

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 Miss Missan feels strongly that the title "Master" is outdated.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:

Students are required to wear the ETO school uniform, which is a traditional white wrapped jacket displaying the school logo on the back and white pants. The school patch must be worn on the upper left side of the jacket. Only ETO Black Belts may wear black uniforms, black trimmed jackets, or any black/ white combinations approved by the head instructor. No other colors are allowed.

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, mouthpiece, and headgear. Optional pieces of equipment include shin pads, groin cups (males), chest protector (females), and forearm pads. **It is the student's responsibility to gear up for protection.**

TESTING REQUIREMENTS:

9th Gup - high, middle, & low blocks. roundhouse, side, & front kick. front stance. trav. roundhouse, side, & front kicks.

8th Gup - basic 1. straight punches. trav. front stance w/ blocks & roundhouse, side, & front kicks. horse stance. back stance.

7th Gup - basic 2. set 1 of 1 steps. chops. hammerfists. ax kicks. thrust kicks.

6th Gup - escrima stick form. roundhouse, side, & front kick on 4 count. traditional & ETO standard crescent kicks.

5th Gup - standard 2. ridgehands. back reverse side kick. running jump side kick. cat stance.

4th Gup - set 2 of 1 steps. soodoos. backfists. knife hands. hook kick. stationary jump kicks. back reverse crescent kick. pairing moves.

3rd Gup - standard 3. hook punches. uppercuts. reinforced blocks. jump fake kicks. back reverse hook kick.

2nd Gup - standard 5. ridgehand blocks. palm thrusts. open hand blocks. jump twist kicks. tornado kick.

1st Gup - standard 6. bo form. u-blocks. c-blocks. cross blocks. jump back reverse side kick, crescent kick, & knee sweep. self defense & falling techniques, pressure point knowledge.

1st Dahn - standard 7. set 3 of 1 steps. CPR certification, Black Belt essay, recommendation letters.

*In addition to the contents of this handbook, students testing will be expected to perform all techniques offensively/defensively, stances, traditional style, ETO standards, Korean terminology, and sparring.



Student Handbook

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 SYMBOL OF BELT COLORS:

White = Seed, purity of innocence

Yellow = Earth, plant sprouts with roots

Orange = Sun, nourishment to the plant

Green = Growth, skill continues to develop

Purple = Water, essential for plant's life

Blue = Heaven, plant matures into tree

Brown = Strength, wood & branches

Red = Danger, cautions student to exercise control & warns the opponent to stay away

Black = Opposite of white, maturity and proficiency in the martial arts; the Black Belt is imperious to darkness and fear

ETO LAWS OF RESPECT:

SELF:

- ETO practice is a strenuous sport and good physical fitness is a necessity.
- Practice away from the DoJang is expected.
- DO NOT attempt to learn forms or teach forms without permission from the head instructor.
- Pay attention in class and do not interrupt instruction.
- Good Hygiene is important! Keep nails trimmed and your uniform clean!
- Jewelry should not be worn during class. (Only exception- wedding bands)

OTHERS:

- ETO students are humble and courteous. They do not criticize other styles of martial arts or instructors.
- 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.
- Students turn away from the instructor or opponent to adjust the uniform.
- Students will answer Yes/No Sir or Yes/No Ma'am to all instructors.
- In all practice, emphasis is placed on control, form, and light contact. Remember, "Control is never having to say you're sorry."

DOJANG:

- If tardy to class, ask instructor's permission to begin. If leaving class early, get permission first.
- If you bring a guest to class or any ETO event, always introduce guest to the instructor.
- 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. Be especially quiet during class changes.
- No profanity and no smoking is allowed!!
- No gum/candy, or food on the work out floor
- Keeping both the inside and the outside of the DoJang free from trash and properly store equipment after use

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.*