



Asian Sun Martial Arts

...Student Handbook

Welcome to Asian Sun Martial Arts

Dear Student:

Congratulations on taking an important, positive step toward improving the quality of your life. Through martial arts training you will gain self-discipline, reduce stress, and improve your physical condition.

Asian Sun Martial Arts Institute is a traditional oriental school teaching Tae Kwon Do (the most popular style of martial arts practiced in the U.S.), Karate, Kung-Fu and Muay Thai. Master Andrachik has been practicing martial arts for over 30 years and has produced hundreds of national champions and instructors.

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 "*getting there*" is as important as "*arriving.*"

Again, congratulations and our sincere welcome.



Grand Master Ryan Andrachik

Grand Master Ryan Andrachik has been teaching professionally in the Greater Cleveland-Akron area since 1990. He is a 7th degree black belt, recognized by USA Taekwondo, Kukkiwon and World Song Moo Kwan. Grand Master Andrachik has dedicated his life to teaching and supporting the martial arts. Grand Master Andrachik learned under one of the highest Korean Grandmasters in the world and produces many National Champions and Instructor yearly.

The Purpose of Martial Arts Training

The modern Tae Kwon Do student can benefit from this age-old 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.



Basic Etiquette & Attitude



Right Concepts: 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 TEACHER

Always listen carefully. Consider his knowledge and experience. When he speaks, do not interrupt. Accept what he says 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 take a serious attitude. 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 STRICT 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 erect. 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.

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.

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

Please see our front desk when it is time to get gear.

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

Tae Kwon Do: The Way of the Hand and the Foot

Song Moo Kwan: Everlasting School

Jin Bo Ryu: Way of Achieving Success by
Continuous Improvement

Charyut: Attention

Kyung Yae: Bow

Jhoon Be: Attention Position

Do Jahng: Martial Arts School

Do Bok: Martial Arts Uniform

Philosophy of Tae Kwon Do

A code of honor and conduct was developed that emphasized the understanding of love, (benevolence, magnanimity, sympathy) and character.

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: Meaning 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 enables 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. ***One Step Sparring:*** Originally formulated to teach hundreds of military personnel at once, these movements are the hands-on self defense techniques practiced in Tae Kwon Do. Our One Steps include techniques from Tae Kwon Do, Karate, Judo, Kung Fu, Aikido, Hapkido, and Jujutsu

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.

Counting:

1 = *Hana*

2 = *Dool*

3 = *Set*

4 = *Net*

5 = *Dtah Sut*

6 = *Yuh Sut*

7 = *Il Golp*

8 = *Yuh Duhl*

9 = *Ah Hope*

10 = *Yuhl*

1st = *Il*

2nd = *Yi*

3rd = *Sahm*

4th = *Sah*

5th = *Oh*

6th = *Youk*

7th = *Cheel*

8th = *Pahl*

9th = *Gool*

10th = *Ship*

Who is the Senior Master of Asian Sun Martial Arts?

Master Ryan Andrachik

What is Master Andrachik's Belt Rank?

7th Dan Black Belt

Who is Master Andrachik's Instructor?

Grand Master Il Joo Kim – 9th Dan Seoul, Korea

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 Grand Master Ro.

Name of the system Master Andrachik created:

Jin-Bo Ryu (Success through Continuous Improvement System)



Respect and Leadership

***Leadership is respect.
Respect is power.
Power is leadership.***

There are 5 kinds of Leaders:

Intelligent Leader:

People follow intelligent leaders because they know what to do. They have raw intelligence and solve problems creatively. Followers feel safe and secure under an intelligent leader.

Faithful Leader:

People follow faithful leaders because they trust them. People follow the one they trust.

Brave Leaders:

People follow brave leaders because they have the courage to act upon their beliefs. Brave leaders inspire others to act bravely as well.

Strict Leaders:

People follow strict leaders because they are fair. People turn to a strict leader to act for the good of the whole group.

Generous Leaders:

People follow generous leaders because they truly care about their followers.

Each kind of leadership style has a different situation in which its traits are most and least useful. A truly great leader has all five traits as well as the wisdom to discern which style of leadership is needed.

The 5 Tenets of Taekwondo

Respect

is acting in consideration of others, exhibiting good manners, 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 dojang 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

Taekwondo students are expected to be 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 idly about.

Perseverance

is being persistent, steadfast, 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 the attainment of a black belt. Taekwondo students learn perseverance through their slow progress and attainment of rank. 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 student to be acutely aware of himself and his 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, a student can develop an indomitable spirit through board breaking as he learns to overcome his fears and continue to practice until he prevails.

Asian Sun Martial Arts Stripe System

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

White Stripe-First section of form requirement

Yellow Stripe-Second section of form

Orange Stripe-Third section of form

Blue Stripe-Fourth section of form

Green Stripe-Can follow entire form

Brown Stripe-Breaking technique

Red Stripe-Etiquette

Black Stripe-Overall readiness 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.

Black Stripe = Ready to Test for Next Belt

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.

Evidence of proto-Korean people dates back over 30,000 years, with the beginnings of Korean civilization at 2,332 B.C. when the Ancient Korean State was formed. Through the embattled Korean history that calculates to 4,000 years in which the Korean people had to fight to protect and/or regain their independence. These invading peoples included the Chinese (their neighbors,) the Scytho-Siberians of Central Asia, Mongol Hordes, various marauders, and later, the armies of Japan. This history of invasions and occupations can certainly be credited for the warrior spirit, intense national loyalty, and unstoppable will to survive that characterizes the Korean people as well as the art of Tae Kwon Do.

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.