Taekwondo

1. COURTESY:

- a. to promote the spirit of mutual concessions
- b. to be polite to one and other
- c. to encourage the sense of justice
- d. to distinguish instructor from student and senior from junior.

2. INTEGRITY:

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

3. PERSEVERANCE:

There is an old saying, "patience leads to virtue or merit". A serious student must learn not to be impatient: to continue steadfastly, to persevere. You don't give up, even when the odds are against you.

4. SELF-CONTROL:

This tenet is extremely important inside and outside 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 student and opponent. An inability to work within one's capabilities is also a lack of self-control.

5. INDOMITABLE SPIRIT:

A serious student will at all times be modest and honest. If confronted with an injustice, he/she will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the numbers may be.

STUDENT CREED

1. I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or my physical health.
2. I intend to develop self-discipline in order to bring out the best in myself and in others.
3. I intend to use what I learn in class constructively and defensively to help myself and my fellow man and to never be abusive or offensive.
4. I will always strive to be the best I can be.

Norwalk Family Taekwondo

New Student Information

Rules and Regulations within the *Do-jang* (work-out area)

When entering the workout area (*do-jang*) show respect by:

1. Removing shoes before stepping onto the floor.
2. Bowing before entering and when leaving.
3. Bowing to the Instructors or Senior Students.

Do's for working out:

1. Review your last class and apply stretching exercises before class begins.
2. Dress properly either in loose-fitting clothing or preferably in a uniform (*do-bolk*).
3. Pay attention to the instructor and what you are being asked to do.
4. Show respect by being friendly and courteous to all students, regardless of rank.
5. Come to attention and bow when approaching or when approached by a senior student or Black Belt.
6. Address a senior member or Black Belt as "Sir" or "Ma'am" when speaking or when spoken to.

Don'ts for working out - the following items are prohibited

1. Gum
2. Jewelry – including earrings in any part of the body and wedding rings
3. Long finger nails

Because the nature of this art involves contact with other students the items listed above are prohibited to ensure your safety and the safety of other students. In addition if a student has hair that is long enough that the instructor determines it is a hazard for other students, the student will be required to restrain it.

Customs and Courtesies Within the *Do-jang*

Our curriculum includes modeling and teaching students respect and the five tenets of Taekwondo; Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. As students become familiar with these, they too will be expected to model them and teach them to newer students.

Attendance

You will determine the number of classes that you attend each week and month. However, please keep in mind that your attendance will directly affect your progress, and class dues are the same whether you attend one or all of the classes in a month. We encourage you to attend as many classes as feasible. And remember that we have agreed to be here to conduct class for you. We in turn expect you make every effort to attend class. If you have a conflict or become ill, please if you can, call your instructor and let them know you won't be attending class.

Questions

If you have questions, please ask your Instructor. There is no such thing as a "dumb" question. Seeking is the path to knowledge and understanding. It is your job to ask questions. It is your Instructor's job to answer them, or help you to find the answers.

Norwalk Family Taekwondo

New Student Information

ADDITIONAL DOJANG ETIQUETTE

Entrance: As a simple show of respect, bow as you enter or exit the Dojang. Always leave your street shoes at the door if you are coming to the Dojang for Tae Kwon Do class.

Uniform: Wear a clean white uniform (Dobok) free of odor. Your Dobok is only to be used for class and should not be worn while playing.

Conduct: Your conduct should always be respectful, especially when wearing your Dobok. Your behavior when viewed by others will reflect on entire organization.

Silence: There will likely be another class in session when you arrive and as you prepare to leave. Respect the Dojang and the other students' class time by refraining from noisy conversation and other distractions.

Leaving the workout area: Once class has begun, you must get permission from your instructor to leave the floor. To get your instructors attention, raise your hand and then ask permission to leave. If you need to leave class early, you should inform your instructor prior to the start of class.

Home Practice: Home practice is strongly suggested and encouraged. Just 20 to 30 minutes a few times week at home will greatly improve a student's retention of new techniques and improve flexibility.

Playing Tae Kwon Do: It will soon become evident that you cannot play Tae Kwon Do with someone who has no experience. Playing Tae Kwon Do at home, at school or day care, it is likely someone will get hurt and you will most likely get into trouble. Please respect what you are learning.

Safety: One the most important reason for Dojang etiquette is to provide safe workout conditions for all students. Everything that happens with the Dojang is based upon the principle of Mutual Welfare and Benefit.

Norwalk Family Taekwondo

Our Philosophy of Taekwondo

In today's Taekwondo, we study many facets of the art. We begin each class with stretching to make sure the various muscle groups are ready for strenuous exertion. Then we practice hand techniques and stances, followed by kicking techniques. These are done in a "marching" style, moving up and down the floor of the *do-jang*. Emphasis is on proper application of technique and cardiovascular workout. This is usually followed by a short lecture by the Instructor, usually centered around a moral or principle, frequently one of the 5 Tenets of Taekwondo. These Tenets are Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. The last part of the traditional class usually encompasses one-step sparring sets, self-defense techniques, forms, target pad work, or heavy-bag drills.

Is any one of these areas more important than the other? No, they are equally important. Studying all the facets of Taekwondo is likened to a spinning plate...if the plate is spinning on a pole in its exact center, it won't wobble and fall; however, if you add a little weight to any one point of the plate, the balance will be ruined, and it will come crashing down.

Many parents ask how they can help their child in the study of Taekwondo. Obviously, unless you are a trained and certified Black Belt Instructor or Associate Instructor, there is very little that you can do to help them from a technical standpoint, but there is a great deal that you can do from a parental standpoint. First and foremost, be supportive and positive. Tell your child that you are proud of them, and that you love them, and that you are genuinely interested in what they are doing. One way you can show that is by coming and watching them in class. This demonstrates in a most concrete way that you think they are important and deserving of your time and attention. We always have a place in the room for spectators, and encourage them at every opportunity.

Another way you can show support for your child is by joining the class yourself. Many people find that this is truly a family sport that all can enjoy, since everyone learns and advances at their own rate.

Finally a word about belts. Many people have the misconception that the belt is an egoistic symbol for the martial artist. In fact, it is nothing more than a training aid for the Instructor. Each belt tells the Instructor what a person can be expected to know, and what new techniques they are ready to be taught. It also points out to the newer students who the senior students are so they can go to them and ask for technical advice and assistance. Beginners start with a white belt, then advance through formal testing procedures (both written and physical) to yellow, orange, green, blue, brown, red, and then to Black Belt, Recommend. Upon attaining a Black Belt, students continue their training into the upper ranks of Black Belts. Local promotional testings for the colored-belt ranks take place approximately every two months, with the host site rotating between our family of clubs. Black Belt testings take place 5 times a year at Iowa State University in Ames under the direction and supervision of Grand Master Yong Chin Pak, and the State of Iowa Black Belt Association. Please see your instructor for the dates and locations of all testings, as well as information about promotion requirements and associated testing fees. Your instructor(s) will advise you when they think you are ready to present yourself for a promotional testing.

At the time of this writing, the Grand Master that we look to for supervision and training is Grandmaster Yong Chin Pak, an 8th Degree Black Belt, who is a Physical Education and Martial Arts Instructor for Iowa State University. Master Larry Voorhees, 5th Degree Black Belt, is our local Master Instructor.

Spectator Points to Ponder

I can recall when growing up, a phenomenon that I have come to call the "Little League parent." As a child, I didn't enjoy going to Little League practice or games. It wasn't because I didn't enjoy playing, or didn't like the kids or coaches I was with, it was mostly because of two adults that invariably came to every practice and every game. I was continually amazed at their wealth of knowledge about the sport, their insight into the physical, emotional and mental state of each player and umpire, and their uncanny ability to decide beyond the shadow of a doubt if an umpire needed corrective lenses, had never graduated the 3rd grade, or had somewhat dubious lineage. And they were able to come to these conclusions at a distance of 50 feet and a volume somewhere between a freight train and a 747 airliner!

Needless to say, these spectators were an embarrassment to the team, the coaches, and, worst of all, to their children.

Unfortunately, I have occasionally been witness to these same types of individuals in the martial arts community. Fortunately, for most of us, they don't last long. They cannot comprehend what most of us learned long ago: this is a sport, and it is a game. It is NOT life and death in the competition arena. When parents, coaches or competitors act in an inappropriate manner at ringside, the only one who really suffers is the student. And we usually end up losing that student somewhere along the line, too. They drop out and never return, thus losing the life-changing benefits of this art.

With these thoughts in mind, I'd like to offer a few suggestions and outline some expectations that we have.

In class:

The Taekwondo class is a very structured, very disciplined environment. We don't permit students to wander around, to be disruptive, or to be disrespectful. Likewise, the same expectations hold for spectators of the classes. We strongly encourage spectators at every opportunity, and believe that when parents are watching class, students work their hardest. However, unruly or disruptive spectators will be asked to leave the *do-jang*. It is the job of the Instructors to instruct. It is the job of observers to observe.

At tournaments:

The only person who is permitted to offer technical advice from ringside to a competitor is that student's official coach. Any other individuals yelling technical advice (which kick to throw, etc.) or shouting disparaging remarks or disrespectful comments ("C'mon, ref...that's a point!") may earn a penalty for the competitor, and will most likely be asked to leave the competition area. You don't always have to agree with the Black Belt judges, but you do always have to abide by their rulings. In every case, you need to remember: it's only a game.

Following these simple guidelines and practicing the Tenets of Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit will make the Taekwondo experience a much more beneficial one for both you and the person you love that is in the class.

--Master V.

TAEKWONDO

QUESTIONS AND ANSWERS

1. **What is Tae Kwon Do?**
 - Tae Kwon Do is Korean for ‘the art of hand and foot / the art of self defense.’
2. **What is the purpose of Kicho Il-bo?**
 - The development of punch, power, stance and timing.
3. **What is the meaning of Palgwe?**
 - Heaven and Earth, Universal Power.
4. **What is the meaning of TaeGuek?**
 - TaeGuek is the center symbol of the Korean flag.
5. **What is the purpose of one-step sparring?**
 - The development of control, power, speed and technique.
6. **Tae Kwon Do is a Martial Art. What attributes should be learned?**
 - Discipline, Confidence, Respect, Fundamental physical fitness, Self-defense.

TERMINOLOGY

With most things we do today, a working vocabulary is essential before conceptual understanding grasps you. Tae Kwon Do is a martial art, unifying the body with the mind. At first, you will learn the importance of the mental attributes. Tae Kwon Do, being Korean, necessitates the learning of its terminology in Korean.

INTRODUCTION

ENGLISH	KOREAN
Exercise Hall	DoJang
Uniform	DoBok
Colored Belt	Dee
Black Belt	Dan
Attention	Char-yut
Bow	Kyung-Yae
Ready Stance	Jhoon-Bi
Return	Shi-ut
Relax	Ba-ro
Turning around	Dwito-Dura
Front Stance	Choon-Gul Suh-Gi
Side Stance	Yup Suh-Gi
Back Stance	Hoo-Gul Suh-Gi
Horse Stance	Kima Suh-Gi
Horse Stance w/punch	Kima Shuh Chi–Ru-Ki

COUNTING FROM 1 TO 10

ENGLISH	KOREAN
	(Cadence) (Ranking Order)
One	Ha-nah Il, (1 st)
Two	Do-ol Yi (2 nd)
Three	Set Som (3 rd)
Four	Net Sa (4 th)
Five	Da-Sut Oh (5 th)
Six	Ya-Sut Yuek (6 th)
Seven	Il-Gob Chil (7 th)
Eight	Yu-dle Pal (8 th)
Nine	A-hop Koo (9 th)
Ten	Yo-ul Ship (10 th)

The Ranking Order used with Forms:
 Palgwe 1 = Palgwe Il - Jang
 Palgwe 2 = Palgwe Yi - Jang

Norwalk Family Taekwondo

New Member Registration and Release Form

Please **PRINT** all the information requested on the following lines.

Name of Student: _____

Street Address: _____

City: _____ State: _____ ZIP: _____

Home Phone #: _____ - _____ Email: _____

Height: _____ Weight: _____ Age: _____ M/F: _____

Date of Birth: _____

Junior student (5 - 18 years old) _____ Senior student (over 18 years old) _____

Any special health considerations that the Instructor needs to be aware of: _____

Norwalk Family Taekwondo, may, at their discretion, require a health statement from a physician prior to allowing a student to participate in classes.

Emergency Contact Information (if student is under 18, Parent/Guardian information):

Name of Emergency Contact(s): _____

Mailing address: _____

City: _____ State: _____ ZIP: _____

Home Phone: _____ - _____ Work Phone: _____ - _____

Cell phone: _____ - _____ Email: _____

Please read and complete the information on the reverse side, as well. This form must be completed and returned to the Instructor before the student may participate in any more than the **first class**.

Norwalk Family Taekwondo

New Member Registration and Release Form

Name of Student: (please print) _____

"The owners/caretakers of any facility where we may conduct class, and all officers, governing bodies and employees of the same are in no way liable for anything which may occur in the course of these classes. I realize that within the parameters of this sport and class that contact is implied by the very nature of the art, and that the risk of potential injury or death to myself is a risk that I assume totally. I understand that the Instructor for this class will take every reasonable precaution for safety as outlined to him/her in the Instructors' training which he/she has been given. With a clear understanding of the classes and what risks may be involved, I state that I am entering into this of my own free will, and that the City of Norwalk, Norwalk Community School District, Norwalk Parks and Recreation Department, Norwalk Family Taekwondo, Voorhees Taekwondo, Inc., its directors, shareholders, officers, instructors, employees, and independent contractors employed by them, their students, and any associations that they are affiliated with are in no way liable or responsible for any injuries, physical or psychological, which may occur as a result of my travel to, active or observant participation in, or travel from these classes, or any function connected with this class or sport. By affixing my signature, I hereby absolve all of the above-mentioned persons, entities and groups of any and all legal and civil liability for myself, my assigns and/or my heirs. I also give my permission for my photo, image or likeness to be captured and used in any manner, including electronically, by Norwalk Family Taekwondo & Voorhees Taekwondo Inc. without any recourse or recompense, within the normal course of their business and/or promotion of said business."

Signed: _____ Date: _____
student or parent/guardian, if student is under 18 years of age

If student is less than 18 years of age, a parent or legal guardian must sign this liability form. Also, if student is under 18 years of age, a parent or legal guardian must sign the following consent statement:

"I hereby give my consent for my son/daughter to participate in Taekwondo at Norwalk Family Taekwondo, and any schools officially affiliated with Norwalk Family Taekwondo & Voorhees Taekwondo, Inc."

Student's name: _____

Parent's Signature _____ Date: _____

This form and the reverse side must be completed and returned to the Instructor before the student may participate in any more than the first introductory class.

Also, all students will be required to have paid their Association Membership dues to Voorhees Taekwondo, Inc., for the current year. Students will not be permitted to participate in any more than the first introductory class until that membership fee is paid.