

Asian Sun Martial Arts Student Handbook



Student's Name



Asian Sun Martial Arts

...Student Handbook

Welcome to Asian Sun Martial Arts

Dear Student:

Congratulations on taking a pivotal step toward improving the quality of your life by beginning your martial arts journey. Through your training you will gain self-discipline, reduce stress, and improve your physical condition.

We are excited you have chosen to train at Asian Sun Martial Arts, Ohio's #1 martial arts school. Our Do-Jahng is a traditional oriental school teaching Tae Kwon Do (also known as "taekwondo") the most popular style of martial arts in the United States. Other styles taught include karate, kung-fu, and judo. Master Andrachik has been practicing martial arts for over 35 years, producing multiple national champions and instructors throughout his career.

In welcoming you to Asian Sun Martial Arts, we welcome you to our martial arts family. When we say family, it is meant sincerely. Master Andrachik represents our father and our black belts and other students are our brothers and sisters. Older and higher ranked students have the responsibility to set a good example and provide leadership to our younger and lower ranked students.

During your martial arts training you must practice patience. Many of your questions will be answered during your practice. In martial arts training the journey is just as important as the destination.

Again, congratulations and our sincere welcome.

Sincerely,

Grandmaster Ryan Andrachik
Chief Instructor, Asian Sun

Grandmaster Ryan Andrachik

Who is the Highest Rank in Asian Sun Martial Arts?

Grandmaster Ryan Andrachik

What is Master Andrachik's Belt Rank?

7th Dan Black Belt

Who is Grandmaster Andrachik's Instructor?

Grandmaster Il Joo Kim, 9th Dan Black Belt

Who is Grandmaster Il Joo Kim's Instructor?

Supreme Grandmaster Byung Jick Ro

Who is Supreme Grandmaster Ro's Instructor?

Eternal Grandmaster Gichan Funakoshi

What is our main style of martial arts?

Tae Kwon Do-The way of the Foot and Hand

Name of our Tae Kwon Do Style:

Song Moo Kwan, it means Everlasting Pine (or Everlasting School) and was founded by Supreme Grandmaster Ro.

Name of the system Master Andrachik created:

Jin-Bo Ryu (Success through Continuous Improvement System)

The Purpose of Martial Arts Training

The modern Tae Kwon Do student can benefit from this ancient system in many ways. In order to maximize these benefits each student must strive to achieve the objectives of Tae Kwon Do training. These are:

- **To develop appreciation for TKD as a sport and as an art.**
- **To strengthen mental discipline and encourage emotional equanimity.**
- **To achieve physical fitness through discipline and participation.**
- **To learn self-defense skills.**
- **To develop a sense of responsibility for self and others.**

Tae Kwon Do is a lifetime pursuit. Each student can set their own goals and work toward achieving them. This system encourages students of any age or physical level to participate in Tae Kwon Do.

The benefits of Tae Kwon Do go far beyond the physical. Students will also find that they have improved self-esteem, confidence, and courage.

History of Tae Kwon Do

Tae Kwon Do has been developing under many different names for more than 2,000 years. Tae Kwon Do developed as a free fighting combat sport using the bare feet and hands to repel the opponent. *Tae* means “to strike with the feet,” *Kwon* means “destroying with the hand or fist,” and *Do* means “way or method.” The art consists of sharp, strong angular movements and free flowing circular movements to produce a balance of beauty and power. At this time Tae Kwon Do has more than 100 million practitioners in 115 countries throughout the world.

Royal tomb paintings from between 3 AD and 427 AD show men practicing *Soo Bak*, an early form of Tae Kwon Do which means “punching and butting.” Sometime during the Silla dynasty, which began in 57 B.C., *Soo Bak* was combined with *Hwarang Do* which means “the way of the flower of youth.” *Hwarang Do* was used by the nobility of Korea to school their sons ethically, mentally, philosophically, and physically for their futures within the ruling class.

Throughout the centuries *Soo Bak* was widely practiced and respected not only as a health and sports activity, but as an important martial art. As time passed the royal courts were disrupted by feuding political factions and their martial art was neglected. Tae Kwon Do was practiced as a recreational activity for ordinary people.

In 1904 Japan occupied Korea and outlawed Tae Kwon Do. The art went underground and was kept alive by its' secret practitioners. With the liberation of Korea in 1945 came the liberation of Tae Kwon Do. A handful of Koreans decided to revitalize their national martial art by forming schools. Five Kwans (schools) were formed, one of which was Song Moo Kwan. Each Kwan had its' own particular philosophies and emphases of techniques, but all with the same ancient martial art as a basis.

Tae Kwon Do is the official sport of Korea and is taught from first grade through college, as well as being a requirement for

military service. Tae Kwon Do has since been adopted as an Olympic 1988 and 1992 demonstration sport and in 2000 became a official full medal sport. The many practitioners of Tae Kwon Do, whether native or not, may participate on any level, from recreational to professional within the ever growing sport and art of Tae Kwon Do.

Here at Asian Sun Martial Arts we practice traditional Tae Kwon Do within the school of Song Moo Kwan. The Song Moo Kwan (translated as The Everlasting School) was founded by Supreme Grandmaster Byung Jick Ro. Within the Song Moo Kwan is the Jin-Bo Ryu system developed by Master Andrachik himself. Jin-Bo means "continuous improvement" and is our school motto.

Asian Sun Martial Arts continually produces many state and national champions and instructors each and every year.

Philosophy of Tae Kwon Do

In order to practice the proper way, students must understand the philosophy of Tae Kwon Do and how this philosophy is expressed in its basics and elements.

Elements of Tae Kwon Do:

Balance: This includes physical as well as mental control. Balance implies that you know and respect your strengths as well as your weaknesses so you are never trapped in a situation you cannot control.

Relaxation: Tension is a very destructive force both mentally and physically. Freeing the mind from tension allows students to learn to their fullest potential. Feelings of vulnerability and lack of self-confidence are only heightened by holding onto tension. Martial arts students must realize that being in control means freedom from such feelings.

When the body holds tension, it is not free to move to its fullest potential. This leads to frustration and even more concerning, to injury. Fullest enjoyment of martial arts will come once body and mind are free from impediment.

Breathing Techniques: Known as a Ki-Ahp, exhaling as a strike is delivered serves to add power and prevent injury. Correct breathing also aids endurance and helps students find relief from conditions such as asthma. A student's breath is their energy.

Forms: Learning forms is an exercise in building the body and the mind. The individual movements teach self-defense while the overall form teaches endurance, sequencing of movement, and concentration.

Sparring: Sparring is the opportunity for students to use their skills that they have been practicing. The point of sparring is to show technique and think quickly, not hurt anyone. It is fighting in a controlled environment where students wear protective gear.

Board Breaking: Board breaking is an opportunity for the student to demonstrate a learned technique on a tangible object. Breaking techniques are more than just a power demonstration; speed and precision are also needed in order to be successful.

The 5 Tenets of Taekwondo

Respect

is acting in consideration of others, exhibiting good manners, and demonstrating politeness and courtesy. When the student and the instructor bow to one another, they are showing mutual respect. Other examples of respect in the Do-Jahng include using proper titles (Mr., Miss., sir, ma'am), remaining silent and attentive while others speak, refraining from "back talking" to instructors, and showing kindness to others.

Humility

is being modest about their accomplishments. Braggarts and bullies have no place in the arts. A feeling of pride in achievement is good but it should not be broadcast.

Perseverance

is being persistent, steadfast, and enduring to the end. Perseverance is the ability to pursue a goal until it is achieved. It is necessary that each student develop perseverance to achieve difficult, long-term goals such as earning their black belt. Taekwondo students learn perseverance through their slow progress and advancing through the ranks. Many students falsely believe that a black belt can be easily and quickly achieved, but only dedicated and persistent people ever make it to the black belt.

Self-Control

is learning to manage, command or govern oneself. Taekwondo teaches self-control in several ways. The difficulty of many techniques requires a students to be acutely aware of themselves and their actions. Control of temper and emotion is required during free sparring in order to avoid injurious results. Lastly, the student must have constant control when attempting dangerous techniques.

Indomitable Spirit

is to stand up for what he believes in regardless of consequences or number of oppressors. It is to be invincible, unyielding, unconquerable. An example of the indomitable spirit outside Taekwondo is in defending the weak in the face of superior odds, or in defense of country when severely outnumbered. Inside Taekwondo, students can develop an indomitable spirit through board breaking as they learn to overcome their fears and continue to practice until they prevail.



Basic Etiquette & Attitude



Try to correctly understand the concepts and philosophy of martial arts so you can practice the proper way.



If one man conquer in battle
A thousand times a thousand men,
And if another conquer himself,
He is the greatest of conquerors.

One's own self conquered is better
Than all other people conquered;
Not even god could change into defeat
The victory of a man who has vanquished himself.
from the Dhammapada

To achieve our ultimate goals as martial artists we must diligently practice the rules and follow the etiquette as a daily essential to life.

HONOR YOUR TEACHERS

- Always listen carefully. Consider their knowledge and experience. When they speak, do not interrupt. Accept what they say respectfully. Never talk back or ask unnecessary questions.
- Direct questions to senior students first. If they can't give you a satisfactory answer, they may bring it to the attention of the Master instructor.
- When addressing Instructors, stand with your feet together and hands at your sides. Instructors who are 4th Dan and above should be addressed as Master. All other instructors may be addressed by their appropriate title: Mr., Mrs., Miss., Sir, Ma'am.
- When receiving items from or giving items to Instructors, stand erect with feet together and use **both** hands.

GENERAL BEHAVIOR

- Always be focused on your training. Keep a quiet mind and a restrained, courteous manner. Through a diligent practice, seek self-confidence and serenity of mind.
- Have patience. If you expect to learn or know everything in one day, one month, or one year you are deceiving yourself. True skill comes only after many years of continued mental and physical practice of the art. Remember the 100 time rule: once you do something 100 times, then you have just begun to learn it. Imagine how many times it would then take you to master it!
- A good martial arts practitioner should display polite, respectful manners at all times whether at the school or not.
- In the presence of the Master Instructor, your parents, and elders, proper conduct is a must. Examples of appropriate behavior are:
 - Open doors for them.
 - Rise when they enter or leave the room or join you when dining.
 - When guiding them, walk in front of them to show them the way. If walking together, walk beside or behind them.
 - When traveling together, as in an automobile, or when dining together offer them the most comfortable seat available. As a martial arts practitioner you are responsible for their comfort.
- When introductions are necessary, always introduce the person with the highest rank, social position, or eldest first.
- Conduct yourself respectfully. Do not drink or smoke excessively.
- Always live up to the **student creed**:
 - **Be loyal to your country.**
 - **Obey your parents.**
 - **Respect elders and teachers.**
 - **Trust in friends.**
 - **Strive for continuous improvement**
- Do not discuss or demonstrate the art of Tae Kwon Do outside the Do-Jahng, except with fellow students, family, and close friends in confidence. Nothing is gained but much may be lost by boasting.
- ONLY USE MIGHT FOR RIGHT. Do not abuse your knowledge and martial arts training. Avoid confrontation and use your training only for self-defense and only when **ABSOLUTELY NECESSARY**.



Do-Jahng Rules of Etiquette

ALWAYS USE COMMON SENSE AND COURTESY

- Bow when entering and leaving the Do-Jahng. Your bow is a personal reminder of respect for your instructor, the art, the students and the Do Jahng as an institute of serious study.
- Remove your shoes before entering and take them and all personal belongings to the locker room with you.
- Respectfully greet the Master Instructor, the Black Belts, and your senior students before entering the Do-Jahng and when leaving. Bow with your feet together and your hands at your sides.
- Take proper care of your uniform. Learn how to wear it properly and keep it clean and neat. NEVER throw uniforms or belts on the floor.
- Remove ALL jewelry for safety. Keep finger and toe nails clipped short and clean to avoid injury.
- Restrict talking during class. Speak only when clarification of something is necessary or desired. PAY CLOSE ATTENTION!
- If you arrive late to class, change into your uniform and wait at the Do-Jahng door until it is convenient to ask the Instructor for permission to enter class. Then Bow and enter.
- Discipline your body by sitting and standing straight. Do not sit unless you are requested to. Do not slouch unless you are injured. Sit crossed legged and do not lean on anything. Avoid taking long breaks during practice. If it is necessary to leave the Do Jahng, ask your instructor first.
- **NEVER SPAR WITHOUT THE PERMISSION AND SUPERVISION OF YOUR INSTRUCTOR. SPARRING WITHOUT PROTECTIVE EQUIPMENT IS NOT PERMITTED.**
- Observe rank and seniority. Black Belts begin the line up at the front of the Do Jahng. The line finishes in the back with White belts. Beginners have the responsibility to go to advanced students during combined stretching or practice. Advanced students do not go to beginners. Lower ranks may ask higher ranks for help. Lower ranks may not command or advise higher ranks.

- Do not smoke, eat, drink, or chew gum during class time or in the Do-Jahng.
- Do not use profanity in the Do Jahng or during the practice session. Swearing is a sign of anger and displays poor self-control. Remember that our school is a HOUSE OF DISCIPLINE .
- **Do your part to keep the Do-Jahng and all other areas clean. Pick up papers and trash, flush toilets and be respectful of others by not making a mess.** Adults – please help our children. The Do-Jahng should receive the same care and respect as your house. Performing these simple tasks helps build a conscientious character.
- **Parents:** please do not let children play on the equipment. Equipment is designed for martial arts practice and not for play.

DUE TO OUR INSURANCE REQUIREMENTS, ONLY AUTHORIZED SPARRING GEAR PURCHASED AT ASIAN SUN TRAINING CENTER LOCATIONS IS PERMITTED IN OUR CLASSROOMS.

When it comes to the rules of behavior you must remember that in the case of questions or problems, we are family. The higher ranks are your older brothers and sisters, and Master Andrachik is like your father. In turn, it is the higher ranks responsibility to protect, care for, and guide the lower ranks and children at all times. Each of you, in turn, has your own responsibility to those who are coming along behind you.

DO-JAHNG SAFETY RULES

- Always be alert and careful. Safety is a part of health and discipline.
- Practice with deadly seriousness. Never take your eyes off your opponent. Move with strategy and maintain the proper distance.
- NEVER deliberately strike someone. If you accidentally injure another student, help him/her to recover. Apologize and call the instructor if necessary.
- NEVER horseplay or behave foolishly in the Do-Jahng. The Do-Jahng is not a playground. Serious injury may result from a careless attitude.
- Wear protective equipment when sparring in the Do-Jahng – it is for your protection as well as your fellow students.

Terminology

<i>Tae Kwon Do:</i>	The Way of the Hand and the Foot
<i>Song Moo Kwan:</i>	Everlasting School
<i>Jin Bo Ryu:</i>	Way of Achieving Success by Continuous Improvement
<i>Charyut:</i>	Attention
<i>Kyung Yae:</i>	Bow
<i>Jhoon Be:</i>	Attention Position
<i>Do Jahng:</i>	Martial Arts School
<i>Do Bok:</i>	Martial Arts Uniform
<i>Dee:</i>	Belt
<i>Poomsae:</i>	Forms
<i>Kyorugi:</i>	Sparring

Counting:

1 = <i>Hana</i>	1 st = <i>Il</i>
2 = <i>Dool</i>	2 nd = <i>Yi</i>
3 = <i>Set</i>	3 rd = <i>Sahm</i>
4 = <i>Net</i>	4 th = <i>Sah</i>
5 = <i>Dtah Sut</i>	5 th = <i>Oh</i>
6 = <i>Yuh Sut</i>	6 th = <i>Youk</i>
7 = <i>Il Golp</i>	7 th = <i>Cheel</i>
8 = <i>Yuh Duhl</i>	8 th = <i>Pahl</i>
9 = <i>Ah Hope</i>	9 th = <i>Gool</i>
10 = <i>Yuhl</i>	10 th = <i>Ship</i>

Asian Sun Martial Arts Stripe System

Every belt has three main steps to prepare for moving to the next belt.

Gold: You know your form

Silver: You know your board-breaking

Black: You are ready to test!

In class, the student may receive a stripe for each successive step that is mastered. Having a BLACK STRIPE on your belt designates that the student is ready to test for their next belt rank. If you have questions, please feel free to discuss your child's progress with your instructor.