

ETO GREETING

All ETO students are addressed by their first names, allowing a more personable atmosphere, while attaching the title Miss or Mr. to show respect. Even ETO founder, Missan Edwards will be addressed as Miss Missan. Miss Missan feels strongly that the title “Master” is outdated. The term suggests perfection. Once we reach perfection, there is no more growth. Everyone has room to grow.

ETO UNIFORM

The student uniform is white with the ETO emblem on the back. The ETO school patch MUST be on the upper left side of the jacket front. The combination Korean/American flags may be placed on the upper right sleeve of the jacket. Instructors may wear their instructor patch on the upper left sleeve. Black Belt instructors are allowed to wear black uniforms. A trimmed or combination of black/white uniform must be approved by the head instructor. The design of the uniform allows the student to wear it slightly larger. The sleeves and pant legs must be altered to correct length. The sleeve should stop at the wrist and the pants should come to the ankle. Long lengths hide proper form and may cause a student to fall.

Male students are required to wear a protective cup for safety, but should not be visible. Female students are required to wear an athletic support bra or tee shirt under their uniform to preserve modesty.

SPARRING RULES/EQUIPMENT

Contact Rules – NO FULL CONTACT! Sparring Equipment is mandatory! Only light contact is permitted while wearing full protective gear. There will be no contact to the immediate face, neck , back or groin areas. Although control is stressed in all situations, Tae Kwon Do is a contact sport and steps must be taken to minimize injury. Mandatory equipment includes chops & kicks to protect both the student and the opponent. Strongly recommended are the mouthpiece, headgear , groin cups (males) & chest protector (females). Optional pieces of equipment include shin pads & forearm pads. **It is the student’s responsibility to gear up for protection.**

THE LANGUAGE OF TAE KWON DO

NUMBERS

One (Hana), Two (Tdool), Three (Set), Four (Net), Five (Dasut), Six (Yosut), Seven (Ill-gope) Eight (Yo-dull), Nine (Ah-hope), Ten (Yoll), Eleven (Yoll-Hana), Twelve (Yoll-Tdool), Twenty (Sumal), Thirty (Sorun), Forty (Mahoon), Fifty (Sane), Sixty (Yaysoon), Seventy (Ilhoon), Eighty (Yodoon), Ninety (Ahoon), One Hundred (Beck)

TRAINING TERMS

Attention (Cha-de -ut), Bow (Kyung Yet), Ready Position (June Bee), Begin (She-jacque), Uniform (Doe Boek), Belt (Dee), Training Room (DoJang), Korean Flag (KuKi), Empty Hand Power (Tae Kwon Do), Instructor (SaBumNeem), Certain Victory (Pil Sung), Yell (Ki Up), Form (Hyung), Kick (Cha Gi), Front Kick (Up Cha Gi), Side Kick (Yup Cha Gi), Round House (Do Yo Cha Gi), Punch (Kong Kyuck), Block (Mahk Kee)

EXPRESSIONS

How are you? (Annyoung ha shim neeka) My name is _____. (Cho nun ____ im needa) I’m glad to meet you. (Pangap soom needa) Thank you (Kam sa mee da) Good-bye (Ann Young) Please come in (Oso shipshio) Continue (Kay Soke) Excuse me (Shil lay ham needa) Yes (Nay) No (Anyo) Sit down to peers (Anjue sayo) Sit down to children or close friends (An Jo) Please sit to elders (Anjue shipshio) America (Mee-guke) Korean (Han-guke)

**ETO has attempted to provide the correct phonetic representation for each word.*

ENERGY TAE KWON DO ORGANIZATION STUDENT HANDBOOK

Kick With the Best!



THE ETO CREED

*We as ETO strive to perfect
the art of Tae Kwon Do,
In order to achieve balance of
mind, body, & spirit.
This practice will empower us to become examples
of confidence, skill & leadership.*

The FORBIDDEN QUESTION

“When can I test for my next belt?” is the forbidden question at ETO. Originally in Martial Arts, there were only two belt colors, white & black.. A student remained a white belt until his instructor felt he had perfected himself enough in mind, body & spirit to receive the high honor of black belt. When the arts were introduced to the Western world, the rainbow of belt colors was added to motivate. ETO students should focus on the art, NOT the color around their waist. Promotion is determined by individual performance and discipline. Each student is allowed to grow and advance at his/her own ability.

RESPECT FOR THE BELT COLOR

White signifies the seed, purity of innocence. The beginning student has no previous knowledge of Tae Kwon Do.

Yellow represents the earth from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.

Orange symbolizes the sun which provides nourishment to the plant. The student obtains a firm understanding of the basics of Tae Kwon Do.

Green signifies the plant’s growth as the Tae Kwon Do skill continues to develop.

Purple represents the water that is essential for the plant’s life. The Tae Kwon Do student has made half the journey and is committed to move forward upon hard ground.

Blue symbolizes the Heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Brown signifies the strength of the wood and branches as the tree spreads forth to produce its own seeds.

Red represents danger cautioning the student to exercise control and warning the opponent to stay away.

Black is the opposite of white and symbolizes maturity and proficiency in Tae Kwon Do. The Black Belt is imperious to darkness and fear.

ETO LAWS OF RESPECT

1) ETO students are humble and courteous. They do not criticize other styles of karate or instructors.

2) ETO students respect the DoJang. All students and guests show respect by:

**Bowing is the customary greeting of respect to all instructors and students both inside and outside the DoJang, even in street attire.

**Silence is golden. No loud talking is permitted in the DoJang. The DoJang includes all workout floors, as well as all surrounding areas both inside and outside of the building. Be especially quiet during class changes.

**No profanity is allowed!!

**No smoking, gum/candy, or food in the DoJang.

**Cleanliness is a must! This includes keeping both the inside and the outside of the DoJang free from trash and properly storing equipment after use.

Discipline is defined as respect in training. For this reason, we adhere to:

3) If tardy to class, ask instructor’s permission to begin. If leaving class early, get permission first. If you bring a guest to class, always introduce to the instructor before class begins.

4) Pay attention in class and do not interrupt instructions; wait until the instructor asks for questions.

5) DO NOT attempt to learn forms or teach forms without express permission from the head instructor.

6) In all practice, emphasis is placed on control, form, and light contact. Remember, “Control is never having to say you’re sorry.”

7) Students will answer Yes/No Sir or Yes/No Ma’am to all instructors.

8) Students line up by belt rank in class formation at the beginning and end of class. The senior belt among the students with the same rank is the person who obtained the rank first. If two people achieved the rank at the same time, then seniority is determined by length of study or chronological age.

9) Students turn away from the instructor to adjust the uniform.

10) Jewelry should not be worn during class. Wedding bands are the only exception to the rule.

11) ETO practice is a strenuous sport and good physical fitness is a necessity. Practice away from the DoJang is expected.

12) Good Hygiene is important! Keep nails trimmed and your uniform clean!

TESTING REQUIREMENTS/TECHNIQUES

9th Gup - front punch, back punch, roundhouse kick (1 & 3 counts), side kick (1 & 4 counts), front kick (1&3 counts), fighting stance, front stance, Basic #1

8th Gup - high, middle & low blocks, straight punches, traveling front, side & roundhouse kicks, back stance, set 1 of one steps, combinations, Basic #2.

7th Gup - in/out & out/in blocks, high, middle & low hammer fists, back fists, horse stance, ax kicks, thrust kicks, Standard #1.

6th Gup - chops, out/in & in/out crescent kicks, back kicks, hook kick, set 2 of one steps, Standard #2

5th Gup - ridge hands, stationary jump kicks, running jump side kick, back reverse side & hook kicks, Standard #3

4th Gup - soodoughs, jump fake kicks, back reverse crescent & ax kicks, Standard #4

3rd Gup - knife hands, stationary jump ax & crescent kicks, jump twist kicks, break 1 board w/kick, Standard #5

2nd Gup - hook punches, stationary jump hook kick, tornado kick, ridgethand blocks, double reinforced blocks, cross blocks, Standard #6

1st Gup - uppercuts, palm blocks, jump back reverse hook, ax, crescent, & side kicks, heel kick, Standard #7

1st Dahn - CPR Certification, Black Belt Essay, Recommendation letters, Weapons form, Genesis, self defense & falling techniques, pressure point knowledge

**In addition to the contents of this handbook, students testing for belt promotion must be able to demonstrate the above techniques thoroughly. This includes performing techniques both offensively and defensively, from all stances, and be able to demonstrate the traditional style as well as the ETO variations. Sparring will also be a part of each test. Student will be tested each time on previous level techniques. Remember that the foundation is most important!