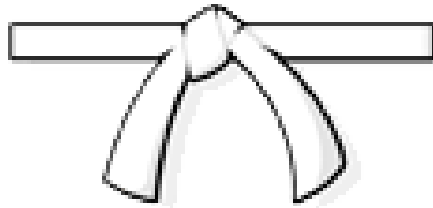




White Belt Workbook



Master Robert Adelman
Grand Master Jong Hak Yi

Students

- Always bow when entering and leaving the studio.
- Always bow when entering and leaving the mat area. (facing the flags)
- Always bow to instructors/black belts.
- Please pick up after yourself.
- The Dojo / Gym is for training only. NOT A PLAYGROUND!
- No shoes are allowed on the Mat. (Besides Mat shoes)
- Always address all Instructors/Black belts as Mr., Ms., Sir., Master or *Sabanim*
- Be on time to class, if you are late, you must ask permission to enter class.
- If late more than 15 minutes to class, you will not be allowed to participate.
- Keep your uniform neat and clean. No dirty uniforms allowed on the mats.
- Always be positive. / Never say " I Can't"
- No Horseplay inside the studio.
- Keep the studio clean. Help pick up after you and others.
- All students must wear a black t-shirt under their uniform.
- No use of profanity inside the studio.
- No jewelry on the mat.
- No chewing gum in the studio.
- No loud taking in lobby area.
- Always treat instructors and fellow students with respect.
- Always try your hardest and never give up!!!
- Always be fully prepared for class. Student must bring full uniform and all protection gear to class.

Parents

- Please keep younger siblings quiet at all times while class is in session.
- Please be sure to pick up your children from class on time.
- Please be sure to keep your child at home while he or she is sick.
- Please be sure that payments for tuition are due on time.
- Please let the Instructor know of ANY medical issues the child may have.

Equipment

- Uniforms don't last forever. If the uniform is too small, ripped etc, students must purchase a new uniform immediately.
- All sparring equipment must be newly bought from the school to ensure the gear is in safe condition and follows school / tournament regulations. Please ask a instructor when purchasing sparring gear.
- Sparring gear needs to be labeled with student's last name and cleaned after every use.
- After the first belt test, all students are required to purchase sparring gear. Ask the head instructor for more information.
- **Mandatory equipment:** Headgear, Hand gear, Foot gear, Shin guard, Mouth guard, and protector cup. (Chest protector optional for female students)
- All gear must fit and be in good condition. (no torn, ripped, loose or tight fitted gear)

Hapkido and Taekwondo Techniques

Stances:

Sitting Stance
Walking Stance
Back Stance
Fighting Stance

Basic Drill - (Power Drill):

Spear hand attack to the throat
High section block (fist or knife hand)
Outside forearm block (fist or knife hand)
Inside forearm block
Inner block
Low section block
Knife hand Strike Palm Up
Knife Hand Strike Palm Down
Soft block
Punch (High Section, Middle Section, Low Section)
High/Middle/Low

Walking Drill (Walking Stance and Back Stance)

High section block (fist or knife hand)
Outside forearm block (fist or knife hand)
Inside forearm block
Inner block
Low section block
Knife hand attack to the throat palm up
Palm press block to the side
Palm press block down
Soft block
Twisting punch

Kicking Drill:

Front Kick
Outside Kick
Inside Kick
Roundhouse Kick (Turning Kick)
Side Kick
Hook Kick (Reverse Turning Kick)
Jumping Front Snap Kick

Forms:

Kibon El Jang (Basic 1) (6 Steps)
Kebon Yi-Jang (Basic 2) (8 Steps)

One Steps: Move, Block and Strike!- (Two person Drill)

Examples:

- #1 Step outside of opponent / Outside Forearm Block with knife hand / High Section Punch
- #2 Step Inside of opponent / Outside Forearm Block with knife hand / High Section Punch
- #3 Step Inside of opponent / Inner Block / 3 Punch – High, Middle, Low, Punch

Falls and Rolls:

- Front fall
- Back fall
- Right Side Fall
- Left Side Fall

Throws:

Outside Short throw

Free Sparring:

- 2 and 2 (Kick only)
- 3 and 3 (All Strikes)
- Light Contact Sparring (1 vs 1)

CLASS NOTES:
