



## Hyung Je Martial Arts Syllabus

Welcome to Hyung Je Martial arts!

Firstly well done for embracing a challenging new hobby which is probably the world's most popular choice of martial art with over 30 million people practicing Tae Kwon Do in 156 countries worldwide. And secondly, thank you for choosing us to lead you on your journey of this exciting new way of life!

To help you on your path to achieving the coveted black belt, we have produced this syllabus which contains information about what you need to know for your grading from White belt to Black Belt. It is by no means comprehensive and as such it is to be used as a complement to your training. It is intended only as a memory refresher to the concepts and techniques learnt in class as is in no way a substitute for regular training.

The syllabus will be issued in sections as you progress through the grades, with each new belt that you earn a new section of the syllabus will be given to you to aid with achieving your next grade. This is to reflect our commitment to quality, by ensuring that you have mastered the skills required to grade before progressing on to the next level, or to put it simply, to stop those students who wish to "skip to the ending" without understanding the concept of the story!

Training in Tae Kwon do can provide so many benefits in your physical and mental growth. Physically you will become fitter, stronger and far more flexible as your training progresses. Mentally you will grow in a variety of ways, even if you're not aware of it! As instructors it will be our task to push you all to be the best that you can be, however if there is anything that you are unsure of, feel free to ask, after all, we are here to help *you*.

So in closing, once again we would like to say welcome to Hyung Je Martial Arts. Train hard, enjoy yourself and we will see you at black belt!

## History of Tae Kwon Do

Tae kwon Do is an art of self defense founded by a Korean General named Choi Hong Hi. Tae kwon Do was officially recognized on 11th April 1955 when General Choi, after exhaustive researching, developing, and experimenting, proclaimed Tae kwon Do to the world as a completely valid and unique martial art having a basic Korean origin.

The origins of Tae Kwon Do are formed from an ancient martial art called T'ae-kyon which has documented primitive activity in the Silla dynasty in Korea about 1300 years ago. T'ea-kyon was a unique form of unarmed combat that utilized the greater power and reach of the legs employing attacking techniques from a mobile stance. During the Japanese occupation of Korea (1909-1945), the hand techniques were introduced from China and Japan to the traditional art enabling hand and foot techniques to be combined into one body, which became the basics of many martial arts such as Tang-su, kong-su, Karate, etc.

At the end of the Japanese occupation of Korea in 1945 General Choi began developing the core elements of T'ae-kyon using principles of modern science, kinetics and ergonomics to create a system of self defence for the soldiers in his regiment. The systemisation of the modernised martial art incorporated aspects of fitness and moral responsibility that formed a complete training syllabus for all practitioners from complete novices to experienced martial artists to follow, to ensure perfection of self defence techniques and the mental conditioning to understand the responsibility of its use to defend justice and the weak.

General Choi's self defence system was introduced to Korea as a unique martial art in its own right and in 1955 a special panel of many Tae kwon do masters, historians and high profile leaders were formed to come up with a name. In a session for naming General Choi submitted the name **Tae Kwon Do** which was unanimously chosen because of its connection with the old martial art T'ea-Kyon both in pronunciation and meaning and its relevance to reflecting the combined techniques of hands and feet. Translated from Korean "**Tae**" stands for jumping or flying, to kick or smash with the foot. "**Kwon**" denotes the fist-chiefly to punch or destroy with the hand or fist. "**Do**" means an art or way. The literal translation is "Foot, Fist, Art".

In 1959 General Choi, along with 19 of his top black belt students, toured the Far East demonstration Tae Kwon Do to an international audience. The tour was a huge success, astounding spectators with its powerful techniques. In the years that followed Tae Kwon do began spreading to many countries outside of Korea. This international growth prompted the formation of the International Tae Kwon Do federation (ITF) in 1966 and Tae Kwon do was announced as the national sport of Korea.

Tae kwon do was introduced to the UK in 1967 where it has become one of the most popular practiced martial arts practice today.

On a spiritual level, Tae Kwon Do has been based on the traditional, ethical and moral principles of the orient and General Choi's own philosophy. There are 24 patterns in Tae Kwon Do to represent the 24 hours in a day. The names of the patterns are all derived from illustrious people in history over the past 5000 years as an inspiration to students.

## HJMA Explanation of Tenets Syllabus

Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit

The Tenets of Tae Kwon Do were written as part of the moral culture of Tae Kwon Do, to provide the true practitioners with a philosophy of conduct, not only whilst training in the Dojang, but in all aspects of daily life.

### **COURTESY (Ye Ui)**

Tae Kwon Do students should always be polite to one another and always respect others. Students should address instructors as Sir/Ma'am and should bow to the instructors before and after classes. Turning up early or on time for classes is also an aspect of courtesy as well as being polite, thoughtful and considerate of others.

### **INTEGRITY (Yom Chi)**

One who has integrity is able to define what is right or wrong and have the conscience, if wrong, to feel guilt. Honesty is important and Tae Kwon Do students should strive to be honest and to live by moral principles and values.

### **PERSEVERANCE (In Nae)**

To never give up in the pursuit of one's goals. Students should welcome challenges, because challenges allow us to grow and improve.

### **SELF CONTROL (Guk Gi)**

Without self-control, a Tae Kwon Do student is just like any fighter in the street. Loss of self-control is disastrous both in sparring and personal affairs. Self-control is to have control of your body and mind. A Tae Kwon Do student should practice controlling his actions and reactions.

### **INDOMITABLE SPIRIT (Baekjool Boolgool)**

A true student of Tae Kwon Do will never give up, will have courage in the face of adversity. A Tae Kwon Do student should never be dominated by, or have his spirit broken by another. The most difficult goals can be achieved with indomitable spirit.

## **Conduct In the Dojang**

Every student must observe the following conduct in the Dojang to maintain an orderly and effective training class. Failure to abide by these rules often results in press ups!

- 1) Bow when entering or leaving the Dojang. This is to show your respect and to symbolise your modesty.
- 2) All students should be courteous and understanding. Senior grade students are expected to set a good example to new students.
- 3) Lower grade students are to show respect to senior grades.
- 4) No smoking, anywhere within the Dojang or its grounds.
- 5) No alcohol to be consumed anywhere within the Dojang or its grounds. Any student suspected of consuming alcohol prior to training will be refused participation in the lesson and asked to leave the Dojang.
- 6) No eating or chewing gum in the Dojang.
- 7) Profanity (bad language), obscene gestures or action; unnecessary roughness, running, or horse play toward any fellow student is prohibited.
- 8) Do not enter or leave the lesson without permission from your instructor.
- 9) Bow to the instructor upon forming lines prior to training.
- 10) All instructors and black belt holders are to be referred to as "Sir" or "Ma'am"
- 11) No talking whilst instruction has commenced.
- 12) Personal hygiene is your responsibility; ensure that your fingernails and toenails are kept trimmed and that your Dobok is clean.
- 13) Do not face your instructor whilst adjusting your Dobok or belt. This is considered a sign of disrespect.
- 14) Do not demonstrate or teach Tae Kwon-Do without the approval/permission of your Instructor.
- 15) Do not engage in any activity that is against the five tenets of Tae Kwon-Do, or that may harm the reputation of your school.
- 16) Bow to the instructor upon forming lines prior to dismissal.

After all is said and done, Have Fun!

## **General Regulations**

- 1) All students must complete and sign the relevant membership application forms prior to commencement of training.
- 2) A Hyung Je Martial Arts Dobok must be worn during training in the Dojang, unless prior permission has been obtained from the instructor.
- 3) The wearing of Doboks from other clubs or styles is forbidden whilst training with Hyung Je Martial Arts.
- 4) Misuse of the Art will result in disciplinary action.
- 5) Grading will depend on a student's attitude, attendance and the instructor's discretion as well as technical ability.
- 6) Ensure all mobile phones are either turned off or on silent when inside the dojang unless special permission has been obtained from the instructors. For younger students please make sure your parents also do the same.
- 7) All students must be in possession of a valid licence to be allowed to train, it is your responsibility to ensure that this is renewed in the month prior to the expiration of your current licence.

## **Language**

Tae Kwon Do terminology is based on the Korean Language, although some words have been developed specifically for Tae Kwon Do and therefore do not otherwise appear in Korean vocabulary the understanding of these terms enables a student to train anywhere in the world, over-riding all other language difficulties.