

ATA Taekwondo Club of Boca Raton

Student Manual



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**Chief Instructor:
Mr. Miguel C. Nelson**

About the ATA Taekwondo Club of Boca Raton

As a member club of the American Taekwondo Association (ATA), we are a martial arts institution focusing on academic achievement, discipline, physical health and much more. We have a number of assistant instructors and high-ranking students who assist in the achievement of learning objectives. One of our most important objectives is to make learning at our club an enjoyable and fulfilling experience. Our club's family-like atmosphere plays a strong role in making this happen. Unlike many other extracurricular activities, taekwondo can strongly supplement your everyday life.

What is Taekwondo?

Taekwondo is a martial art originally developed in Korea. Its literal meaning is Hand-Foot-Method. The ATA's official definition of Taekwondo is "a martial art that trains people mentally and physically."

What Is the Recommended Training Time?

We recommend at least two classes per week. However, if a student wishes to attend more often, he or she may do so without a change in the fee. Many of our students enjoy the lessons so much that they attend three or four times a week.

What Are the Benefits of Taekwondo?

The benefits of taekwondo are countless! However, there are some that rank very high, including:

- Build confidence
- Build self-esteem
- Learn self-defense
- Increase flexibility
- Improve academic performance
- Improve physical fitness
- Relieve stress
- Have fun

About the Staff

Our chief instructor, Mr. Miguel Nelson, is a professional educator who works for the Palm Beach County School System. He employs innovative ideas in his lessons to heighten the level of learning and to keep the students' interest level high. In addition to the productive mental and physical training, his lessons create a fun and enjoyable environment for learning. A former ATA world champion, he is currently (as of October 2001) a 4th-degree black belt.

The assistant instructors also play an important role at the ATA Taekwondo Club. They come from all sorts of professional, educational, and ethnic backgrounds, yet work together for the common goal of training taekwondo students in a spirit of true teamwork.

Student Regulations

1. Students must wear a correct Taekwondo uniform or ATA T-shirt and belt except with special permission. Students must never wear T-shirts at a formal event such as a tournament, testing, or belt promotion. At these events, students must wear complete Taekwondo uniforms. Never put your belt (current or old) on the floor!
2. Students must have clean bodies, clean uniforms, trimmed nails, and hair short or gathered without recourse to headbands. Students should not wear any jewelry when in uniform without the instructor's permission (generally granted only for religious reasons, and only if the jewelry does not pose a safety hazard).
3. Bare feet are allowed only in the practice area. Students should never walk on pads or mats with shoes.
4. Students should bow first before entering the school and before addressing an instructor.
5. Always address instructors as "Sir" or "Ma'am." If including the instructor's name, use Mr., Miss, or Mrs. followed by the surname (last name -- for example, Mr. Nelson). When instructors ask questions, students should end their answers with "Sir" or "Ma'am" (for example, "Yes, Sir" or "Yes, Ma'am").
6. Students should rise whenever an instructor enters the room (even a dressing room or school reception area) and bow. If a class under an assistant instructor is in progress, it should stop on arrival of the higher ranked instructor and all should bow on command (usually given by the assistant instructor).
7. All students should follow all instructions from instructors. If there are any questions about the instructions, students should ask them immediately and with proper respect (using "Sir" or "Ma'am"). If sitting, students should stand and bow before addressing an instructor.
8. Students should not be in the school if they have been consuming alcohol or drugs, or if they have a communicable health problem. If a student is on any prescribed medication, the student should advise the instructor as it may affect performance. Students should also inform instructors of any physical problems or limitations, preferably before class starts.
9. All students should bow to the flags when entering or leaving the dojang (school). If adjusting a uniform or belt, always face away from the flags.
10. Dojangs are NO SMOKING areas. Students should never smoke in uniform, even outside the dojang. Students should not chew gum or eat in uniform without the instructor's permission.
11. Students should take responsibility to keep the school and associated dressing and restroom areas clean out of respect for their instructor, their fellow students, and themselves.
12. All students should memorize and follow the Spirit of Taekwondo.
13. Students must obtain permission from their instructor before attending another ATA or other martial arts school. Students must also obtain their instructor's permission before attending non-school martial arts functions because each student is representing the ATA.

Song Ahm Spirit of Taekwondo

As ATA Taekwondo Event Begins:

“**Sir:** I will practice in the Spirit of Taekwondo,
With courtesy for fellow students,
Loyalty for my instructor,
And respect for my juniors and seniors, **Sir!**”

As ATA Taekwondo, Event Ends:

“**Sir:** I shall live with perseverance in the Spirit of Taekwondo,
Having honor with others,
Integrity within myself,
And self control in my actions, **Sir!**”

Taekwondo Commands

<i>Korean</i>	<i>English</i>	<i>Korean</i>	<i>English</i>
CHA RYOT	Attention	BAH RO	Return to Ready Position
KYUNG NAE	Bow	SHI UT	At Ease/Rest
JHOON BEE	Ready	KI HOP	Taekwondo Yell
SI JAHK	Start/Begin	DWE RO TOH RA	About Face
KO MAHN	Stop	JANG	Form or Pattern

Korean Counting

<i>Korean</i>	<i>English</i>	<i>Korean</i>	<i>English</i>	<i>Korean</i>	<i>English</i>	<i>Korean</i>	<i>English</i>
HAH NAH	One	YU SUT	Six	IL	First	YOOK	Sixth
DUL	Two	IL GOB	Seven	EE	Second	CHIL	Seventh
SET	Three	YU GOB	Eight	SAHM	Third	PAL	Eighth
NET	Four	AH HOP	Nine	SAH	Fourth	GOO	Ninth
DAH SUT	Five	YUL	Ten	OH	Fifth	SHIP	Tenth

Other Korean Terms

<i>Korean</i>	<i>English</i>	<i>Korean</i>	<i>English</i>
DO BOK	Uniform	TAE	Foot
DO JAHNG	School or Gym	KWON	Hand
SABUMNIM	Instructor	DO	Way
CAHM SA HAHM NE DA	Thank you	JER MANYO	You're welcome

The American Taekwondo Association is a nationwide organization founded by world famous Taekwondo Master H. U. Lee in 1969 at Omaha, Neb. to offer instructor and student services unavailable elsewhere; and to unify instruction and practice for the nation to benefit all persons involved in Taekwondo. Its members include dedicated American and Korean born instructors and practitioners of the martial art. The Association is a bona fide organization, continuing in nature, with its headquarters in Little Rock, AR. “American Taekwondo Association” is a federally registered trademark. The current president of the ATA is Grandmaster Soon Ho Lee.

The Taekwondo Concept

What is Taekwondo?

The definition of Taekwondo can be changed by the era, the purpose, and personal opinion; the ATA organization defines Taekwondo as a martial art that trains people physically and mentally.

What is the Purpose of Taekwondo?

Modern society has forced a change in the martial arts purpose. The martial arts were combat methods that originated as physical fitness regimens. As the participants developed advanced skills, their social position was elevated because of their importance to the defense of the community and because of their ability to train the military in their techniques. As you know, that purpose still exists in the world's military systems, but civilian life is now well protected by laws. Such combat methods are not required for safety and indeed are sometimes considered unnecessarily violent for personal protection.

Taekwondo, in modern society, is taught as a defensive martial art that develops skills in self-protection, physical agility, and mental keenness.

All the martial arts styles are supported by well-thought philosophies, so they develop mental strength while developing the combat method. In that way, each martial art style established its individual self-concept and defined its style. This combination of physical strength and mental training justifies the existence of the martial arts in a law-abiding modern society.

That is why the official ATA definition of Taekwondo is **“a martial art that trains people physically and mentally”**.

Martial Art -- Military/Self-Defense
Physical Fitness -- Physical Activity
Mental Development -- Philosophy

Taekwondo, as you see, is a trinity of these important and distinctive fields.

Taekwondo for Mental Development

“Mental development” can be considered from two perspectives: intellect” development, such as memory and visualization improvement, and the development of the heart -- the characteristics that make a better human being.

Qualities such as those described in the Song Ahm Spirit of Taekwondo are as important as the physical techniques to a student’s total development. By consciously pursuing these traits, the student’s thought patterns are raised to a higher level of moral character. The development of these characteristics is of limited value, however, until the person begins to interact and participate in society. As it is said, the human being is a social animal. We have the right and the desire to live with others; at the same time, we have the duty and responsibility to create and maintain a better community.

“The most honored position Is that of Instructor’ . .
one who gives his time and effort to pass knowledge, skills, and moral values to
posterity.’

Master H. U. Lee

Ata Belt Rank System

General Information

The ATA belt rank system makes use of nine “grade” categories and nine “degree” categories. “Grades” are proficiency levels below Black Belt; “Degrees” are levels within the Black Belt category. Belt colors within the grade category are, in ascending order:

- White
- Orange
- Yellow
- Camouflage (Camo)
- Green
- Purple
- Blue
- Brown
- Red

As the rank of the beginning student, the Ninth Grade White Belt (and its recommended and decided designations) is the only grade assigned without a formal testing.

"Recommended" And "Decided" Ranks

All ranks within the colored belt grades (as well as first- and second-degree black belt) have a letter designation “R” (recommended) or “D” (decided) that appears after the numeric rank indication. These letter designations are given as a result of the student’s testing scores and are part of the rank; they may be compared to “Good” (recommended) and “Excellent” (decided).


All black belt ranks awarded on a “recommended” basis are temporary ranks. Students receiving such recommended black belt ranks must test for a “decided” result within six months after receiving the "recommended" result. Students who fail to receive the decided result within the allotted time will be demoted to the next lower rank. (Extensions may be considered on an individual case basis; a student wishing an extension must ask his instructor to make a written request to the President.)

The system allows two different rank designations within each belt color, giving the instructor greater flexibility to motivate and encourage the students. It also encourages advanced students to continue training after receiving the First or Second Degree Black Belt rank, as the rank is not permanent until the student successfully passes the second test.

ATA Fact Sheet: Belts and Forms

<i>Belt Color</i>	<i>Belt Meaning</i>	<i>Form Name</i>	<i># of Moves (Time for Form)</i>	<i>Ki Hops</i>	<i>Form Meaning</i>
White (9 th Grade)	Purity, a clean slate with no knowledge of taekwondo	Song Ahm 1 (Il Jang)	18 (30 sec)	7, 16	Pine Tree Cell: Song is the evergreen, its power can last for ages. Ahm is the cell, the smallest unit of life.
Orange (8 th Grade)	Energy as from the sun; maturation as in the yellowing of the grain.	Song Ahm 2 (Ee Jang)	23 (30 sec)	10, 21	Pine Tree Cell: Song is the evergreen, its power can last for ages. Ahm is the cell, the smallest unit of life.
Yellow (7 th Grade)	Energy as from the sun; maturation as in the yellowing of the grain.	Song Ahm 3 (Sahm Jang)	28 (35-40 sec)	7, 8, 17	Pine Tree Cell: Song is the evergreen, its power can last for ages. Ahm is the cell, the smallest unit of life.
Camouflage (6 th Grade)	Growth and power as the green plant drives upward.	Song Ahm 4 (Sah Jang)	31 (45 sec)	7, 24	Pine Tree Cell: Song is the evergreen, its power can last for ages. Ahm is the cell, the smallest unit of life.
Green (5 th Grade)	Growth and power as the green plant drives upward.	Song Ahm 5 (Oh Jang)	34 (45 sec)	10, 25	Pine Tree Cell: Song is the evergreen, its power can last for ages. Ahm is the cell, the smallest unit of life.
Purple (4 th Grade)	Blue represents the sky, continued upward attainment.	In Wah 1 (Il Jang)	44 (55 sec)	14, 24, 34	In Wah is interpreted as "an unbroken glory".
Blue (3 rd Grade)	Blue represents the sky, continued upward attainment.	In Wah 2 (Ee Jang)	42 (55 sec)	13, 23, 33	In Wah is interpreted as "an unbroken glory".
Brown (2 nd Grade)	Danger -- the technician has power and must learn to control it.	Choon Jung 1 (Il Jang)	44 (75 sec)	12, 22, 32	All things turn out to be perfect and beautiful.
Red (1 st Grade)	Danger -- the technician has power and must learn to control it.	Choon Jung 2 (Ee Jang)	46 (65 sec)	11, 21, 31	All things turn out to be perfect and beautiful.

Things to Know about the ATA and Song Ahm Taekwondo

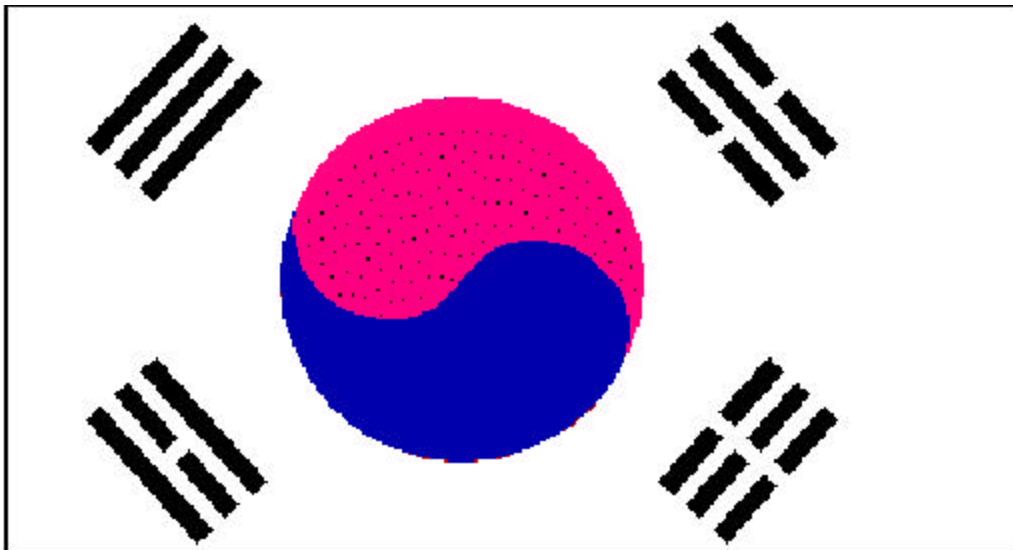
- The ATA was founded in 1969 in Omaha, Nebraska.
 - The founder of the ATA was Grandmaster H. U. Lee.
 - The current president of the ATA is Grandmaster H. U. Lee's younger brother, Grandmaster Soon Ho Lee.
 - Grandmaster Lee is the president of the ATA (American Taekwondo Association), STF (Song Ahm Taekwondo Federation) and the WTTU (World Traditional Taekwondo Union).
 - ATA headquarters are currently located in Little Rock, Arkansas.
 - Grandmaster Soon Ho Lee's school is in Panama City, Florida.
 - There are nine colored belts and nine degrees of black belt.
 - Each form creates a pattern on the Song Ahm star.
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- The colors on the ATA Boca Raton club patch are the original belt colors of Song Ahm Taekwondo: White, Yellow, Green, Blue, Red and Black.
 - We tie our belts evenly to symbolize a balance between the physical (right side of the belt) and the mental (left side of the belt).

The Korean Flag

The circular symbol in the center is called Taekuk, which is an ancient symbol of the universe showing opposition and balance. The upper section (yang) is red and the lower section (um) is blue.

The background is white and the bars in the corners are black.

The bars also symbolize the universe and reinforce the themes of balance and harmony of opposing forces. The bars in the upper left corner stand for heaven and the opposite bars for earth. The bars at the lower left stand for fire and the opposite bars for water.



The Scrolls of SongAhm

Children of the ATA: Listen as I tell about the old times and the new dawn.

In those unwritten years, thousands of lives ago, the first Ssu Suhng also came to the mountain. His disciples and most loyal students followed his journey. He was a master of martial arts.

Ssu Suhng's vision was that mortal life is short; yet he had so much to do and teach. Would his technique and tradition be lost as the morning mists? There were thousands of techniques and postures for the body in movement. There was a steel-tempering of the heart that could change a man's way in life. He studied how these lessons could live beyond written words or twice-told tales of olden ways.

As a Master Weaver looms five-spun thread, he wove thoughts across techniques in patterns of art with life. As his students learned the fabric of his art, they could see techniques crossed with spirit . . . the art would remain in spirit and force long after the weaver was dust.

Disciples of Ssu Suhng practiced these patterns woven for them by their master. And they, in turn, passed them to their juniors, generation after generation.

Did that first master martial weaver realize he had wrought so well that his art would live millions of days? Did his spirit touch us as he wove those first patterns for hearts of future generations? For he is with us even today. The techniques are the same in spirit as when he taught them. The tree has grown, but holds the same roots.

Other masters grafted their hearts into the great design. They added new life as parents in new generations add to the life of their family; and by adding, make it greater, not less.

With dawn drawing light across the sky, I, Haeng Ung Lee, invite you, my disciples, students and family, to join me in a journey through our new day. Families need new generations to live: the spirit of Ssu Suhng needs new enthusiasm and growth to be nourished in us.

I am duty-bound by the mantle of mastership to refresh tradition of spirit with knowledge and skills of our new age.

A sage said ages past, nothing new lies under the sun. Even in my bound duty to keep the ATA at the peak of this age, it is the technique and tradition of the ages., only the patterns of their weaving are new.

As given by that first master to your seniors, his disciples, I offer this new weave for your futures. Your seniors, too, soon will be with you only in the weave and form created of their spirit for you.

I dream that you learn to enjoy each day without thought to merely relive yesterday for its comforts. To climb the ladder of life or art, the security and warmth of the first step must give way to find a higher level.

Come, witness with me this affirmation of our art, heritage and renewal.

In the spirit of Ssu Suhng, I bring you "SongAhm" to join the east and west. . . a new wellspring to mix and join in a voyage to the stars.

Master Haeng Ung Lee
President and Founder
American Taekwondo Association