

White Belt Training Guide & Development Record

Potential Black Belt.....

Be one that rises to new heights,
that grows in strength whilst overcoming
challenges , one that succeeds as a

Taekwondo Black Belt

You have taken the hardest step to being a Black Belt, which is being brave enough to try a class, the rest of the journey is easier.



Feeling Great, Wellbeing,
Personal Power, Confidence,
Fitness, Body Tone, Fun,
Inner Strength, Charisma,
Expression, Leadership,
Friendship, Vision, Balance
Confidence, Peace & Success

The Spirit Warrior Difference

- Tuition not just by one Black Belt but by the Academy team of top Black Belts, a **7th Dan Master** and combined military forces Taekwondo coach, a 5th Dan **British Champion**, and 2 second Dan Instructors.
- A unique development programme designed to make training **fun and easy to learn**.
- More choice of classes with options **5 days** a week.
- The **best equipped academies** with mats, paddle targets, focus targets, BOB, kick shields, breaking boards, blockers, bokken, bo staffs, and much more
- A philosophy of providing authentic Taekwondo and helping people not just physically but respecting them and helping them grow as people.



Spirit Warrior Philosophy & Emblem

The circle marks your journey starting at white belt and then moving through yellow belt through to the higher grades of Red and Black for Black Belt. Black Belt is a great achievement to be valued but it is not the end as it marks a new beginning on the circle to even higher levels. The Korean calligraphy stands for “Tae Kwon-Do” which is central to Spirit Warrior. The Eagle symbolises freedom of spirit. The small coloured circles represent qualities our training develops and is based on a native American Indian Lakota medicine wheel. The north is WHITE and stands for the “Warrior” side of ourselves, the courageous, action led side. Yellow in the East symbolises “VISION” and creativity, it is about having big dreams for our lives. Red in the south symbolises COMPASSION to ourselves and others and is about taking steps to help others, ourselves and our environment.. Black in the West is about TEACHING, passing on our wisdom to others. The name SPIRIT WARRIOR refers to leading our lives courageously like a Warrior but travelling in a direction that comes from who we really are, the spirit inside.



Tae Kwon-Do

FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated on April 11th 1955 following extensive research and development by the founder, **Major General Choi Hong Hi 9th Dan**. It was introduced to the United Kingdom by Master Rhee Ki Ha in 1967.

It is a version of an ancient form of unarmed combat practiced for many centuries in the orient. Tae Kwon-Do became perfected in its present form in South Korea.

Translated from Korean,

'Tae' literally means to jump, kick or foot.

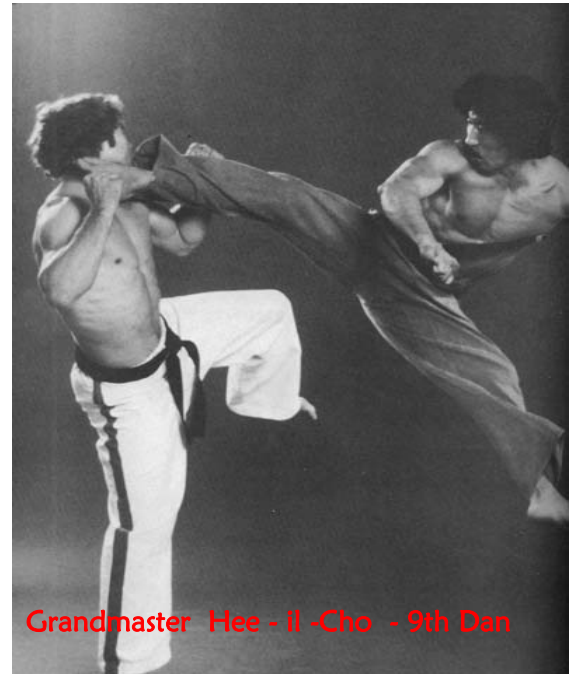
'Kwon' means a fist - chiefly to punch or destroy with the hand or fist.

'Do' means art, way or method.

Tae Kwon-Do indicates the technique of unarmed combat for self defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms and feet to rapidly disable an aggressive opponent.

To the Korean people Tae Kwon-Do is more than a mere use of skilled movements. It also implies a way of thinking and life, particularly in instilling a concept and spirit of self-imposed discipline and an ideal of living to build a more harmonious and peaceful world.

Respect for oneself and for fellow human beings is central to Taekwondo as is the belief that anyone can achieve greatness if they can conquer themselves. Confidence, fearlessness, truth, honesty, courage, success, good health and happiness are the ultimate benefits of Tae Kwon-Do.



Grandmaster Hee - il -Cho - 9th Dan

Tenets & International Taekwon-Do Oath



The 5 TENETS of TAEKWON-DO (CIPSI)

Courtesy	Integrity	Perseverance	Self Control	Indomitable Spirit
Respect for oneself, for others and for the environment. Bowing, listening, being polite	Saying and doing things from the heart. Honesty, telling the truth, keeping promises, keeping confidences.	“ A winner never quits and a quitter never wins”. To keep on trying in spite of obstacles	In class to care for the safety of others. To hold back from misusing Taekwondo, to control ones emotions. To respond not react	Living by the belief that you will never give up even in the face of overwhelming adversity. Self belief that you are worth it, and you have the power to achieve anything

The Taekwon-Do International Oath

As a student of Tae Kwon-Do

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

Name of
Potential Black Belt :

The second step to Black Belt - The path to Orange stripe Belt

- READY TO GRADUATE TO THE NEXT LEVEL –WELL DONE
- Self Defence—Swinging Punch
- Self Defence—Throat Grab
- Self Defence – single Wrist Grabs/ Double Wrist grabs
- Leg rising Exercise
- Outer Forearm Low Block
- Obverse Punch
- 5 Press Ups
- Crescent Kicks—Inwards & Outwards Moving
- Axe Kicks -Inwards and outwards moving
- Front kick (Back Leg)
- Theory: The 5 Tenets of Taekwondo, Code of Conduct,
- Theory: Instructor/Walking Stance / Theory of Power
- Theory: History of Taekwondo, Origins, Belt Colours
- Breathing and Khiap
- Fighting Stance
- Walking Stance & stepping
- Sitting stance single punches
- Tying the Belt
- Attention, Bow, Junbi, Etiquette



창 설

“ there are only 2 outcomes
in life winning and learning”

Spirit Warrior Code of Conduct



RESPECT

- Bow when entering and exiting the training hall (towards the flag if present)
- On entering the Academy always Bow towards where the Instructor is standing
- Address any Black belts as “Sir” or “Ma’am”
- Address anyone who takes on the role of Instructor as “Sir” or “Ma’am”
- When told to relax , bow and say “Thank you Sir (Ma’am)”
- Respectfully turn away from Instructor or turn away from partner when adjusting belt or training suit
- Maintain respect and discipline and refrain from fidgeting and idle chatter in class or whenever inside the Dojang
- Keep hand behind the back when in a relaxed position never placing the hands on the hips or crossing the arms
- Be respectful of all martial arts , never putting any other martial art down
- Refrain from questioning the Instructor in front of other students & ask questions before or after class
- Always set a good example to lower grades
- Tie your belt with care to get both ends an equal length

CONSIDERATION FOR OTHERS

- Keep Finger and Toe nails short and filed and pay attention to personal hygiene
- When free sparring always put the safety of your partner ahead of your desire to score a technique. Semi-contact means a skilful light touch or pulling the technique 1-2cm from the target

SELF -DISCIPLINE

- Be punctual and uniforms must be clean and the appropriate belt must be worn in order to join in any class
- Be your best and try your best. The more you put in, the more you get out of classes
- Be competitive with yourself and always put the safety of others ahead of personal glory
- **Never misuse Taekwondo**

FRIENDSHIP

- Be a good friend, welcome newcomers, be helpful and kind

Spirit Warrior Code of Conduct



Licences & Insurance

- All students must have an up to date License and Insurance. Any students that are not insured and have not renewed their insurance will not be allowed to train under British Taekwondo Council rules until their license is renewed.

Your Belt

- Your belt should be tied with care so that both ends of the belt are of equal length. This attention to detail in belt tying is central to the level of focus and excellence in technique that is needed to be a Black Belt.
- Your belt should always be treated with care and kept neatly in your bag.
- Your belt should never be left lying around on the floor. It represents your journey in Spirit Warrior Taekwondo and your attitude to your belt will affect your attitude to your training.
- Water may be taken whilst wearing your belt but the belt must be removed if any food or other drinks are to be consumed.

Use of Dojang (Training Centre) Equipment

- Students must always ask permission of the Instructor before using any equipment in the Academy

Class Etiquette

- The highest ranking student will always start a warm up if the main Instructor is not present at the start of the class
- Breaking out of the class for a water break, toilet break or for any other reason is only permitted once the attention of the Instructor has been obtained and permission granted
- High grades are expected to always act as a positive example for lower grades

How to Become an Excellent Student



- **Never tire of learning.** A student must always be eager to learn and ask questions. A good student can learn anywhere and anytime. This is the secret of knowledge.
- **Make sacrifices for your Academy and the Art.** Do not view training as just a commodity. Be willing to attend demonstration, seminars and competitions to improve and promote the Art and help your instructor and fellow students as much as possible, both inside and outside the Dojang.
- **Always set a good example to lower grades.** It is natural that students will attempt to emulate the behaviour of the senior ranks so always be aware of your conduct.
- **Be loyal and never criticise the Instructor, fellow students or Tae Kwon-Do.**
- **Practise and utilise techniques** that have been taught to you by the Instructor.
- **Maintain excellent conduct outside the Dojang** as this reflects on the Art and the Instructor.
- If you adopt a technique from another School or Art, which the Instructor disapproves of, do not use it in the Dojang.
- **Never be disrespectful to your Instructor or Senior Grades.** If you have any concerns, discuss them privately, never in line or in front of other students.
- **Never betray your Instructor or fellow students.** If you have been entrusted with certain techniques or information keep them to yourself. Do not cause trouble behind the backs of others.
- **Be strong.** Do not say or do something that goes against your beliefs or principles.
- **Follow the 5 tenets.** The tenets of Tae Kwon-Do should be viewed as a guide to moral and ethical conduct.
- **Be humble.** Irrespective of age or grade, understand that you are no better or no worse than anyone else.

Name of Future Black Belt

Orange Stripe Belt Guidance Notes



“ there are only 2 outcomes in life winning and learning”.... anon

Focus Area	Notes
Dojang Etiquette & Belt Tying	Bowing, lining up see “Code of Conduct”
Attention Stance & Bow (Charyot & Kyong Ye)	Heels together, toes apart, stay looking forward
Parallel Ready Stance (Chunbi)	Feet 1 shoulder width apart and parallel, exhale when punching closed fist to the front at belt level
Sitting Stance Single Punches	Keep knees bent and pushed outwards, punching shoulder height to the centre line
5 Press Ups	Gentlemen (over 18) progressing to knuckle press ups
Leg Rising Exercise	Stretching exercise— keep rear leg straight all through the exercise.
Front Kick (Back leg)	Raise the leg bent, strike with the “Ball of the Foot”
Crescent Kicks—inwards & Outwards	Use Back leg, inwards using big toe side of foot and outwards crescent kick using the little outside edge of the foot
Low Block— Outer forearm Low section block	The half way chamber position is with the blocking arm closet to the side of the chin and forearms crossed with the back of the forearms facing each other.
Obverse Punch	Punch shoulder height to the centre line
Khiap	Khiap means harmonising shout.

Name of Future Black Belt

Orange Stripe Belt Guidance Notes



Focus Area	Notes
Axe Kick—Inwards and outwards	Use the back of the heel to strike
Self defence - wrist grab	Creating as much Realism is important in self defence practice so that you program
Self defence— across body wrist grab	an automatic response
Self Defence— Swinging Punch	Remember to push 2 arms away from you towards the oncoming strike
Self defence—Headlock	Use straight fingers under the nose or grab the ear
Self Defence—Throat grab	
History of Taekwondo	See separate page
Tenets of Taekwondo	See page 2
Belt Colours	See Graduation page
Question	Foundation of Taekwondo, stances, belt colour
Notes	

