

CLASS PLAN

Class

1. Introduction to ~~Punching~~  
Introduction to Defends  
Introduction to Front and Round House Kicks  
General Discussion of Self-Defense
2. Review All  
Introduction to Side Kick-Low Defend-high Defend  
Esoteric Terminology  
Introduction to Meditation
3. Review All  
Introduction to Kibo, Hyung 11 Chul, Part 1  
Discussion of Etiquette  
Meditation
4. Review All  
Introduction to 1st step, Sparring-High Attack  
Discussion of Concentration and Awareness Concepts  
Meditation
5.  
General Class
6. Review All  
Introduction to Middle 1st. Step Sparring  
Introduction to Kibon Hyung, Part 11  
Meditation
7. Review All  
Introduction to Kibon hyung, Part 111  
Theory of Self Defense  
Meditation
8. General Review  
Meditation
9. General Review  
Self Defense Application  
Free Sparring  
Meditation
10. General Practice

Physical requirement-Performance of Kibon Hyung

Written test on terminology and concepts.

What Is It?

It is a Korean version of one of the unarmed combative arts (partial arts) developed long ago in the Orient.

What is it Good For?

Training in this art provides for its participants:

1. Vigorous physical exercise
2. Practical knowledge of most effective unarmed self-defense against an armed or unarmed opponent.
3. Mental discipline, ability to concentrate, and a calm and peaceful mind.
4. Ability to compete in intercollegiate and other tournaments.

Who Can Take It?

Anyone, regardless of age and sex can take it provided there are no medical problems (consult with a doctor). First few weeks can be discouraging for some people. Those who are just curious and not disciplined enough to go through the whole semester of training should not consider taking this course. Natural athletic abilities are not as important as the desire and motivation to work hard and consistently.

Equipment

Uniform is optional (but quite desirable), No other equipment and books are required. Necessary theoretical knowledge is provided in the class.

RULES OF ETIQUETTE FOR TAE KWON DO

Tae Kwon Do is the study of mental discipline demonstrated thru the development of a good mind and attitude. Without this objective, skill in Tae Kwon Do has little value. Your basic attitude is of the greatest importance. The following rules are set forth for study.

1. When entering and leaving any door to the school, a respectful bow should be made, as should also be made when entering or leaving the practice area.
2. Uniforms are to be clean and orderly at all times.
3. Personal cleanliness shall be upheld.
4. A serious demeanor is necessary during class, Avoid talking, laughing and joking, as concentration is of the utmost importance.
5. Respect is shown at all times toward the instructor. Students shall show respect for each other.
6. In addressing an instructor or a Black Belt, always use Mr., or "Sir". If a student is addressed by the instructor, the student shall respond as "Yes, Sir".
7. No smoking is permitted in the practice area.
8. An excuse is necessary for any student who is tardy, and an explanation shall be given to the instructor prior to his joining the class in session.
9. Permission must be obtained from the instructor to leave class early.
10. During class, control is required. Therefore, loss of temper shall be avoided.
11. No chewing gum in class is permitted.

RULES AND ETIQUETTE'S OF TAEKWON DO MAN

1. A good Tae Kwon Do Man should display polite, respectful, manners at all times.
2. In the presence of Master Instructor, your Instructor, your parents, a lady and elders, proper respect is a must.

## Examples:

- a. Always open the doors for them.
  - b. Always rise when they enter the room, or if they should join your table when dining.
  - c. When guiding them you should walk in front and show them the way, otherwise, if just walking together you should remain beside or behind them.
  - d. When traveling, such as in an automobile, you should always offer them the most comfortable, and respectable seat, usually the front seat.
  - e. As a TaeKwon Do man it is your responsibility for these individuals comfort and convenience.
3. No excessive drinking or smoking.
  4. When introductions are necessary, always introduce the individual of highest rank, or highest social position first.
  5. Always remember that ours is the "House of Discipline" and our philosophy is that of "Kuk-Ki-Ryu."

## Gymnasium Behavior:

1. Bow when entering and leaving the Gym.
2. Remove shoes and take them with you.
3. Greet the Master Instructor upon entering and bid him good bye.
4. Wear ~~only~~ clean uniforms, Make sure they are worn properly and any emblems are in proper positions.
5. Remove all jewelry, keep nails clipped.
6. Always observe rank seniority. Suggestions or questions must first pass through the senior student present before going to the Master Instructor.
7. Never free spar without supervision or permission.
8. Always display proper respect when addressing the Master Instructor. Stand with feet together and reply "Yes Sir" or "No Sir".
9. Always address black belts and instructors as SIR or MR. \_\_\_\_\_.
10. Use both hands when receiving and handing any article to the Master Instructor.
11. Always watch and listen carefully when the Master Instructor is speaking.
12. No horseplay, no laughing, no chewing gum, and no profanity in the gymnasium.
13. It is your responsibility to keep changing rooms clean.
14. If you should arrive late to class, change your uniform and remain at a position behind the class until it is convenient to the instructor, then bow and ask permission to enter the class.
15. In consideration of all the rules of behavior it is also necessary to remember that in case of problems or questions we are all a family. The highest ranks are your older brothers and sisters, and the Master Instructor is as your father. In turn it is the high ranks responsibility to protect and care for lower ranks and children at all times, as if they were your own brothers and sisters.

TAE KWON DO ASSOCIATION OF OHIO  
PROMOTION REGULATIONS

All tests and ratifications of Dan (degrees) and Kup (grades) shall be conducted in accordance with the rules and regulations of the Tae Kwon Do Association of Ohio. Twelve association tests will be given in 1973. The tests generally are held in Akron, Ohio at the main branch of the I. J. Kim Karate Institute.

Promotion fees will be paid before the test. The present fee for the grade of yellow belt is \$25.00. Testing fees decrease for higher grades.

Promotion applicants must have attendance records certified by the instructor. Generally, three (3) months in practice are required between tests. Twenty-four times in attendance, within this 3 month period is considered 100% activity.

Grades start at 10 and decrease to Black Belt. Colored belt grades are as follows:

10 & 9	Yellow Belt
8 & 7	Blue Belt
6 & 5	Green Belt
4 & 3	Purple Belt
2 & 1	Brown Belt

The present requirement for yellow grade 10 is one step sparring, demonstration of kicking skills, and performance of Kibon Hyung 11 Chul. At higher grades, breaking wood and writing a paper may be required besides performance of hyung and sparring.

Testing is based on performance, attitude, concentration, power, speed, balance and technique. The participants record in tournament competition is also taken into consideration in the higher grades.

GENERAL TERMINOLOGY

1. SE-JEON PAK	Instructor
2. Yu-Jang	Practice Place
3. Do-Buk	Uniform
4. Rang	Grade Under Black Belt
5. Dae	Degree Black Belt
6. Chul-ryeom	Attention
7. Kyeong-ye	Bow
8. Jo-rye	Ready
9. Si-Jak	Begin
10. Ku-Mahn	Stop
11. Shee-Ye	Rest
12. Ha-Dan	Low Section of the Body
13. Joeng-Dan	Mid Section of the Body
14. Sang-Dan	High Section of the Body
15. Mak-Kuk	Block or Defense
16. Kong-Ryuk	Attack or Offense
17. Jung-Kwon	Fist
18. Soo-Do	Knife Hand
19. Ja-Yon-be	Natural Stance
20. Ki-Ma-be	Horse Riding Stance
21. Chon-Gong	Forward Stance
22. Hoo-Gong	Back Stance
23. Ap-Chu-Gae	Front Kick
24. Yop-Chu-Gae	Side Kick
25. Bullo-Gae	Roundhouse Kick
26. Dae-Ryuk	Sparring
27. Ja-You Dae-Ryuk	Free Sparring
28. Il-Bo Dae-Ryuk	One Step Sparring
29. Yi-Bo Dae-Ryuk	Two Step Sparring
30. Sam-Bo Dae-Ryuk	Three Step Sparring
31. Ha-Ma	One
32. Do-Da	Two
33. Sit	Three
34. Net	Four
35. Da-Sul	Five
36. Yo-Sul	Six
37. Il-Yop	Seven
38. Yo-Sul	Eight
39. Ah-Rop	Nine
40. Yo	Ten

FOUR VOWS OF A BODHISATTVA

- resolve to become enlightened for the sake of all living beings.
- I will cut the roots of all delusive passions.
- will penetrate the farthest gate of Dharma.
- I will realize the supreme way of Buddha.

THE TEN PRECEPTS

1. I will resolve not to kill but to cherish all life.
2. I resolve not to take what is not given but to respect the things of others.
3. I resolve not to engage in improper sexuality but to practice purity of mind and self-restraint.
4. I resolve not to lie but to speak the truth.
5. I resolve not to cause others to use liquors or drugs which confuse or weaken the mind, nor to do so myself.
6. I resolve not to speak of the misdeeds of others but to be understanding and sympathetic.
7. I resolve neither to praise myself nor to condemn others but to overcome my own shortcomings.
8. I resolve not to withhold spiritual or material aid but to give it freely where needed.
9. I resolve not to become angry but to exercise control.
10. I resolve not to revile the three treasures (i. e. the Buddha, the Dharma, and the Sangha) but to cherish and uphold them.

NOTE:

Dharma with a capital D means the universal law, Truth, Buddhist doctrine, teachings of the Buddha.

Sangha means the community of those who follow the Dharma.

The Buddha refers to the historical Siddhartha Gotama, also called the Tathagata. Buddhism teaches that he was one of a long line of Buddhas, each the teacher of humanity in his own world cycle, and will be succeeded by other Buddhas in subsequent epochs.

SELECTED READINGS  
IN  
BUDDHISM (WITH THE EMPHASIS  
ON ZEN)

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2. the wheel of death, Edited by Philip Kapleau, published by Harper & Row, Hardcover only, 1971 91 pp
3. THE ZEN TEACHING OF HUANG PO ON THE TRANSMISSION OF MIND, translated by John Blofeld, hardcover, published by Rider & Co. London, paperback by Grove Press, New York, 1958, 91 pp.
4. THE ZEN TEACHING OF HUI HAI ON SUDDEN ILLUMINATION, translated by John Blofeld, hardcover, published by Rider & Co. 1962 160 pp.
5. ZEN: POEMS, PRAYERS, SERMONS, ANECDOTES, INTERVIEWS, edited and translated by Stryk and Ekamoto, paperback only, published by Doubleday Anchor 1965, 160 pp.
6. THE PRACTICE OF ZEN, by Chang Chen-chi, hardcover, published by Harper Bros. also by Rider & Co. 1959, 199 pp.
7. THE TIGER'S CAVE, COMPILED AND TRANSLATED BY Trevor Leggett, hardcover, published by Rider & Co. 1964, 191 pp.
8. THE ZEN KOAN, BY MIURA AND SASAKI, hardcover and paperback, published by the First Zen Institute of America in Japan, available in the United States, 1965. 156 pp.
9. THE PLATFORM SCRIPTURE, translated by Wing-tsit Chan, hardcover, published by St. John's University Press, 1963, k83, pp.
10. MANUAL OF ZEN BUDDHISM, BY D. T. SUSUKI, hardcover and paperback, published by Grove Press, 1960. 192 pp.
11. THE EMBOSSED TEA KETTLE (of Zen Master Hakuin), translated by R. D. M. Shaw, hardcover, published by Allen & Unwin, 1963, 186 pp.
12. THE WORLD OF ZEN, an anthology compiled by Nancy W. Boss, hardcover and paperback, published by Random House, 1960, 362 pp..
13. THE MATTER OF ZEN, by Paul Wienpahl, hardcover, published by New York University Press, 1964, 162 pp.
14. FOUNDATIONS OF TIBETAN MYSTICISM, by Lama Govinda, hardcover, published by E. P. Dutton, 1960, 370 pp.



15. A BUDDHISH BIBLE, compiled by Dwight Goddard, hardcover, published by E. F. Dutton, 1952, 677 pp.
16. A SURVEY OF BUDDHISM, by Bhikshu Sangharakshita, hardcover, published by The Indian INSTITUTE OF WORLD CULTURE, London, 1966, 527 pp.
17. BUDDHIST TEXTS THROUGH THE AGES, edited by Edward Conze, hardcover and paperback, 1954, 322 pp.
18. THE SARANGAMA SUTRA, translated by Charles Luk, hardcover, published by Rider & Co. London, 1966, 262 pp.
19. THE PILGRIMAGE OF BUDDHISM, by J. B. Pratt, hardcover, published by The MacMillan Co., 1928, 758 pp.

## 2. TECHNIQUES

It is most important to learn and have mastery of the basic techniques. Basic techniques are the foundation of the art. When one constructs a building, he starts by laying a strong foundation. The taller the building he wishes to construct the stronger the foundation must be. If you want to learn many advanced Tae Kwon Do techniques and make your building of knowledge tall, you must thoroughly know the basic techniques for a strong foundation. In the long-run, laying a strong foundation is the shortest way to achieve your goal.

## 3. WARMING-UP EXERCISES

Basic warming-up exercises are very important and should never be overlooked. Your body must be warm and loosened-up to prevent pulling muscles and injuring yourself.

1. Neck
2. Arms
3. Back
4. Waist
5. Stomach
6. Legs
7. Wrists
8. Ankles

## 4. STANCES

Stances are key "stance" techniques and must be learned well. In any art or sport the position in which you hold your body effects the results of your performance. We can easily compare Tae Kwon Do to golf in this aspect. Your stance in golf controls the direction of the ball, the distance it travels and the accuracy of where it lands. In Tae Kwon Do your stance also greatly effects the results you receive. Each stance has its own advantage by lending better flexibility, stability, and power. You must understand the advantage of each stance individually and their relationships in combination. They are all somewhat different and all equally important since Tae Kwon Do is an art, the stance has other functions. In ballet the stances express emotions and beauty. In Tae Kwon Do the stance must also express the emotions and beauty. The stance is both the cause and the effect. A good stance helps all your movements to be graceful and powerful at the same time. The stance itself is an expression of power and beauty. The stance should express your inner confidence and

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1. Natural stance
2. Ready stance
3. Horse-riding stance
4. Front stance
5. Back stance

## 5. PUNCHING

When the time comes to apply punching techniques we must use them properly and effectively. Focus and power are the most important aspects of punching.

The number of times you practice your punch is less important than the way you practice. Practice with maximum effort (power) and concentration. Think about what you are doing. Constant repetition is a must.

1. Holding a good fist
2. Basic punching techniques
3. Punching from horse-riding stance
4. Punching from front stance
5. Punching from back stance (reverse punch) forward or backward.

#### IV. DEFENDS

TAE KWON DO IS a defensive art. Good punching and kicking can be useless if you are unable to defend your opponents attacks. Without an effective defense you may never have the opportunity to use your counter-attacks.

1. Raising block (high)
2. Down block (low)
3. Hand-knife block (mid-section)
4. Inward middle block
5. Circle block
6. Palm block (high)

#### V. KICKING

It is important to use bodily weapons at the proper times. We must know when to use our hands and when to use our feet. For some targets, especially those in the lower body such as knees, shins, and groin, hand techniques are ineffective. The feet must be used even ~~at~~ at short distances for maximum effectiveness. Kicking techniques supply more power and distance which you may need in other situations. It is not always advantageous to use foot techniques, although they are more difficult to master in Tae Kwon Do because they display power and grace and are a measure of your proficiency in the art.

1. Front kick     a. front kick stretching,     b. front snap kick
2. Side kick     a. side kick stretching     b. side kick
3. Round-house kick

## VI. FORMS

Tae Kwon Do forms are one of the most important aspects of the art. They are patterned movements of imaginary fighting. The practical purpose of practicing forms for the beginner is to learn to use the basic techniques such as stance, defending, and attacking, and to develop a natural timing and flow from one movement to the next. They develop rhythm, balance, power, accuracy, and most important, coordination of mind and body. Performing them properly requires great concentration and mental discipline. Because of the form we know that Tae Kwon Do is a real art. In addition to its practical significance the form displays rhythm and beauty of motion much like ballet.

### A) Tae-KuK-Cho-Dan

- \*Face north in ready stance.
- 1) Move left foot, turn 90degrees to the west forming a front stance, and low defend with left hand.
- 2) Move right foot forward(to west) into front stance, deliver punch with right hand to mid section.
- 3) Pick up right foot turn 180degrees facing East forming front stance, low defend with right hand.
- 4) Move left foot forward(to East) into front stance, deliver punch with left hand to mid section.
- 5) Move left foot, turn 90degrees facing North in front stance low defend with left hand.
- 6) Step forward(to north) with right foot into front stance, deliver punch with right hand to mid section.
- 7) Step forward(to north) with left foot into front stance, deliver punch with left hand to mid section.
- 8) Step forward (to north) with right foot into front stance deliver punch with right hand to mid section, at the same time Ki-hap(loud shouting).
- 9) Lift back(left) foot, turn counter clockwise to the East 270degrees forming front stance, low defend with left hand.
- 10) Move right foot forward (to east) into front stance, deliver punch with right hand to mid section.
- 11) Pick up right foot turn 180degrees facing West forming front stance, low defend with right hand.
- 12) Move left foot forward(to west) into front stance, deliver punch with left hand to mid section.
- 13) Move left foot, turn 90degrees facing South in front stance low defend with left hand.
- 14) Step forward (to south) with right foot into front stance, deliver punch with right hand to mid section.
- 15) Step forward(to south) with left foot into front stance deliver punch with left hand to mid section.
- 16) Step forward (to south) with right foot into front stance deliver punch with right hand to mid section, at the same time Ki-hap (loud shouting).

- 17) Lift back(left) foot, turn counter clockwise to the West 270degrees forming front stance, low defend with left hand.
  - 18) Move right foot forward(to west) into front stance, deliver punch with right hand to mid section.
  - 19) Pick up right foot turn 180degrees facing East forming front stance, low defend with right hand.
  - 20) Move left foot forward(to East) into front stance, deliver punch with left hand to mid section.
- \* Return to ready stance.

#### VII. ONE STEP SPARRING-

This is a simplified method of training designed for practicing with safety. Movements are pre-arranged so that even beginners know what to expect next and can respond with the appropriate defense or attack. It utilizes the basic skills thereby allowing the student to develop his technique correctly.

- 1) When opponent attacks face:

Step back right foot in a back stance, raising block with left hand, slide in reverse punch solar plexus in back stance. \*Check your back stance.

- 2) When opponent attacks face:

Step back left foot in a back stance, raising block with right hand, slide in left hand reverse punch to Rib Cage, in a back stance.

- 3) When opponent attacks mid section:

Step back right foot in a back stance, knife defend with left hand, slide in reverse punch to solar plexus in a back stance.

- 4) When opponent attacks mid section:

Step back left foot in a back stance, knife defend right hand, slide in reverse punch to rib cage, in a back stance.

- 5) When opponent attacks mid section:

Step back right foot in a back stance, inward middle block, grab opponents wrist with your right hand and pull slightly at same time move left foot forward forming horse riding stance, hand knife attack with left hand to bridge of nose or throat.

- 6) When opponent attacks mid section:

Step back left foot in a back stance, inward middle block with right hand, move right foot forward forming horse riding stance at same time elbow strike rib cage with right arm, and then back fist strike to right temple with same hand.

- 7) When opponent attacks mid section:

Step back right foot in a back stance, circle block with left hand, slide in reverse punch solar plexus, in back stance.

- 8) When opponent attacks mid section:

Step back left foot in a back stance, circle block with right hand, slide in reverse punch to rib cage in a back stance.

9) When opponent attacks your face:  
Step 15degrees side with left foot forming horse riding  
stance, at same time palm block with left hand. Double  
punch rib cage, first right hand punch then left.

10) When opponent attacks your face:  
Step back left foot in back stance, palm block with right  
hand, move your right foot forward forming horse riding  
stance at the same time hand knife strike to the neck.

Constitution of the University of Akron  
Tae Kwon Do Karate Club

Preamble: The purpose of the University of Akron, Tae Kwon Do Karate Club is to develop to the highest capacity the mental and physical well-being of its members through the pursuit of and the promotion of the Korean martial art, Tae Kwon Do.

Article I

The name of the organization will be the University of Akron Tae Kwon Do Karate Club.

Article II

1. Membership in the University of Akron Tae Kwon Do Karate Club is open to all regularly enrolled students and faculty of The University of Akron, subject to the University rules and the club By-Laws which prescribe the rights, privileges and responsibilities of members.
2. There will be two kinds of membership - participating and general. Participating members will consist of the Executive Committee and any general members who wish to participate in the operation of the club. The participating members will comprise the voting body of the club. General members will be those who merely wish to take courses of instruction. General members, unless they are also participating members, will have no vote in club matters.

Article III

The officers of the club will consist of: President, Vice-President, and Secretary-Treasurer. The Advisor shall be a faculty member appointed by the University President upon the recommendation of the membership of the club.

Article IV

The Executive Committee will consist of the officers, named in Article III, and the club's instructor(s).

Article V

1. Regular meetings of the organization will be held after practice sessions on the second Wednesday of each month.
2. Special meetings can be called by the Executive Committee, a faculty advisor, or an instructor.

Article VI

1. Amendments to this constitution must be submitted to the Executive Committee in writing at least one meeting preceding the meeting during which the proposed amendment will be voted upon.
2. A two-thirds majority of the participating members' votes will be necessary for amendment of this constitution.

By-Laws of The University of Akron  
Tae Kwon Do Karate Club

I. Membership

1. A member in good standing is one who has expressed interest in the club and is up to date on payment of dues. Non-payment of dues may cause membership to lapse. For legitimate cause a member may request a temporary inactive membership without training privileges for which no dues shall be assessed.
2. It is expected that members will refrain from behavior insulting or detrimental to the club, and specifically that they will not misuse their training. Violation is subject to penalty as decided by the Executive Committee and the master instructor.
3. The Executive Committee and the master instructor may provide for penalties up to and including expulsion.
4. The club shall make no rules prohibiting the attendance or membership of its members in other martial arts clubs, providing such attendance or membership cannot reasonably be said to violate the Constitution or By-Laws of the University of Akron Tae Kwon Do Karate Club.

II. Gymnasium

The Instructor runs the gymnasium and shall set the rules of decorum, attendance, ranking, and promotion of its members. Such rules shall be expressly stated to each in-coming member.

III. Dues

1. Quarterly dues will be determined by the Executive Committee. Funds of the organization will be administered through the office of the University Controller.
2. Classes may not be taken until dues are paid.

IV. Elections

1. The officers shall be nominated and elected by ballot. A majority vote of the participating members shall be necessary for election.
2. The elected officers will take office as soon as the election is official.
3. Officers may be removed from office by a three-fourths majority vote of the participating members.
4. The normal term of office shall extend from the beginning of the Fall term of one academic year to the beginning of the Fall term of the following academic year.

V. Eligibility

1. The President shall be selected from the highest ranking members of the club with the approval of the master instructor.
2. Only participating members will be eligible for office.

VI. Participating Members

Participating members are expected to share the work-load of the officers in the operation of the club, thus deriving their voting privileges.



D. A. R.

## WHAT IS TAE KWON DO(KARATE)?

This question is asked again and again. The reason for this question is that Tae Kwon Do, or Karate in Japanese language, has generally been either misunderstood or unheard of.

Karate is an Oriental martial art which has been developed through centuries of Eastern civilization. Today Karate has evolved into not only the most effective method of weaponless self-defense, but also an intricate art, an exciting sport, and a trenchant method of maintaining physical fitness. Karate is founded on basic scientific principles of movement that develop the student into an exceedingly well-coordinated person, both physically and mentally.

## KARATE FOR PHYSICAL FITNESS

Many think that Karate consists of breaking boards and bricks, but this is an entirely mistaken concept. Karate demonstrations showing such feats are merely to show the power and speed that the human body is capable of utilizing through Karate training. Karate is one of the most all-around methods of maintaining physical fitness because it utilizes almost every single muscle of the body. As a result, it is a natural weight regulator, either taking pounds off, or putting them on.

## KARATE FOR MENTAL DISCIPLINE

Though it is no longer an integral part of Zen Buddhist, Confucian, and Tao religious training, the innate spiritual training acquired through Karate training still remains. One of the greatest values of Karate training is the refinement of character it brings about. Karate proves the old adage, "A sound body makes a sound mind." Serious students of Karate find that their outlook on life broadens as a result of their Karate training. Self discipline and self control are developed: kindness and respect for others are enhanced.

## KARATE AS A SPORT

As a sport, Karate is rapidly taking its place in the world sport milieu. Blocking, kicking, and punching techniques all contribute to making Karate one of the most exciting and competitive sports. Tremendous skill and control are required in Karate. Its challenge lies in the adept use of techniques without having any actual body contact. Complete control over punching and kicking techniques is paramount. The student must stop just centimeters from his opponent. Control is developed through extensive and intensive practice prior to any free sparring. Because of this complete refrain from body contact, contrary to popular belief, injuries are infrequent and minor. It is actually much safer than many popular sports such as football.

## KARATE AS AN ART

Through the coordination of control, balance and technique in Karate forms, Karate is regarded as a beautiful and highly skilled Oriental art. These forms, "hyung," are patterns of movements against single or multiple imaginary opponents. They are very similar to ballet movements with the exception, of course, of more power being used.

## KARATE AS SELF DEFENSE

Karate is considered the ultimate in unarmed self defense because of the refined fighting technique that is involved. In Korea, the Presidential Protective Forces are all trained in Tae Kwon Do Karate. Many other countries are also incorporating Karate into the training programs of their protective forces. The principle of Karate as self defense is that one fights only defensively and only for a righteous cause.

## HISTORY OF KARATE

The beginnings of Karate are obscure. Some say it began in China, others say in India, Okinawa, or Korea; however, it seems that Karate is as old as man himself.

Though its origin is not certain, history indicates that a crude method of self defense developed in India and was later adopted by Buddhist monks as a means of protecting divinity against the forces of evil. It is likely that as Buddhism spread through various parts of the world, Karate spread with it. Many ancient statues depicting monks in Karate stances have been found in Korea.

The formal beginnings of Karate, however, have been attributed to a Buddhist monk named Bohidarm, who, approximately in the year 525 A.D., combined Karate and Zen Buddhism into a workable method for spiritual and physical fitness. Since that time Karate has gradually evolved into rigid and skillful techniques.

#### GROWTH OF KARATE IN THE UNITED STATES

Karate is a rapidly growing sport in the United States today, both in commercial gymnasiums and in institutions of higher learning. According to a recent survey published in Black Belt Magazine, there are now 130,000 Karate enthusiasts. Of these 130,000 Korean style holds the most participants of any style at 47,000. There has been a rapid rise in the number of women and children enthusiasts, approximately 7,000 more in 1968 than in 1967.

The number of tournaments, giving the student an opportunity for healthy competition, is rising every year. There are now five major tournaments in the East-Mid West area, as well as innumerable small ones.

Many colleges and universities are adding Karate to their regular physical education curricula. Among some of the local and best known schools are; Cleveland State University, Miami University (in Ohio), Toledo University, Akron University Special Programs, the University of Michigan, Michigan State University, Stanford University, West Point Army Academy, and the Air Force Academy in Colorado, as well as many small Eastern colleges.

## COURSE OUTLINE

INTRODUCTION: What is Karate? This lecture is to explain Karate as physical fitness, mental discipline, self defense, an art, and a sport. A brief history will also be given.

### COURSE OBJECTIVES:

1. To help the student become physically fit.
2. To encourage the ideals of sportsmanship, cooperation and leadership.
3. To develop in the student mental discipline.
4. To teach techniques of self defense.

### CONTESTS

1. Basic movements- high, middle and low defends, hand and feet attacking, coordination, balance and speed.
2. Forms, "hyung" or "kata," Forms are imaginary fighting, utilizing basic defenses and attacks in a series of movements against imagined single or multiple opponents. The practice of forms has many advantages. First, since the student practices forms alone mental discipline is developed through intense concentration and stringent efforts toward perfection of techniques. Second, the student increases his power, speed, focus, and endurance through repetition of fundamental movements.

3. Sparring under law- this is so called "promise fighting" Each student knows how the other student is going to attack and he defends properly. While again utilizing these fundamental movements, the students are guaranteed of their personal safety. This is a lead up to free sparring.

4. Free sparring- In free sparring the students actually spar with each other, avoiding all body contact. The challenge lies in the adept use of techniques as opposed to plain strength. Again complete control over all techniques is paramount.

5. Variety of Tae Kwon Do Techniques- This includes break-falls, weapon defense, and releasing techniques, among others.

## 2. KWON DO TERMINOLOGY

### A. Mak gi- Defense

1. Han dan mak gi- low defense
  - a. Ha dan mak gi- low defense
  - b. Ha dan soo do mak gi- low knife hand defense
2. Joong dan mak gi- middle defense
  - a. Joong dan bak pal mak gi- middle outward defense
  - b. Joong dan an pal mak gi- inward middle defense
  - c. Soo do mak gi- both hands knife defense
  - d. Soo do chi gi- striking
  - e. Ssang soo mak gi- outward both hands middle defense
  - f. Pyung soo joong dan mak gi- middle palm defense
3. Sang dan mak gi- high defense
  - a. Choo gyu mak gi- high defense
  - b. Sang dan an pal mak gi- inward high defense
  - c. Sang dan soo do mak gi- high hand knife defense
  - d. Sang dan pyung soo mak gi- high palm defense

### B. Kong kyuk- Attacking

1. Joong dan kong kyuk- middle attack
2. Sang dan kong kyuk- high attack
3. Soo do kong kyuk- knife hand attack
4. Ap cha gi- front kick
5. Yup cha gi- side kick
6. Dollyu cha gi- round house kick
7. Dui dollyu cha gi- wheel kick

### C. Cha Se- stance

1. Ja yun se- natural stance
2. Ki ma se- parallel stance
3. Chun gul se- Forward stance, front leg bent
4. Hui gul se- Back stance, back leg bent

What is your purpose for Karate study?

2. What is the foremost precept of self-defense, in your opinion?

What is the difference between the side kick and the front kick?

4. What is "form"?

5. Why do we practice "form"?

6. Why is meditation important?

7. Why is Karate structured in a military manner?

8. What is the difference between Karate and Judo?

9. What is the purpose of 1 Step Sparring?

10. Match these terms:

\_\_\_\_\_ 1. Sa Bum Nim  
\_\_\_\_\_ 2. Mac Kee  
\_\_\_\_\_ 3. Seo Do  
\_\_\_\_\_ 4. Ap Chaggi  
\_\_\_\_\_ 5. Joong-Dan  
\_\_\_\_\_ 6. Kinase  
\_\_\_\_\_ 7. Do-Jang  
\_\_\_\_\_ 8. Chongoolse  
\_\_\_\_\_ 9. Hoogoolse  
\_\_\_\_\_ 10. Do Bok

1. Back Stance  
2. Front Stance  
3. Uniform  
4. Defend  
5. Practice Place  
6. Knife Hand  
7. Head Instructor  
8. Front Kick  
9. Horse Stance  
10. Mid-Section of the Body





Name \_\_\_\_\_

- 8. Explain the action of the Roundhouse Kick. How does it differ from the Side Kick?
  
- 9. What is Form?
  
- 10. List as many of the 10 Precepts as you can.

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PHYSICAL SKILL \*\*\*\*\* STUDENT - DO NOT FILL IN !!!!!  
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Front Kick \_\_\_\_\_  
 Round Kick \_\_\_\_\_  
 Side Kick \_\_\_\_\_

Posture  
 Stance  
 Focus  
 Effort  
 Attitude

RELEASES:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

RECOMMENDED OVERALL PERFORMANCE GRADE \_\_\_\_\_