

# ***Swift Current Christian Tae Kwon Do School***

## **NEW STUDENT HANDBOOK**



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Classes take place at 2149 Walker Place  
Swift Current

## **Consider these thoughts on your upcoming Tae Kwon Do Training**

### **Reap the benefits and get ready for change!**

Tae Kwon Do claims to give a student many benefits. However, in order to fully receive these benefits, there are some basic student requirements: regular attendance, full effort along and focus are essential!

#### **Children may experience:**

- improved focus and discipline
- respect for self and others
- better concentration
- enhanced confidence which leads to self-esteem
- coordination and agility
- strength and speed
- better grades in school
- leadership training and experience

#### **Adults may experience:**

- reduced stress
- flexibility
- strength and stamina
- peace of mind
- improved coordination and agility
- additional self-defense skills
- weight loss
- confidence
- more strength in mind, body and spirit
- and much more

I know of no other sport that combines all the aspects and benefits of TKD. The tenets, total body conditioning, mental conditioning and discipline all come together to enhance your spiritual growth and thereby affect your whole life. If you don't want to change or don't expect to change or improve yourself, you probably shouldn't be training in TKD. Your training is a process you go through to improve and grow. It causes you to stretch yourself beyond what you thought yourself capable of.

### **Stay active and involved!**

Unlike other sports, Tae Kwon Do (TKD) is usually active for 10-11 months of the year. Recognizing the importance of a break from training the school traditionally will shut down for one-two months (July and August).

A break longer than this has the potential to set back your training too far. TKD is a long-term prospect, but one that works and has results. If you become heavily involved in other sports and other activities, I recommend scaling back the training to one day a week rather than taking a few months off and starting again. TKD is not really suited for that.

## **Train up your children in the way they should go!**

*Proverbs 22:6 Train up a child in the way he should go; even when he is old he will not depart from it.*

There are many benefits to children when they train in TKD. They will inevitably grow in their ability to look after themselves in a variety of circumstances, gain self-confidence to stand up for what they know is right, make good choices in the face of peer pressure and develop leadership skills.

## **Keep me informed!**

It is normal in TKD training to have ups and downs in enthusiasm. Please keep me informed and provide me with feedback when your training is going well and when you are struggling. If you decide to no longer train or want to take an extended break, please **come see me personally** and inform me of your decision.

***If you are going to miss a class, please call or email me.*** Communication on your attendance is important. I plan each class time and customize it based on its size and who will be attending.

Please remember, my desire is to help you reach your goals whatever they may be. My door is always open if you want to chat.

*Sr. Instructor Gary Voysey*

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## **SWIFT CURRENT CHRISTIAN TAE KWON DO**

### **OUR MOTTO**

**To give strength to the weak, confidence to the timid and spiritual guidance to those who seek after God.**

### **OUR STATEMENT OF FAITH**

**Swift Current Christian Tae Kwon Do exists to worship, love and obey the God of the Holy Bible. It believes in the Holy Scriptures, the Bible as the word of God and the only perfect rule for faith, doctrine and conduct. The word of God requires a response which involves a personal commitment to the person of Jesus Christ as Savior and a dedication to follow him as Lord.**

# US Chung Do Kwan Association



## WELCOME!

On behalf of all the members, Black Belts and Instructors of this American martial arts institution, please allow me the opportunity to welcome you and give you a brief explanation of what our national martial arts association is about. Tae Kwon Do - Chung Do Kwan is an outstanding teaching method of self- defense, self-improvement and leadership training.

I personally created the United States Chung Do Kwan Association, Inc. in 1967 (USCDKA). My goal was to develop an effective system of teaching tae kwon do on a nation-wide scale, and offer elite credentials to the students of the USCDKA.

On November 10, 2001, I tested before a board of grandmasters in Seoul, Korea and was awarded a world record title as the first non-Korean to test for 9<sup>th</sup> degree black belt. This test once again confirmed my title as the highest ranked non-oriental black belt in the world. Our textbook, "Forces of TKD" gives you more information on my past training and this association. Our textbook is an important training aid for those students that wish to advance in the sport.



The Tae Kwon Do (TKD) school that you are enrolling in will become a certified charter member of the United States Chung Do Kwan Association. The instructor is well trained, certified and licensed to teach the finest martial arts available in North America.

The USCDKA may also be referred to as a martial arts college. My job and office as the Kwan Jang simply means that I am the "Head Dean" or teacher of Masters. There are many martial arts organizations in this country, but ours is the oldest and most refined, and by far, "The Best of The Best"! We offer national credentials (credibility & recognition) in the form of ID cards, belt promotion certificates, Black Belt degree certificates and nine levels of Instruction Degrees, plus well-structured curriculum more than 30 years old.

For more than 30 years the USCDKA has set the pace in America for high standards in teaching and leadership training. Today, my wife, Grandmaster Brenda, and I are called "The Sell Team", working together to meet the physical, mental and spiritual needs of all USCDKA members from white belt beginner to the highly respected Black Belt rank of Grandmaster. It is with great pleasure that I offer you this opportunity to join our team and become a proud member of America's elite martial arts association.

**EDWARD B. SELL**

# SWIFT CURRENT CHRISTIAN TAE KWON DO SCHOOL

## CURRENT CLASS TIMES\*

	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 – 4:30	CHUNG-DO Kids			CHUNG-DO Kids	
4:45 – 5:30	Kids Club 1			Kids Club 1	
4:15 – 5:00			Kids Club 2		Kids Club 2
6:30 – 7:30	All-Out	Xtreme Youth	Advanced class		All-Out
7:45 – 9:00	Advanced class	Beginner Adult	Xtreme Youth Challenge	Beginner Adult	Advanced class

*\*Depending on interest, additional classes may be added throughout the year. If you are interested, please let me know.*

## DOJANG RULES

A dojang is the area where the classes take place. There are some courtesy rules and rules of conduct in a Tae Kwon Do dojang. It is important to pay attention to these rules because techniques will be practiced in classes that have the potential to harm a fellow classmate if they aren't performed with the necessary focus.

Dojang rules are as follows:

- Be on time for class. If you have questions or concerns please see the instructor, but allow time before the start of class.
- Bow on entering and leaving the dojang and before any partner exercises.\*
- Wear a white and clean debok (uniform).
- Bind your belt before entering the dojang. Use the correct knot (to be shown in class).
- Don't wear shoes, watches or jewelry during class.
- Pay attention to hygiene. Especially shorten your toe and fingernails.
- Keep quiet while sitting down. Sit down on the ground, don't lean on the wall.
- Don't leave the dojang during class without permission of the teacher.
- Don't practice free sparring without permission.
- Don't eat, drink or smoke inside the dojang and keep it clean.
- Pay attention to the orders of your teacher.
- Respect your teacher and any partner.
- Be courteous and helpful.

*\*One of the most unusual rules for western people is bowing. Bowing is a way to show respect and also has some symbolic meanings depending on when you bow. Bowing takes place at the following times:*

### ➤ **On entering and exiting the dojang.**

Bowing is expected when you enter and exit the dojang. With the "entrance bow" you state that the daily routine has ended and now you will be concentrating solely on Tae Kwon Do. Similarly, with the "exit bow" you state that the Tae Kwon Do training has finished.

### ➤ **At start and end of the class.**

At the beginning and end of the class, the students are bow to the teacher and the teacher bows to the students. Through the bow, the students state their respect for the authority and person of the teacher. Also the teacher states his respect for his students.

### ➤ **Before and after a partner exercise.**

The partners bow together. This shows that they respect each other regardless of age, race or personal differences. This states also that they will pay attention to their techniques, so that the partner will not be endangered.

## STUDENT FEE SCHEDULE

First time sign up - \$125

Includes first month, uniform, portfolio & annual member fee

Monthly (based on two classes per week) - \$60

½ month all - \$30

Specialized classes - \$20 per class, per month

Family rates: \$10 off per additional immediate family members

		<u>Available for purchase</u>	
		Portfolios	\$25
		Training DVD	\$35
		Text Books	\$40
		Uniforms up to #3	\$30
		#4 and up	\$40
		Basic foot pads	\$35
		Basic sparring gloves	\$35
		Reference charts	\$30
<u>Testing fees*</u>			
9 <sup>th</sup> gup	\$15		
8 <sup>th</sup> gup	\$25		
7-5 gup	\$30		
4-1 gup	\$40		

\*These fees cover the cost of your certificate from USCDKA head office signed by Grandmaster Sell, examination and processing time and also the cost of your belt when you receive a new belt.

### **How do I get my black belt?**

***“A black belt is a white belt that never gave up” - Grandmaster Sell***

There are just **10 steps** to becoming a Tae Kwon Do Black Belt. All of you have already taken one of those steps by registering for the after-school program! Approach your training one step at a time and one class at a time. Regardless if your goal is to become a Black Belt or to just have fun and be in better shape you will benefit by training on a consistent basis and setting goals for yourself.

### **GUP AND PATTERN MEANINGS AND STANCES**

- **9<sup>th</sup> Gup: Yellow Belt – Belt of Encouragement**  
Student works on customs and courtesies.  
Includes walking stances to sides, square stances up and down the middle, gyup at end.
- **8<sup>th</sup> Gup: Gold Belt – Belt of Excitement**  
Student works on pattern one, Taeguek Il Chong—meaning is “heaven and light”.  
Includes walking stances to sides, square stances up and down the middle, gyup at end.
- **7<sup>th</sup> Gup: Orange – Belt of Inspiration**  
Student works on pattern two, Taeguek Ee Chong—meaning is “joy”.  
Includes all walking stances except square stances with punch’s to the sides, gyup at end.
- **6<sup>th</sup> Gup: Green Belt – Belt of Talent**  
Student works on pattern three, Taeguek Som Chong—meaning is “fire and sun”.  
Includes walking and fighting stances, square stances only on punch’s to sides of the form, gyup at end.
- **5<sup>th</sup> Gup: Purple Stripe – Belt of Motivation**  
Student works on pattern four, Taeguek Sa Chong—meaning is “thunder”.  
Includes all fighting and square stances except last two side movements with the block-punch are walking stances, gyup at end.

- **4<sup>th</sup> Gup: Blue Belt – Belt of Patience**  
Student works on pattern five, Taeguek Oh Chong—meaning is “wind”. Includes all fighting and square stances except first two square stances must be deep square stances, gyup at end.
- **3<sup>rd</sup> Gup: Red Belt – Belt of Energy**  
Student works on pattern six, Taeguek Yuk Chong—meaning is “water”. Includes square and fighting stances, gyup at last turning kick and at end.
- **2<sup>nd</sup> Gup: Brown Belt – Belt of Skill**  
Student works on pattern seven, Taeguek Chil Chong—meaning is “mountain”. Includes walking stance in the last bar with crescent kick, gyup at end.
- **1<sup>st</sup> Gup: Black Stripe – Belt of Competency**  
Student works on pattern eight, Taeguek Pil Chong—meaning is “earth”. Includes fighting stances and square stances, gyup on the high jumping front snap kick, gyup with the last punch to the back.

PREPARATION BEGINS FOR BLACK BELT EXAM.

## OVERVIEW OF TESTING AND PROMOTION PROCEDURES

- **All students must have a training portfolio (binder).** The portfolio becomes the record of your history of training. In this you will have your attendance sheet up to date. Each time you train, your hours should be marked down so that the instructor can see that your training hours are enough for the level that you want to test for. Also, in this portfolio, you will keep all the handouts of information in class. Promotion certificates should be kept in there as well as special seminars you have attended and photos and certificates from testings, seminars and tournaments you have been to. Written essay work stays in the book.

**NOTE: THIS PORTFOLIO MUST BE REVIEWED BY YOUR INSTRUCTOR 2 WEEKS PRIOR TO THE EXAMINATION EACH TIME BEFORE YOU TEST FOR THE INSTRUCTOR TO CHECK AND APPROVE.**

- There is a testing-promotion form (pre-test form) for each Gup level up to Black Belt. You should always have the one on hand for the level that you are preparing for next (available from the instructor). When you feel that you are **close to ready** with each technique listed on the form for that level, you should see your instructor to review this and ask for a “pre-test”. Once your instructor is satisfied that you know the techniques listed, the instructor must initial this form saying that you are ready to test (**this is known as a pre-test**).
- On the testing form, please fill out all your personal information and sign the form (students under 16 need a parent to sign also). There will be a place on the form for all of your requirements to be checked off by the instructor doing your **pre-test**. Once this is done and initialed by the instructor then you should hand this form in, so that you can test at the next date.
- Testing dates are held on a regular basis every six to eight weeks.

## **SWIFT CURRENT TAE KWON DO TENETS AND MEANINGS**

### **COURTESY – smile, respect yourself and others**

MATHEW 7:12 – SO IN EVERYTHING DO TO OTHERS WHAT YOU WOULD HAVE THEM DO TO YOU, FOR THIS SUMS UP THE LAW AND THE SPIRIT

### **INTEGRITY – total honesty with yourself and others**

PROVERBS 10:9 – THE MAN OF INTEGRITY WALKS SECURELY.

EPHESIANS 4:15 – INSTEAD, SPEAKING THE TRUTH IN LOVE, WE WILL IN ALL THINGS GROW...

### **PERSEVERANCE – patience, never, ever, ever, ever give up!**

JAMES 1:12 – BLESSED IS THE MAN WHO PERSEVERES UNDER TRIAL, BECAUSE WHEN HE HAS STOOD THE TEST, HE WILL RECEIVE THE CROWN OF LIFE THAT GOD HAS PROMISED TO THOSE WHO LOVE HIM.

PHILIPPIANS 3:13 – BROTHERS, I DO NOT CONSIDER MYSELF YET TO HAVE TAKEN HOLD OF IT. BUT ONE THING I DO; FORGETTING WHAT IS BEHIND AND STRAINING TOWARD WHAT IS AHEAD.

### **SELF CONTROL – control your thoughts, actions and emotions**

2 TIMOTHY 1:7 – FOR GOD DID NOT GIVE US A SPIRIT OF TIMIDITY BUT A SPIRIT OF POWER AND LOVE AND SELF-CONTROL.

### **INDOMITABLE SPIRIT – be guided by the Holy Spirit**

JOHN 14:26 – THE COUNSELOR, THE HOLY SPIRIT, WHOM THE FATHER WILL SEND IN MY NAME, WILL TEACH YOU ALL THE THINGS...

JOHN 16:13 – THEN HE, THE SPIRIT OF TRUTH COMES, HE WILL GUIDE YOU INTO ALL TRUTH.

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### **The Four C's of Tae Kwon Do**

**CLEAN HEART, CLEAN MIND, CLEAN BODY, CLEAN SPIRIT**

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### **Student Oath for Tae Kwon Do**

**I will observe the principles and tenets of Tae Kwon Do.**

**I will respect the instructor and all senior ranks.**

**I will never misuse Tae Kwon Do.**

**I will be a champion of freedom and justice.**

**I will build a more peaceful world.**



# SWIFT CURRENT CHRISTIAN TAE KWON DO USCDKA TRAINING LOG

MONTHLY TRACKING CHART FOR THE YEAR OF \_\_\_\_\_

STUDENT'S NAME \_\_\_\_\_

*Directions: Place an "x" in the appropriate square for each class attended then record the total number of classes for the month in the total column. Total attendance for each month at the bottom.*

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