



JAE HUN KIM TAE KWON DO INSTITUTE CAMBRIDGE

PRIVATE LESSON HANDOUT

Welcome to the Jae H. Kim Tae Kwon Do Institute! Congratulations for taking the first step in the rewarding art of Tae Kwon Do. Tae Kwon Do is not only one of the best martial arts for self-defense but also a great full-body workout. "Tae Kwon Do is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve."¹

What is the purpose of private lessons?

Starting something new or going somewhere new are always situations that makes us uncomfortable and nervous. Private lessons will give you a chance to familiarize yourself with the basic techniques that you will encounter during group classes. The instructor will teach you each basic technique in great detail, explaining each step and its purpose. Since the instructor is dedicated for you only, he/she will be able to correct you in real time so that you learn the techniques correctly from the start.

What are the main topics of private lessons?

Basic Tae Kwon Do etiquette, terminology, stances, basic hand techniques and kicks.

Basic etiquette:

1. Entering Dojang (Training Hall)
 - When you enter the school, you should take off shoes at the entrance and place them on the shoe rack. (if it is snowing outside, please place your shoes on the mat by the shoe rack)
 - Salute your instructor by bowing (15° bow) if you encounter them at the entrance.
 - Change to your uniform immediately at the appropriate change room. (Uniforms must be clean and washed regularly).
 - When you enter the main training hall, salute the flag by bowing.
2. Responding to the instructor
 - The general etiquette in martial arts training is similar to the military. When an instructor calls you, you should acknowledge it by responding with "Yes Sir (Yes Ma'am)" with a firm and strong voice.
3. Salute at the beginning and the end of Class
 - One should salute the flag and the instructor at the beginning and the end of each class. Follow the instructor's "Kyong Rye" bow command.
4. Come to class on-time.
 - Do not come to class late.
 - If you or your child is attending kids classes, please do not come earlier than 10-minutes either!

Terminology:

1. Cha Ryot: It means Attention. It is used to reference the attention stance.
2. Kyong Rye: It means Bow. It refers to the 15° bow.
3. Junbi: It literally means ready. It is used to reference the ready stance.
4. Dui Ro Dorasut: It means turn around.
5. G(Kou)Man: It means Stop.

Stances:

The strength and proficiency of attack and defense are dependent on accurate posture since the stance is the starting point of all Taekwon-Do movements. The stances covered in private lessons are as follows:

- Attention Stance (Charyot Sogi)
- Ready Stance (Junbi Sogi)
- Riding Stance
- Front Stance
- Back Stance
- Fighting Stance

Hand Techniques:

As a beginner, you do not have to memorize the Korean names of the techniques for the group class. Both the English and Korean names of the techniques will be called during the class. When you advance in rank, you will start to learn more Korean names.

- Riding Stance Punch
- (Front Stance) Low Section Block (Ha Dan Mak Ki)
- (Front Stance) Middle Section Block (Joong Dan Mak Ki)

- (Front Stance) High Section Block (Sang Dan Mak Ki)
- Stepping Forward Punch
- Reverse Punch

Kicking Techniques:

- (Fighting Stance) Front Kick (Ap Cha Ki)
- (Fighting Stance) Roundhouse Kick (Dollyo Cha Ki)
- (Fighting Stance) SideKick (Yop Cha Ki)

Additional resources such as videos for basics, forms and one-steps are available on the **Members Only** section of our website at: <http://www.tkd-cambridge.com>

What are different type of classes offered in the institute?

- **Ages 5 – 8:** These classes are kids classes for the ages of 5 to 8.
- **Ages 9 – 12:** These classes are kids classes for the ages of 9 to 12.
- **Adults:** These are regular classes for everyone for older than 12 years of age. While each class will review the basic fundamental techniques, no single class will be identical. Thus, you may take as many classes as you can and learn and practice something new in each class.
- **Forms:** Forms classes are focused on patterns required for the promotion to the next level.
- **Sparring:** Classes open to Yellow Belts and up only. These classes are focused on the execution of the techniques with real opponent. Sparring safety gear is required to take these classes. If you are Yellow Belt and interested in joining this class, please see someone at the front desk about ordering the sparing gear package.
- **Competition Team Training:** Open to competition team members only. If you are interested in joining the competition team, you should talk to your instructor about eligibility.
- **Stretching Class :** Open to all levels. If you want to learn more about stretching or become more flexible, you may attend these classes that covers wide range of stretching techniques.
- **Black Belt Program:** These classes are open to members who are in the Black Belt Program. Most Black Belt Program Classes focused on single topic and practice it in great detail.

What is the Black Belt Program?

Contrary to common presumption, Black Belt Program is not for Black Belts! If you can commit for three years of practice with an intention to work toward your Black Belt, you may speak to someone at the front desk about joining this program. You will have access to specialized classes that will greatly improve your techniques and speed up your progress dramatically among other benefits.

Signing in

Prior to each class, it is required for every student to sign in at the tablet positioned near the front desk. This crucial step enables us to maintain accurate attendance records and closely observe your progress throughout your martial arts journey. Your regular sign-ins play a key role in establishing a thorough record, aiding both you and our instructors in evaluating your development, addressing specific needs, and celebrating achievements together. This efficient attendance process serves as a vital tool in delivering personalized attention and ensuring a comprehensive martial arts experience. Additionally, you have the option to sign in using either your phone number or your student ID for added convenience.

No Family Members and/or Friends without Appointment

To ensure a focused and secure learning environment, we kindly request that family members and/or friends refrain from entering the school without a prior appointment. If you are a parent, we ask that you wait for your child outside. If necessary, and only if needed, you may assist your child with putting on or taking off their shoes, but we encourage you to promptly leave once this task is completed. For parents who prefer to wait, there is a limited waiting area located between two outside doors. If you wish to observe your child's progress, we welcome you to schedule an appointment a day in advance by reaching out to us. Each observation appointment is designed for a duration of 20 minutes, allowing you an insightful glimpse into your child's martial arts journey. Your cooperation in adhering to these guidelines contributes to maintaining a conducive learning atmosphere for all students.

On-time Pickup

We kindly request your cooperation in ensuring the prompt pickup of your child attending the kids' class under the age of 14. It is essential to pick them up immediately at the conclusion of each class. Please be aware that signs indicating a wait fee will be charged for every child picked up 15 minutes late. This policy is in place to discourage repeat occurrences and underscore the significance of timely pickups. It is crucial for the safety and well-being of the children, as we lack the resources to supervise unattended kids after class hours. Considering the notorious traffic conditions in Cambridge, we advise you to plan your schedule accordingly, ensuring the smooth and timely pickup of your child. Your adherence to these guidelines contributes to a safe and organized environment for all students. If you encounter unforeseen delays, we appreciate your communication and understanding in this matter.