



Rules



1. Do not touch the mirrors
2. DO NOT TOUCH THE MIRRORS
3. **DO NOT TOUCH THE MIRRORS!!!**
4. Students should arrive at least 5 minutes early to class.
DO NOT BE LATE
5. Students should have uniforms on and belts properly tied when “one line” is called.
6. Uniforms should be clean and odor free.
7. Parents should refrain from interacting with the students during class.
8. If students are dropped off, they should be picked up on time.
9. Students should have their belts and all of their proper equipment including cups and mouth pieces for sparring. Equipment should be purchased through Excel Academy. It is the student’s responsibility to remember their equipment and not the parents.
10. Parents should only use positive reinforcement with their children and always give constructive criticism. Remember to always mention two things that they did well before giving a critique.
11. Parents should make sure that their children have picked up the toys in the playroom prior to leaving, bottles should be emptied and put in the recycling bin and all trash should be thrown away. Do not leave food.



General Information



Membership

All students must wear an Excel Academy silk screen uniform or tee shirt. Family discounts are available for family members living in the same household under the same income.

Exams

Belt exams will be scheduled once a month. Children exams will be held on Saturday and adult exams will be held on Thursdays. The average student should achieve 3 belts per year. Colored belt exams cost \$35 and include new belt and certificate. Belt tip exams cost \$10 and include colored tip and certificate. All students must wear formal uniform for exams.

Viewing Classes

Parents are strongly encouraged to watch classes but should refrain from interacting with their children during class. Students are encouraged to bring friends that are interested in the classes.

Belts

White Belt

Gold Belt

Orange Belt

Green Belt

High Green Belt

Blue Belt

Purple Belt

Red Belt

1st Degree Red

Poom Belt

1st Degree Poom

Black Belt

1st Degree Black Belt



General Information

Continued



Five Levels of Proficiency

Forms
Sparring
Self-defense
Motivation
Physical Fitness

Five Tenants

Courtesy:

To promote the spirit of mutual concessions, to be polite to one another, to encourage the sense of justice, to distinguish Instructor from student.

Integrity:

Ability to define right from wrong, and have the conscience, if wrong, to feel guilt.

Perseverance:

A serious student must learn not to be impatient: to continue steadfastly, to persevere.

Self-control:

This tenet is extremely important inside and outside of the Dojo whether conducting ones' self in free-sparring or in ones' personal affairs. A loss of ones' self control can prove disastrous to both student and opponent.

Indomitable spirit:

A serious student will at all times be modest and honest. If confronted with injustice, he will deal with the belligerence without any fear of hesitation at all, with indomitable spirit, regardless of whosoever and however many the numbers may be.



General Information

Continued



Learn Your Belt Requirements Faster

DVD's and private lessons are available to help the students learn the curriculum faster.

DVD's are \$15 dollars.

Private lessons are \$25 per half hour or \$35 for one hour. An hour of private lessons is equivalent to 3 regular classes. Students who actively participate in private lessons are usually able to promote faster.

Tournaments

Excel Academy promotes two tournaments per year. All students are strongly encouraged to participate in both events. Tournament competition improves your martial art ability. Overcoming fears to participate in martial arts tournaments will improve your self esteem and prepare you for public speaking.

Incentives

Students are encouraged to bring as many friends as possible to participate in a free trial class (if under the age of 18, the child must be accompanied by a legal guardian and a liability waiver must be signed).



Terms and Definitions



All Students

Junbi-Ready: Standing, feet separated one shoulder width, toes forward, hands with clenched fist forward of body at belt level separated by one fist width, back straight, knees slightly bent.

Goman-End: Return to Junbi

Chario-Attention: From Junbi, bring feet together, left to right, hands move simultaneously to sides

Kyungye-Salute: From Chario, bend forward at the waist 30 degrees, return to chariot, then back to Junbi

Shijock-Begin: Command to execute instructions

Shio-At Ease: Relax, however maintain present general alignment

Duiro Dora- About Face: Command to turn around

Defensive: Front leg

Offensive: Back leg

Stances:

- Fore Balance: Weight distribution 60% front leg, 40% back leg
- Back Balance: Weight distribution 70% back leg, 30% front leg
- Fighting Stance: Weight distribution 60% back leg, 40% front leg
- Horse Stance



Terms and Definitions



Seven Traditional Basics

The Seven Traditional Basics are required for Green and above belts.

Jundan Juanjeen: Mid-Advance

Sangsu: Twin Fist

Chukyo Marki: Upper Defense

Arb Cheegee: Fore Hit

Yop Marki: Scooping Block

Sudo: Open Hand or Knife Hand

Yaucjeen: Reverse-Advance



Forms



White Belt

5 Basic Combinations:

- 1) Jab, cross, back leg front-snap kick
- 2) Slide-up round-house, jab, cross
- 3) Jab, cross, back leg round-house (land in front)
- 4) Slide-up round-house, jab, cross, back leg round-house (land in front)
- 5) Slide-up round-house, touch, defensive side-kick

Gold Belt

Gold Belt Form - by count

Gold Belt- Orange Tip

Gold Belt Form

Orange Belt

Orange Belt Form- by count

Orange Belt-Green Tip

Orange Belt Form

Green Belt

Won-Hyo: Named after the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.

Green Belt-Blue Tip

Won-Hyo

High Green Belt

Green Belt Form

High Green Belt-Blue Tip

Green Belt Form



Forms Continued



Blue Belt

Yol-Kok: The pseudonym of the great philosopher and scholar, Yi I, who is also known as the “Confucius of Korea.” The diagram of this form represents the term “scholar.”

Blue Belt-Red Tip

Blue Belt Form

Purple Belt

Chung-Gwen: Named after the patriot, An Chung Gwen. The 32 steps represent the age at which he was martyred in prison in 1910.

Purple Belt-Red Tip

Creative Form

Red Belt

Hwa-Rang: Named after the Hwa-Rang Do youth group originating during the Silla Dynasty about 1350 years ago and becoming one of the driving forces behind the unification of the three kingdoms of Korea.

At this level students must be capable of assisting in classes.

1st Degree Red Belt

Chung Mu: The name of a great Admiral, Yi Sun Sin, of the Yi Dynasty, who was reputed to have invented the first armored battleship in 1592 A.D. The left hand attack ending the form symbolized his unfortunate death in battle before he was able to demonstrate his complete loyalty to the king.



Forms Continued



The students will begin learning the following forms but will not be tested on them until Black Belt

Chun-Ji: Heaven and Earth

Tan-Gun: Named after the legenday hero was said to have founded Korea in the year 2334 B.C.

Toe-San: Pseudonym for the great patriot and educator Ahn Ch'ang Ho (1876-1938).

Poom

Basai: This is originally a Japanese form but is also included here because of its widespread use among Tae Kwon Do practitioners. The name means "To break through the fortress," indicating the power demonstrated in this pattern.

1st Degree Poom

Chul-Gi: Although this form is Japanese in origin, it is a popular pattern among Korean stylists as well. The name literally means "Iron Horse" (number one), which indicates the force with which the form should be done and the horse stance is used throughout. This form must be completed in exactly 12 seconds.

Ti-Gye: The pen name of the noted scholar, Yi Hwang, an authority on neo-Confucianism. The 37 steps of this form refer to his birthplace on the 37th degree latitude.

Creative Form