

WAY OF ORIENT MARTIAL ARTS

RULES AND REGULATIONS **WHITE THROUGH YELLOW BELTS**

RULES OF THE DOJANG

1. RESPECT THE STUDIO (Dojang)

- All students will bow to the flags when entering and exiting the Dojang, as well as stepping on and off the training floor.
- The training floor is for *training*. No horseplay will be tolerated, even between classes.
- No shoes are to be worn on the training floor.
- No hats are to be worn in the Dojang.
- Assist the Master and instructors in keeping the Dojang clean, safe, and in good condition.

2. RESPECT YOUR INSTRUCTORS

- Master Seveney shall be referred to as "Master" or "Sir".
- All other instructors shall be called "Sir" or "Ma'am".
- All responses shall be given with respect to the above rules (i.e. "Yes Sir", or "I don't understand Ma'am").
- All orders given by the instructors shall be adhered to quickly, enthusiastically, and with an affirmative response ("Yes Sir").
- When Master Seveney, other masters, or a Senior Instructor enters or leaves the Dojang, all activity will stop. All students will turn to face the master or instructor, and bow on command by your instructor.

3. RESPECT OTHER STUDENTS

- *ALL STUDENTS*, regardless of age or rank, will be paid their due respect.
- *ALL STUDENTS* shall be referred to as "sir" or "ma'am".
- You are not to touch a student without that student's or the instructor's permission.
- Neither are you to use rank or age to impose undue authority over other students.
- Only high ranks (brown belt and higher), or students under direct control of the instructors may give orders or discipline students.
- Instructors have final and total authority over their classes.

UNIFORM AND EQUIPMENT RULES

- All students must wear uniforms and belts
- Uniforms must be clean and without tears or rips.
- Uniforms must have patches by the 1st test.
- Black uniforms are issued to beginning students. All low to mid rank students may wear black or white uniforms. Patches must be acquired by your first test.
- BELTS AND UNIFORM TOPS ARE NOT TO BE WORN OUTSIDE OF THE STUDIO.

- Fighting gear must be acquired by first test.
- Mandatory Gear: hand pads, foot pads, mouth guards, and groin protection.
- Suggested Gear: shin pads, knee pads, forearm and elbow pads, head gear, chest protection.
- All gear must be in good working condition.

RULES FOR CLASS CONDUCT

- The Dojang floor is for training, not a playground. Again, respect the studio.
- All gear and equipment is here for your benefit. Use it appropriately.
- All instructor's rules and orders are to be followed. No arguing, or negativity.
- When in formation, stand either at "attention" (feet together, hands to your side, attention forward) or "parade-rest" (feet shoulder width apart with hands behind back).
- Disruptive behavior WILL NOT be tolerated. Instructors have final authority to discipline and/or remove uncooperative students.
- By stepping on the training floor, you are promising to do your best. You are promising to perform all warm ups and martial arts techniques to the best of your abilities. Slacking off will be judged as laziness and may get a student "benched".
- Remember, you are a student of Way of Orient Studios 24 hours a day. This means that you are to conduct yourself with respect. You are to treat your family, friends, school or work mates, and acquaintances with the utmost respect. Because of this, fighting outside of the Dojang, or sanctioned events, will be heavily scrutinized by your instructors. Defending yourself in a real self-defense situation is always acceptable; however, fighting for any other reason (especially at school or work) will not be tolerated and may result in a student getting expelled from Way of Orient.
- Respect the Dojang and your instructors by being courteous, obedient, and focused. Respect yourself and your fellow students by **trying your best!**

PHYSICAL RULES (VERY SIMPLE)

Work hard
 Stay focused
 Breathe on every movement
Your good health, safety, and learning depend on these.

THREE BASIC RULES OF DEFENSE

- 1-Move
- 2-Block
- 3-Strike

Take note of these- you're going to hear this a lot!

REQUIRED TECHNIQUES FOR RANK WHITE TO YELLOW BELT

Please note: The techniques listed are divided into 2 basic categories- Tae Kwon Do and Hapkido. Many of the striking and kicking techniques actually cross over to both systems. For organizational purposes, however, they have divided into Hard (TKD) and Soft (Hapkido) listings

CHECK EACH TECHNIQUE OFF WHEN READY FOR TESTING

TAE KWON DO

BASIC BLOCK AND HAND STRIKE DRILL

FROM THE SITTING STANCE- "POWER DRILL":

- SPEAR-HAND ATTACK TO THE THROAT
- HIGH-SECTION FOREARM BLOCK (w/ KNIFE-HAND AND FIST)
- OUTSIDE FOREARM BLOCK (w/ KNIFE-HAND AND FIST)
- INSIDE FOREARM BLOCK (FIST)
- INNER (FOREARM) BLOCK (FIST)
- PALM-PUSH BLOCK (TO THE SIDE)
- PALM PRESS BLOCK (DOWN)
- LOW-SECTION BLOCK
- SOFT BLOCK (PALM)
- STRAIGHT PUNCH (HIGH, MIDDLE, AN LOW-SECTION)
- KNIFE STRIKE (PALM UP/DOWN)
- PALM STRIKE (HIGH/ MIDDLE/ LOW/ HOOKING/ RISING/ DROPPING)

FROM THE FIGHTING STANCE- "COMBAT DRILL":

ALL TECHNIQUES LISTED ABOVE, ADD:

- HEAD SHIELD (FRONT/BACK HAND)
- FRONT LEG BLOCK
- BACK LEG BLOCK
- FRONT JAB
- TWISTING PUNCH
- CROSS PUNCH (FRONT/BACK)
- HOOK PUNCH (FRONT/BACK)
- UPPER-CUT PUNCH (FRONT/BACK)
- OVERHEAD PUNCH (FRONT/BACK)
- KNEE STRIKE (FORWARD/INSIDE)

MOVEMENT DRILL (WALKING)

WALKING STANCE: (THROWN FROM FORWARD STEP SIDE)

- MIDDLE-SECTION FRONT PUNCH
- HIGH-SECTION BLOCK (KNIFE/FIST)
- FOREARM BLOCK (KNIFE/FIST)
- INNER BLOCK (FIST)
- LOW-SECTION BLOCK (FIST)
- SPREAD BLOCK (KNIFE/FIST), FOLLOWED BY FRONT SNAP KICK

BACK STANCE: (FORWARD AND BACK STEPS):

- ❑ GUARDING BLOCK (KNIFE/FIST—MIDDLE SECTION)
- ❑ INNER BLOCK
- ❑ INSIDE FOREARM BLOCK
- ❑ PALM-PUSH
- ❑ PALM-PRESS
- ❑ LOW-SECTION
- ❑ SOFT BLOCK

KICKING TECHNIQUES

ALL FIGHTING KICKS WILL BE THROWN FROM THE FRONT LEG ("STANDING KICK", AND THE BACK LEG ("SHORT" AND "STANDARD" KICKS)

- ❑ FRONT SNAP
- ❑ INSIDE
- ❑ OUTSIDE
- ❑ SIDE
- ❑ ROUND-HOUSE
- ❑ HOOK
- ❑ JUMPING FRONT SNAP
- ❑ STRETCH KICK (FRONT, SIDE, OUTSIDE, BACK)

FORMS (KATA)

- ❑ KI-BON IL JANG (BASIC ONE)
- ❑ KI-BON YI JANG (BASIC TWO)

HAPKIDO

FALLING TECHNIQUES

- ❑ FRONT FALL
- ❑ BACK FALL
- ❑ SIDE FALL (RIGHT/LEFT)
- ❑ SIDE TO SIDE ROLL

THROWING/ TAKEDOWNS

- ❑ HIP THROW
- ❑ OUTSIDE-SHORT THROW (SWEEP)
- ❑ INSIDE FOOT SCOOP
- ❑ BASIC SHOOTING- SINGLE LEG/ DOUBLE LEG

GRAPPLING

BASIC GRAPPLING POSITIONS

DEFENSE

- ❑ OPEN GUARD
- ❑ CLOSED GUARD

OFFENSE

- ❑ MOUNT (LOW AND HIGH)
- ❑ CROSS MOUNT (SIDE CONTROL)

- ❑ SIDE MOUNT (SCARF HOLD)

COMBINED HAPKIDO (HKD) AND TAE KWON DO (TKD) **TECHNIQUES**

- ❑ ONE-STEP SPARRING (BASIC BLOCKING AND COUNTER STRIKING/KICKING)
- ❑ THREE-AND-THREE SPARRING
- ❑ FREE-SPARRING—TOURNAMENT RULES
- ❑ FREE-SPARRING- KICK-BOXING RULES
- ❑ HAPKIDO (PRO-HAPKIDO) SPARRING
- ❑ SUMO-GRAPPLING
- ❑ GRAPPLING

NOTES

BASIC COMMANDS

Tae Kwon Do and Hapkido are Korean martial arts. Although we do not require that you become fluent in the Korean Language, there are a few commands and techniques you will have to know in Korean. The techniques are previously listed. The commands you will have to know are:

CHO *or* CHURIUT—*Attention*

KYUN-NRE—*Bow or Salute*

PAH-RHO—*“As You Were”, or Return to “Ready”*

CHOOM-BI—*“Ready” stance*

SI-JAK—*Begin*

KHAM-SA HAMIDA---*Thank you very much (formal)*

COUNTING

Learning to count in Korean is also helpful in your studies at *WAY OF ORIENT Martial Arts*. Below are 2 lists. One is to learn to count 1st through 8th, this will help you remember your forms. The other list is to learn to count *one* through *ten* for repetitive exercises, like warm-ups.

IL—FIRST

YI—SECOND

SAHM—THIRD

SAH—FOURTH

OH—FIFTH

YOOK—SIXTH

CHIL—SEVENTH

PAHL—EIGHTH

HANA—1

TUL—2

SET—3

NET—4

TASOT—5

YOSOT—6

ILGOP—7

YODOL—8

AHOP—9

YOL—10

WARM-UPS

ALL CLASSES WILL BEGIN WITH A SERIES OF WARM-UPS TO PREPARE FOR TRAINING. THESE WARM-UPS ARE USUALLY LED BY THE SENIOR STUDENT, ANOTHER STUDENT CHOSEN BY THE INSTRUCTOR, OR THE INSTRUCTORS THEMSELVES. ALL STUDENTS MUST PARTICIPATE IN THESE WARM-UPS TO THE BEST OF THEIR ABILITY IN ORDER TO GET THE BEST RESULTS OUT OF THEIR TRAINING. PLEASE NOTE: THERE IS A DIFFERENCE BETWEEN WARM-UPS AND STRETCHING. STRETCHING IS DONE AT THE END OF CLASS.

WARM-UPS

JUMPING JACKS
HAMMER-JACKS
ARM-RAISES SIDE-TO-SIDE
SHOULDER ROLLS- FORWARD/BACK
WINDMILLS- FORWARD/BACK
HIP ROLLS
KNEE ROLLS
PUSH-UPS
CRUNCHES
SIT-UPS
CAT-DIPS
CHERRY PICKERS
SQUATS
RUNNING LAPS
FROG-HOPS
SHOOT-SQUATS
BEAR CRAWLS
SHRIMP CRAWL
TUNE-UPS (LAPS, PUSH-UPS, SQUATS, CRUNCHES COMBINED)

STRETCHES

½ SQUATS
CROSS-OVER ARM STRETCH
SIDE-TO-SIDE STRETCH
BENT-OVER HAMSTRING STRETCH (LEGS TOGETHER)
BENT OVER HAMSTRING STRETCH (LEGS APART)
LEFT TO RIGHT BENT OVER HAMSTRING STRETCH
FROG STRETCH
UPWARD BACK ARCH
BACK BRIDGE
NECK BRIDGE
BUTTERFLY STRETCH
LEFT, CENTER, RIGHT LEG STRETCH (SEATED- LEGS WIDE)
CENTER SPLIT
LEFT AND RIGHT SPLIT
DIAMOND STRETCH (WITH PARTNER)
WALL STRETCH (WITH PARTNER)