



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 "junbi" is called.
6. Uniforms and students should be clean and odor-free.
7. Please do not wear perfume to the dojo, Master Valdez is extremely allergic.
8. Parents should refrain from interacting with the students during class.
9. Parents are responsible for their children before and after class
10. If students are dropped off, they MUST be picked up on time.
11. DO NOT purchase equipment or other martial art supplies through the internet. Equipment MUST be purchased through Excel Academy.

Students should have their belts and all of their proper equipment including cups and mouthpieces for sparring. It is the student's responsibility to remember their equipment and not the parents.

12. 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.
13. Bottles should be emptied and put in the recycling bin and all trash should be thrown away.
14. Diapers and organic food should be disposed of outside the school.
15. All students must wear an Excel Academy silk screen uniform or tee shirt.

Exams

Parents are responsible for checking the bulletin board to see if their child is on the test list. The average student should achieve 3 belts per year. Colored belt exams cost \$50 and include a new belt and certificate. Belt tip exams cost \$30 and include colored tips. All students must wear their 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

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 one's self in free-sparring or in one's personal affairs. A loss of one's 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 or hesitation at all, with indomitable spirit, regardless of whosoever and however many the numbers may be.

Tournaments

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

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

All Students

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

Goman-End: Return to Junbi

Chariot-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

Shijack-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

Seven Traditional Basics-Intermediate & Above

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

Orange Belt

Orange Belt Form

Green Belt

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

High Green Belt

Green Belt Form

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 and can begin learning the following forms but will not be tested on them until the Black Belt test:

Chun-Ji: Heaven and Earth

Tan-Gun: Named after the legendary 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).

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.

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.

Black Belt

Fees for Black Belt exams and for degrees are \$200.00

Fees include a customized black belt certificate and an embroidered black belt.

If a candidate has failed their black belt exam, they are eligible to retake the exam in 3 months at no additional charge.

Black Belt Requirements

Excel Academy Students:

- 1) Chun-Ji
- 2) Gold Belt
- 3) Tan-Gun
- 4) Orange Belt
- 5) Toe-San
- 6) Won-Hyo
- 7) High Green
- 8) Yol-Kok
- 9) Blue Belt
- 10) Chung-Gwen

- 11) Ti-Gye
- 12) Hwa-Rang
- 13) Chung Mu
- 14) Basai
- 15) Chul-Gi
- 16) New creative form

Non-Excel Academy Candidates

Submit a list and perform all forms required for their colored belts at their school.

All Black Belt Candidates:

Demonstrate a creative form

Demonstrate at least 5 self-defense moves

Show skills in sparring and multiple sparring up to 5 opponents

1st Degree Requirements

In order to be a candidate for 1st degree Black Belt, the student should have a minimum of one year of active training at the Black Belt level.

At this belt exam, the student will demonstrate the entire colored belt curriculum including the 1st-degree black belt forms.

Kwan-Gye

Kae-Beck

Show improvement in:

Self-defense

Sparring

Black Belt creative form

2nd Degree Requirements

In order to be a candidate for 2nd degree Black Belt, the student should have a minimum of two years of active training at 1st Degree Black Belt level.

This will be the final exam requiring the entire colored belt curriculum including Po-Un

Creative form – candidates may create a new form or use their previous Black Belt creative form.

Show improvement in:

Self-defense

Sparring

Black Belt creative form

3rd Degree Black Belt and Above

The candidate should be training and instructing actively for a minimum number of years equivalent to the belt degree desired (example: 3 years for 3rd degree, 4 years for 4th degree, etc).

For each degree, a current resume should be submitted with all credentials and awards.

Demonstrate two forms from their curriculum and a creative form
Show maintenance of skills in sparring and self-defense