



# Dragons Training Center

New Student Guide

[www.dtcwi.com](http://www.dtcwi.com)

If you or your child is getting started in their Taekwondo experience, we want to thank you for starting out your journey with Dragons Training Center (DTC). DTC's goal is to provide a great Taekwondo experience at YMCA and Recreational Centers very competitive prices. We have seasoned Instructors teaching every class, with many supporting instructors. All beginning students will remain in the beginner class until they have tested, this can typically take 2 sessions (about 18 weeks) but can take longer. Students will enroll in the color belt class ONLY after belt promotion to High White or with the instructor's approval. Please see our website for more information <https://www.dtcwi.com>

- Traditions

- Tae Kwon Do is a self- defense and a sport. Any student that uses Tae Kwon Do intentionally to hurt anyone will be immediately removed from the school.
- Our school is based on respect for self and others, personal responsibility, and discipline. All students are expected to follow our code of conduct, both in and out of class.
- Class starts promptly at the scheduled time, it is encouraged to arrive early to prepare.
- All students will bow to the flags to show respect when entering and leaving the training room and show a sense of urgency when lining up or being directed by a black belt.
- All students will address all black belts with the salutation Sir or Mam.
- Parents/Guardians may not enter the training room during class, but may wait outside the training room during class.

- Image and safety

- Uniforms can be purchased through the DTC and are required for testing, see an instructor before or after class for details.
- Uniforms should always be clean and wrinkle free. Uniforms should be washed, but belts are never washed.
- All Students will keep their fingernails and toenails cleanly trimmed.
- All students will display personal hygiene practices.
- Any student that needs to leave class early must ask permission from a black belt.
- Any Student that is late for class can enter class but must raise their hand at the entrance and wait for an instructor to allow them to enter class.
- A mouth guard and athletic supporter will be needed for all students.
- Sparring gear will be required for all students at the green belt level, see the DTC website for an approved list of sparring gear.

- Training & Testing

- Students must practice at home each week and may be given "Homework". Parent / Guardians help here would be great.
- The instructor will approve each student before they are allowed to test. ONLY students approved for testing can participate.
- Testing is typically every 3-4 Months. March, June, September, and December.
- Testing dates will be communicating to the student and posted on our website and/or Facebook page.
- DTC follows a curriculum for each belt level which will be used for belt advancement (testing); you can find the entire curriculum at the DTC website. Below are the White Belt/beginner requirements.

## White Belt Curriculum (required techniques to test to next belt level)

<u>Required Techniques</u>	<u>Forms/Poomse</u>	<u>Combinations</u>
<ul style="list-style-type: none"> <li>• Switching stances</li> <li>• Jab punch</li> <li>• Cross punch</li> <li>• Back leg front kick</li> <li>• Back leg round house kick</li> <li>• Back leg side kick</li> <li>• Back leg axe kick</li> <li>• 2-step forward and back</li> </ul>	<ul style="list-style-type: none"> <li>• Upper block</li> <li>• Lower block</li> <li>• Inner block</li> <li>• Outer block</li> <li>• Front stance</li> <li>• Walking stance</li> <li>• Horseback riding stance</li> </ul>	<ul style="list-style-type: none"> <li>• Jab, cross, back leg roundhouse kick land forward</li> <li>• Jab, cross, back Front kick land forward, back leg roundhouse kick land forward</li> <li>• Jab, cross, back leg axe kick land forward</li> <li>• Two step froward, jab, cross, back leg round house land forward.</li> </ul>
<u>Number System</u>	<u>Board Break</u>	<u>STUDENT CREED</u>
<ul style="list-style-type: none"> <li>• Ha-na = One</li> <li>• Tul = Two</li> <li>• Set = Three</li> <li>• Net = Four</li> <li>• Ta-sot = Five</li> <li>• Yo-set = Six</li> <li>• IL-gohp = Seven</li> <li>• Yo-dul = Eight</li> <li>• hoop = Nine</li> <li>• Yuhl = Ten</li> </ul>	<ul style="list-style-type: none"> <li>• Back leg side kick</li> </ul>	<p>I will develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health. I will develop self-discipline in order to bring out the best in myself and others. I will use what I learn in class constructively and defensively; to help myself and my fellow man and never to be abusive or offensive.</p>