



Student Guide



Dragon School

Student Guide

Dedication

This Student Guide is respectfully dedicated to the founders of the Dragon School, Marian and Jack Erickson. Without their steadfast commitment to their students, and their selfless willingness to share their knowledge of the Martial Arts, none of this would have been possible.





Dragon School _____ **Student Guide**
Table of Contents

Introduction_____	1
Class Structure_____	4
Uniforms and Equipment_____	6
Ranks and Promotion_____	9
History_____	13
Warm Ups _____	16
Stances_____	22
Blocks_____	26
Targets_____	32
Hand Weapons and Techniques_____	34
Elbow Weapons and Techniques_____	37
Foot Weapons and Techniques_____	38
Self Defense_____	41
Mobility Drills_____	44
One Step Sparring_____	47
Sparring_____	69
Forms_____	72



Introduction

Welcome to the Dragon School of Tae Kwon Do. Masters Jack and Marian Erickson founded the Dragon School in June 1976. They retired in 1995 and handed the school over to Masters Alton Thibodeaux and Danny Davis.

This Student Guide is available on the school's website: www.dragonschool.com. It is intended as a reference and not a replacement for attending class. Do not try a technique found in the Student Guide until you have been shown that technique during class.

What is Tae Kwon Do?

Martial Arts

All martial arts can be divided into two main categories: striking and grappling. The striking arts emphasize punching and kicking while the grappling arts rely on holds and throws. A particular style of martial art may incorporate techniques from both categories, but the majority of techniques used will fall into one category. Karate and Tae Kwon Do are examples of striking arts. Judo and Aikido are examples of grappling arts.

Tae Kwon Do

Tae Kwon Do (“way of kicking and punching”) is a Korean striking martial art. Tae Kwon Do is distinguished from other striking styles by the emphasis it puts on high kicks. High kicks and jumping kicks were developed to help a foot soldier attack an enemy on horseback. Legs are longer and stronger than arms – they allow for a powerful defense or attack from a greater distance.

Moo Duk Kwan

The Dragon school teaches the Moo Duk Kwan style of Tae Kwon Do. In 1945, Hwang Kee founded Moo Duk Kwan (“the institute of martial virtue”) in Korea. A number of different kwans (“schools”) were founded in Korea after World War II. In 1955, the different schools were united under the name of Tae Kwon Do.

Traditional vs. Sport

The Dragon school teaches traditional Tae Kwon Do instead of training specifically for tournament competition. Traditional training emphasizes self-defense and real-world application of the art. It also stresses responsibility and discipline.

History of Tae Kwon Do

The history of martial arts in Korea begins around the 6th century with a group of warriors called the Hwarang Do. They studied fighting and self-defense techniques as well as following a code of conduct that stressed justice, loyalty and



Dragon School

Student Guide

bravery. The martial arts remained solely a military venture until the 14th century when it developed into a recreational sport for the general public.

When the Japanese invaded Korea in 1909, they outlawed martial arts as well as most other facets of Korean culture. Many Koreans fled to other countries during the occupation and studied other systems of martial arts. The end of World War II in 1945 also ended the Japanese occupation of Korea. A number of new martial arts schools were founded. Most taught a blend of Korean techniques and styles from other countries including China and Japan. In 1955, many of the head teachers met to unite the different schools under one name. They agreed on Tae Kwon Do, suggested by Army General Choi Hong Hi.

Grandmaster Jhoon Rhee introduced Tae Kwon Do to America in 1956. At first he called it Korean Karate so that it would be more recognizable.

Why study Tae Kwon Do?

Different people start taking Tae Kwon Do lessons for different reasons: self-defense, fitness, self-confidence or discipline. Tae Kwon Do can help with all of these things and more as long as you want to be in class and are willing to participate.

Tae Kwon Do enhances life mentally, physically and spiritually by creating a new awareness and perspective from which to function.

When Tae Kwon Do is done consistently, it is good physical and mental exercise. It develops flexibility, strength, stamina, balance, and coordination. It also develops self-confidence and discipline as well as enhancing memory and concentration.

Tae Kwon Do isn't just training your body to learn new techniques. It is also training your mind to have discipline, humility, and self-control. Learning calm determination can be useful as you encounter stressful situations in any part of your life.

What is the Student's Responsibility?

A good training experience is a sure thing if you bring the following to class: a good attitude, patience, respect, and a willingness to learn.

Daily practice is recommended for any student to become skilled in Tae Kwon Do. Practicing only once or twice a week is not enough to become proficient. Keeping a daily practice log is beneficial and helps create good study skills as well.

Students should discuss with their family how to responsibly use Tae Kwon Do outside of class. Guidelines should be established for when it is acceptable to fight and when it is not. Banning all fighting is not necessarily a



Dragon School

Student Guide

good idea since self-defense skills should be used when necessary. Most students gain sufficient self-confidence that fighting will be an exception.

Korean Terminology

Because Tae Kwon Do is a Korean martial art, some Korean words are used in class.

Korean	English
Jung-Yul	Line Up
Joohn-Bee	Ready
Cha-Rhyut	Attention
Kiung-Yae	Bow
Shee-Uh	Rest
Ba-Ro	Back to Ready
Shee-Jak	Start
Gal-Yu	Break/Separate
Geu-Man	Stop
Gam Sa Ham Knee Dha	Thank You
Do-Jang	Training Room
Do-Bok	Uniform
Dee	Belt
Sa-Boo Neem	Instructor

Another word that is used in class and in this guide is KIA, which means spirit yell. A KIA is a loud yell that comes from the solar plexus. When you KIA while executing a technique, you are focusing your strength while decreasing the chance of losing your breath if you are struck in the solar plexus. Get used to using your voice as a weapon. It can deter an attacker, bring help, or maybe cause a sparring partner to hesitate. During warm-ups and class follow your instructor's directions on when to KIA. In general, when executing a series of techniques (blocks or attacks) you should KIA on the first new technique and just after a turn. The forms, mobility drills, and one-steps have defined techniques that include a KIA.

A-KATO

The Dragon School is affiliated with A-KATO (American Karate and Tae Kwon Do Organization). A-KATO is an organization of traditional style schools that emphasize self-defense and the "art" in martial arts. Black Belt testing is conducted by the A-KATO organization. Information on A-KATO and a list of affiliated schools can be found on the A-KATO website: www.a-kato.org.



Class Structure

A Black Belt will call for everyone to line up (*Jung-Yul*) when class starts. Try to arrive a little early so you are not late for line up. Everyone in the room will line up **immediately** according to rank. Black belts line up facing the students. Everyone lines up in rest stance (see *Stances* section). Students line up right to left in descending rank. New students and students without uniforms are at the end.

The head student (student with the highest ranking belt below black belt) ensures that everyone lines up correctly and then calls for the class to come to ready stance (*Joohn-Bee*). The head student will then call for the class to come to attention (*Cha-Rhyut*). Once the class is at attention, the Black Belts will bow to the head instructor to show respect. Then the head student will tell the class to bow (*Kiung-Yae*). The class will bow to the Black Belts as they bow to the class to show mutual respect and willingness to teach and learn. The instructors vary in rank and ability, but they have all earned the right to respect by virtue of their training and skills.

Warm-ups are necessary in order to prepare the body for the hard work of learning new tasks. They will seem strange at first. If you choose to do these every day you will benefit greatly.

After warm-ups, the instructors will determine how to proceed with the class. Students may be divided into groups by rank, or size, or sometimes by how many instructors are available. Pay attention to the instructor's orders and go where you are told to go **quickly**, without going across any other group that is working out. We only have limited time in which to share many things so there is no time to dawdle. This rule applies when you take a water break or change areas. No one should leave the workout area without the permission of the instructor they are working with. If you feel ill or need to go to the restroom, let your instructor know. The instructors are responsible for the students during class time, so they **must** know where you are at all times.

If you have a question, please ask it before or after class unless your instructor has asked for questions. Asking questions is an important part of learning – please don't be shy to ask a question at the proper time.



At the end of class, the head instructor will call for everyone to stop what they are doing (*Geu Man*), bow to their instructors, and line up. The head instructor will lead the class through a breathing exercise to help everyone cool-down and get centered. The instructor will ask one of the students to lead the class in saying the Tae Kwon Do pledge:

The Tae Kwon Do Pledge
Knowledge in the Mind
Honesty in the Heart and on the Lips
Strength in the Body
To Protect and Serve
With Dignity and Honor
This is Tae Kwon Do

We say this as a way of organizing our thoughts at the end of class and to remind ourselves of the basic philosophy behind Tae Kwon Do. Each student should be prepared to lead the class in saying the pledge. After the pledge we straighten up our uniform (always turn your back to the Black Belts when you do this) and our lines. The class will bow out in the same way that the class bowed in.

The class will end with the following exchange between the instructors and the students. It reinforces positive self-image. Positive thoughts backed up with positive action create a positive experience.

Head Instructor: DISMISSED	Students: MIGHT FOR RIGHT
Head Instructor: MIGHT FOR RIGHT	Students: ATTITUDE
Each Black Belt: WHO'S GREAT?	Students: I AM
Head Instructor: WHO'S GREAT?	Students: WE ALL ARE, DRAGON SCHOOL



Uniforms and Equipment

Equipment

- All students are required to wear mouth guards when sparring. Mouth guards are widely available at sporting goods stores, and are inexpensive. The types that form to your teeth after being immersed in hot water are highly recommended.
- Male students are required to wear protective groin cups.
- Students 10 and younger are required to wear additional safety equipment: headgear, foot pads, and gloves.

Uniforms

A uniform is not required until you to test for the rank of Gold Belt. Once you purchase a uniform it should be worn to each class. If you are unable to wear your uniform to a class, you may attend class in other clothes rather than miss class, but you will line up at the back of class.

The point in wearing uniforms is to meld a diverse group into a single focus. Having everyone in the same uniform no matter what age or occupation produces an environment conducive to learning by reducing distractions. Wearing a uniform indicates that you are ready to focus on martial arts.

Martial Arts activities are the only activities for which the uniform will be used.

- Students will have traditional white uniforms. Black Belts may wear black uniforms, except to formal belt tests.
- Only Dragon School and A-KATO patches should be worn on your uniform. If you are attending classes at a different school, please talk to the head instructor.
 - The Dragon School patch is available from the instructors. It should be centered on your left side slightly below your collarbone. Faded patches should be replaced as soon as possible.
 - Once you have earned your Gold Belt, you will register to receive an A-KATO patch. This patch should be centered on your right side slightly below your collarbone.
- Uniforms should not be bleached, because it fades the patches and weakens the fabric. Belts should never be washed.
 - After class, you should wash your uniform or hang it up to dry so that it does not mildew. Then it will be ready for the next class.

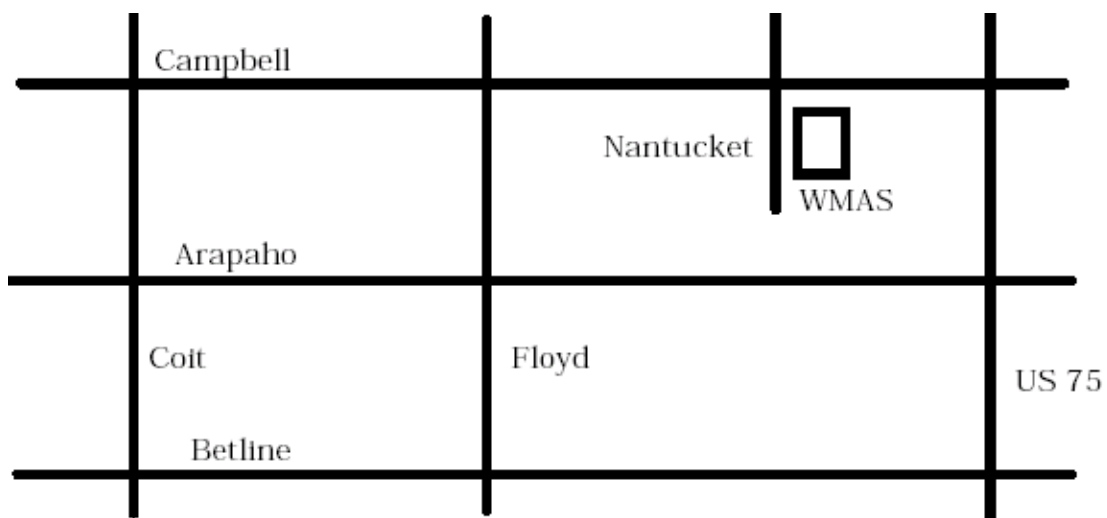


Dragon School

Student Guide

- Your uniform should be neat and properly worn whenever you enter or exit the workout area.
 - Your belt should be properly tied. See the belt tying instructions below. If you are having trouble tying your belt, please ask for help. If you lose your belt, please replace it as soon as possible.
 - Jacket sleeves will be neatly rolled to mid-forearm. The left side of the jacket is secured over the right with jacket ties.
 - Pants will be ankle length and must not drag the floor. They should be hemmed to the correct length, not rolled up.
 - Female students should wear a white tank top or short-sleeved shirt under their jacket. Male students should not.
- Bring clothes to change into after class if you are not going straight home. Uniforms should not be worn to other activities such as eating out, shopping or sporting events.
- The care of your uniform is entirely your responsibility. Attention paid to your uniform leads to better self-discipline and confidence. Correctly wearing a well-kept uniform shows that you have a good attitude towards learning.
- See the head instructor for an equipment order form. Uniforms may also be purchased at World Martial Arts Supply. Directions to WMAS are provided below. Tell WMAS that you are a student of the Dragon School and they will give you a small discount.

World Martial Arts Supply
1974 Nantucket @ Campbell
972-783-1437

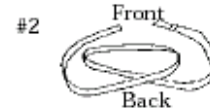
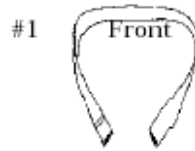
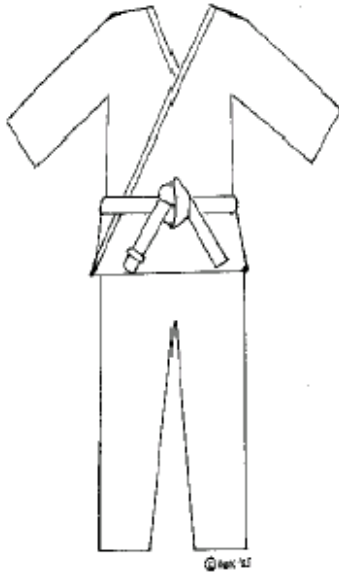




Dragon School

Belt Tying

Student Guide



1. Center your belt in front of you. If you have a stripe, that end should be in your left hand.
2. Place the middle of your belt on your waist where your belly button is. Wrap the belt end around behind you. Switch the ends to your other hands and continue bringing the belt ends back around to your front.
3. Take the end in your left hand and tuck it under both the loop around your middle and the other end.
4. Start a knot by folding the right end over the left end.
5. Twist the ends slightly as you pull the knot tight to flatten the knot. The knot should lie flat against your stomach and should have a neat, triangular look. Both ends of the belt should point toward the floor.