Tinsley Family Martial Arts

Taekwondo

New Student Hand Book
Welcome Aboard!

Thank you for allowing the Tinsley Family Martial Art Center and The Dance Company of Hertford to help you reach your personal training goals. We are dedicated to helping you gain discipline, flexibility, confidence, and learn the Korean Martial Art of Taekwondo.

If you have any questions or concerns about our programs please contact

Master Donald Tinsley 252-207-7793

costalcombat@live.com
Kukkiwon Taekwondo/World Taekwondo Federation

Kukkiwon was founded as the KTA(Korea Taekwondo Association) central Dojang on November 30th, 1972, and since then has played an important role in the distribution and perpetuation of the tradition of Taekwondo. The 10 Dojang derived from 5 Dojang, and then these were united into one organization according to the decision of the committee members of Taekwondo Main Center in 1978. Kukkiwon devotes itself to spread Taekwondo culture, spirit and history worldwide, increasing the best competitive power of Taekwondo as a martial art in life.

In the 1980s, the association focused on the universities, especially the university departments or majors. The alumina of Taekwondo were very influential in the drafting Taekwondo's policies and, thus, its development. To date, Taekwondo Department has been founded in 60 universities. Taekwondo major is also accepted in universities of many foreign countries.

Taekwondo became a demonstration sport on September 17th, 1988 in the 24th Seoul Olympics, and this became a bridgehead to spread Taekwondo worldwide. Taekwondo became an official Olympic sport at the 103th IOC Assembly in Paris, France. The Korean Language becomes an official language of the Olympic Games, joining English, French, and Japanese. Taekwondo is now an international martial art in 203 countries, and includes 80 million practitioners.

Tinsley Family Martial Arts

Master Tinsley began teaching Taekwondo in Elizabeth City, NC in 1998 as a 1st Dan Black Belt. He began teaching at Fitnessworks, LLC as an assistant instructor. Soon after, our first academy was opened independently in Edenton, NC. As our academy grew we branched out to the Hertford area and eventually becoming not only the head instructor in Hertford/Edenton but also at the head instructor at the Elizabeth City school. Master Tinsley was promoted to the rank of 4th Dan Master in Taekwondo by Grand Master Missy Cann, 7th Dan Black Belt, March 2010.

The Elizabeth City School changed names and hands officially from The Tae Kwon Do Institute to The Tinsley Family Martial Arts Center in 2010. It is our goal to grow community awareness of Kukkiwon Taekwondo in North Eastern, NC.

For more information on Kukkiwon please visit their official site:
http://www.kukkiwon.or.kr/front/eng/main.action
Policies:

Promotional Testing

Students are eligible to test for their next belt promotion at the discretion of both the instructor and parent. Testing is not mandatory. It provides a way for students to set goals, work towards them, and achieve them. Students must take a practical test demonstrating the techniques have learned. An additional fee is required for testing. This fee is an organizational fee that covers the cost of approved sanctioned Kukkiwon rank and the material cost of the belt.

Testing fees:

- $25.00 for Beginner Belts
- $35.00 for Intermediate
- $45.00 for advanced

Referral Policy:

In the event that you refer a student to enroll in classes you will receive half price tuition the month following the month that the new student enrolls.

Rules and Regulations:

All students and parents shall abide by the rules and traditions of Martial Arts. The rules are as follows:

1. All students bow to the flags upon entering and leaving the classroom.
2. All students bow to the instructor or any black belts upon entering and leaving the classroom. This is a formal Taekwondo greeting.
3. When speaking to black belts or adults they are to be addressed as sir or ma’am.
4. Students of lower ranks are to respect and listen to student of higher ranks.
5. Students of higher ranks are to respect and help teach students of lower ranks.
6. No shoes are to be worn in the practice area.
7. No jewelry is to be worn. (Exception for wedding bands)
8. Parents are not permitted on the training floor unless they are students or asked for assistance. *Exception emergency situations
9. Students and parents should keep all cell phones on silent so as to not disturb class.
10. If a phone call is necessary please excuse yourself outside.
11. Parents are encouraged to watch class. However, parents are not permitted to coach, assist, speak out, or otherwise interrupt the training session.
12. Parents are required to stay in the lobby. The only time parents are permitted in the training area will be if the lobby is completely full. No Exceptions
13. No student shall use Martial Arts except to avoid personal injury in self-defense.
There are 10 Gups, steps away, from Black Belt. Upon earning each new belt students will learn the following:

1. Poomsae (Forms)
2. Kicking Techniques
3. Sparring Techniques
4. One-step sparring Techniques
5. Escaping Techniques

For a complete list of each belt’s curriculum please visit our website at www.tinsleyfamilymartialarts.com and click on Taekwondo>Curriculum.
**Earning Your 1st Belt Promotion**

Hard work and dedication are reward in Martial Arts. In order to progress at reasonable pace it is important to show up for as many classes as you can and work hard while training. We recommend that students practice their movements at home on days we do not hold class. The following items listed below are a list of the techniques students will learn as a 10th gup, White Belt. When they are able to perform them independently they will be eligible to be examined for their 1st promotion.

1. **Basic Fundamentals**
   a. Down Block
   b. High Block
   c. Knife Hand Block
   d. Low, Middle, & High Punch
   e. Knife Hand Strike
   f. Walking Stance
2. **Kicking/Sparring Technique**
   a. Slide In Footwork
   b. Slide Back Footwork
   c. Step In Footwork
   d. Step Back Footwork
   e. Stretching Kicks #1 and #2
   f. Front Kick
3. **One Step Sparring**
   a. Block and Punch two times
   b. Block and Chop two times
   c. Block and groin strike once, followed by one punch

**Joon Bi (Ready Stance)**

**Movement**

- The breadth of two feet will be one foot wide, the inner sides (Binaldeung) of both feet parallel with each other.
- Both knees are stretched.

**Deduction Factors**

- Tip of the feet are closed or open.
- Any other movements other than shown above will be factors of deduction.
Walking Stance

02 앞서기 Ap seogi (Forward stance)

Movement

a. Just like the stance when step walking with a toward step. The distance of the two feet is one step long.
b. The inner sides of two feet must be on a straight line.
c. The body should be straightened while facing forward. The chest should be turned about 30 degrees. The weight should be supported by both legs evenly.

Deduction Factors

a. Stride of the step is too long or short.
b. Body is leaning back.
c. Any other movements other than shown above will be factors or deduction.

Front Stance

Movement

a. The vertical distance between two feet is one and a half step. And the parallel distance between two feet is equal to one foot.
b. The tips of front foot place forward.
c. Lower the knee in order to match your knee and tips to when you look down in an upright standing position.
d. Keep the back sole turned inward within the angle of 30 degrees and stretch the knee of hind leg and put the balance of your weight toward by two-thirds.
e. Stand upright and twist toward your body at an angle of 30 degrees.

Deduction Factors

a. Between the two feet is too wide so without keep the body balance.
b. Lift of heel the front foot or bend of back leg.
c. Back of foot is opened more than 30 degrees.
d. Center of the balance keep the front part of the body.
Back Stance

04 뒷굽이 Dwitkubi (Backward inflection stance)

규정동작 Movement

가. 발 앞꿈치를 앞으로 얹혀도 되고 서서 두 무릎을 굽게 한다.
나. 발 앞꿈치가 안될 때 앞꿈치를 앞으로 얹혀도 되고 서서 두 무릎을 굽게 한다.
다. 앞꿈치를 앞서 바짝 붙여서 앞꿈치 뒤로 얹혀도 되고 서서 두 무릎을 굽게 한다.
라. 앞앞 잘못 붙여서 앞앞 뒤로 얹혀도 되고 서서 두 무릎을 굽게 한다.
마. 앞앞 잘못 붙여서 앞앞 뒤로 얹혀도 되고 서서 두 무릎을 굽게 한다.
바. 앞앞 잘못 붙여서 앞앞 뒤로 얹혀도 되고 서서 두 무릎을 굽게 한다.

Attention Stance

08 모아서기 Moe seogi (Close stance)

규정동작 Movement

가. 두 발앞꿈치를 맞대고 서서 두 무릎을 굽게 한다.
나. 두 발앞꿈치를 맞대고 서서 두 무릎을 굽게 한다.
다. 두 발앞꿈치를 맞대고 서서 두 무릎을 굽게 한다.
라. 두 발앞꿈치를 맞대고 서서 두 무릎을 굽게 한다.
마. 두 발앞꿈치를 맞대고 서서 두 무릎을 굽게 한다.
바. 두 발앞꿈치를 맞대고 서서 두 무릎을 굽게 한다.

감점동작의 예 Deduction Factors

가. 발 앞 끝이 닿아 있을 때.
나. 이 경우 규정동작이 아닌 행위는 감점이 된다.
라. Tip of feet are open.
마. Any other movements other than shown above will be factors of deductions.
Horse Stance

09 주춤세기 Juchum seogi (Riding stance)

규정동작 Movement

가. 발과 발의 내반은 두 발바닥 간의 정도로 한다.
나. 발은 인가호흡과 같이 내반히 되게 한다.
다. 몸은 반듯하게 하고 두 무릎을 굽는데, 서서 평을 내려와 땅을 때 무릎
부두로 한다.
라. 무릎은 앞으로 조이도록 한다.

a. Keep the breath of two legs at two foot length.
b. The two soles paralleling with each other.
c. Lower the knees as high as they may spring up and down easily, maintain the
front to the knee erect vertically.
d. Concentrating the weight inwardly and tightening the lower attaments.

감점동작의 예 Deduction Factors

가. 무릎이 엎어지거나 닫히 되 때
나. 발목이 오화의 자세나 엉길 때
다. 형식이 되에 따라 바_Size가 상체가 앞으로 옮길 때
라. 이 밖에 규정동작이 아닌 평가는 감점이 된다.

a. Knees are open or closed.
b. Tip of the feet are closed or open.
c. Hips are pulled back or upper body is leaning forward.
d. Any other movements other than shown above will be factors of deduction.

Down Block

01 아래막기 Arae Makki (Low blocking)

규정동작 Movement

가. 막는 주먹은 앞잡이의 대체되어서 세운 주먹 두 개 또는 한 벌 정도의 간격이다.
나. 단식의 음막은 전방으로 장공에 위치시킨다.
(요점) 막는 주먹은 아래쪽이 정도 올리고 여두 주먹 바닥으로 방향에 임으로 됩니다. 반
때 손은 앞잡이 주먹의 상하에 들어서 신의 요에 원한다. 막는 주먹만큼은 끈까지 하며
여두에 들어지 않는 신에 없어진다.

a. The blocking fist is to be kept apart form the thigh of the foot-tog by the width of two fists.
b. The wrist of the hand will rest on the waist side in the form of bending.
(Point of attention) The blocking fist will be lifted up to the shoulder's level and the base part
of the fist will face the opposite side of the face. The other hand will be stretched toward the solar
plexus in a state of bent wrist. The elbow of the blocking arm will neither be lifted up nor stuck to
the body.

감점동작의 예 Deduction Factors

가. 막는 주먹이 좋은 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주먹 주♠
High Rising Block

Olgui Makki (Face blocking)

규정동작 Movement

가. 맨손의 팔목이 얼굴 중앙선에 오게 한다.
나. 맨손의 팔목을 상완으로 하여 정체가 이어지어서 멀어지게 한다.
다. 맨손의 손바닥은 옆구리 (상대방)에 위치한다.
(여기서 맨손은 맨손의 주관으로 변대 상의 앞부분을 적정 반경의 이래에서 시작되고, 반대편은 주관등이 위로 향하게 하여 변대면 아래로 이래에서 시작한다.

a. The wrist of the blocking arm comes right in front of the center of the face.
b. The blocking wrist is one fist’s distance apart from the forehead.
c. The other hand’s wrist is situated at the waist side.

(Point of attention): The blocking arm should be kept slightly lower than the outside of the arm’s elbow, and the other arm starts from the shoulder’s height of the other side, keeping the fist directed upward.

감정동작의 예 Deduction Factors

가. 맨손의 팔목이 얼굴 중앙선에 얼굴의 중앙선을 바탕으로 놓아도 빼어내거나 야마 위로 넘어갈 때.
나. 맨손은 상완으로 상하의 이래로 들어들 때.
다. 이 때에 규정동작이 아닌 행위가 된다.

a. Wrist of the blocking arm going out of the center line of the face or going over the forehead.
b. Letting the blocking arm with exaggerated arming.
c. Any other movements other than shown above will be factors of deduction.

Knife Hand Block

Sonnal Makki (Hand-blade blocking)

규정동작 Movement

가. 맨손의 손가락은 손목으로 앞뒤로 한다.
나. 손목의 높이는 아래 높이다.
다. 손목은 구부러지지 않아야 하며 손바닥이 정면을 향하게 한다.
라. 손목은 손목이 정면 영역에 오거나 들어올 때의 손목과 손가락 사이의 이래를 정확하게 한다.
(여기서 맨손은 손목을 정면 영역에 하고 반대쪽 손손이 뒤로 정면 영역의 이래에서 시작한다.
나. 반대쪽 손손이 정면 영역에 오고 임을 막기까지 생애에 자연스럽게 내리면, 맨손 손목이 정면에 자작가 되고 기물은 손목 정면으로 들어간다.

a. The blocking hand-blade is located a position in parallel with the lateral part of the shoulder.
b. The finger tips are kept as high as shoulder.
c. The wrist should not be bent, the palm facing the front.
d. The assisting hand should keep its wrist in front of the solar plexus and the hand-blade slightly apart from the body. (The distance should be about half an inch apart.)
Regular Punching

01 Baro Jireugi (Regular Punch)

Movement

- When the feet are widely opened fore and back due to the movement of body weight (whether it is a back or forward kick), a Baro Jireugi is performed by the fist on the side of the back foot.

Deduction Factors

- A. Wrist of the punching arm is bent.
- B. Elbow of the punching arm is bent.
- C. Punching without preliminary motion or bounce of the upper body.
- D. Exerting the motion of the punch with lifted elbow.
- E. Any other movements other than shown above will be factors of deduction.

Front Kick

01 Ap Chagi (Front Kick)

Movement

- First, raise the forward knee of the kicking leg up to breast and immediately push the foot forward, fully stretching the leg. The track of foot must be on a straight line toward the target.
- The target must be kicked by the sole of the foot, the ball bending outward. The groin, lower part of abdomen, solar plexus, and so on are the targets.
- The kicking foot is drawn back by reaction to its original position. However, the foot may be placed where the attacker can easily make a next movement. If the attacker keeps himself or herself in balance while he or she executes a kicking or retreating the kicking foot, the Chagi is perfect.
- The supporting leg on the ground should not stretch the knee fully before or during the kicking because the upright standing is more likely to cause falling down of the attacker of weakening of the kicking force. It is not easy to make next movement.
- If the standing leg is supported by the entire sole of foot, the weight is laid on the hip joint and the knee joint, in which case the kicking is less speedy and powerful of impulsive force. Sometime, the knee joint or the hip joint breaks away. Therefore, it is necessary to lift the heel slightly by stretching the ankle so that the sole male may pivot at the moment of a kick.

However, one should be careful not to stretch the ankle too much, because it would lift up the center of weight.