



TAEKWON-DO

Student Guide



Instructor

Grand Master Ricky J. Todd
IX Degree Black Belt, USTF-9-20

Senior Black Belts

Master Kevin A. Bushor <i>VII Degree Black Belt, USTF-7-88</i>	Mrs. Sharon Buckley <i>IV Degree Black Belt, USTF-4-729</i>
Ms. April Bowing <i>VI Degree Black Belt, USTF-6-198</i>	Mr. Keith Buckley <i>IV Degree Black Belt, USTF-4-730</i>
Mrs. Deborah Ragone <i>V Degree Black Belt, USTF-5-367</i>	Ms. Staci Chamberlin <i>IV Degree Black Belt, USTF-4-738</i>
Mr. Sean Toppi <i>V Degree Black Belt, USTF-5-729</i>	Mr. William Palmer, IV <i>IV Degree Black Belt, USTF-4-739</i>

Location

Offutt AFB Youth Center
(Bldg. 5085) (402) 294-5152

Class Schedule

Tuesday and Thursday

Beginners - White Belt thru Yellow Belt Green Stripe 5:30 – 6:30 pm
Intermediate & Advanced - Green Belt thru Black Belt 6:30 – 8:00 pm

Website: <http://www.axetkd.com>
Also on Facebook at AXE Taekwon-Do

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Letter to Parents and Students

Welcome to the art of Taekwon-Do and to the Axe Taekwon-Do School. This school has been teaching the art at this location since 1988, one of the longest operating schools in the Bellevue area. We are an authorized school under the United States Taekwon-Do Federation. Our lineage can be traced back to the Founder of Taekwon-Do, General Choi Hong Hi. This study guide should provide you with helpful information about the school, instructors and the expectations from traditional Taekwon-Do classes. Most students will see a transformation within the first year.

During a student's first 6 months most will experience a significant learning curve as students will learn many new techniques and the language of Taekwon-Do. Students will need to demonstrate patience and perseverance during these months; however, students will see results quickly. Focus, concentration, and etiquette will increase. Students will see a marked improvement physically in muscle tone, flexibility and body control.

During the second 6 months students should be demonstrating more self-discipline and mental strength. This stage can take longer to achieve noticeable results. There may peaks and valleys in skill and ability. Some techniques in these ranks can be picked up quickly and other techniques will cause students to struggle as the difficulty in technique increases. There may be periods where training feels like you are "leveling off" or not improving. This is a normal transition felt by most students. Overcoming the mental frustration is part of the art. I encourage students to keep training.

Each student's development in Taekwon-Do varies; understanding these learning curves is important as a beginning student. The skills acquired through traditional Taekwon-Do sometimes develop at a slower pace than a novice student would like. If students persevere through the learning curves, they will discover more power and strength than they knew was within them. Each rank provides new techniques, patterns and self-defense strategies to keep classes exciting. If your student is losing interest, please let me know. It is my personal goal to spread the art of Taekwon-Do. The instructors will work with the student to get them back on track. Taekwon-Do is unlike any other sport or activity. It takes time and persistence to really become proficient at performing the techniques. Axe Taekwon-Do is not a belt farm, every promotion will be well deserved.

I encourage family participation and we love to families to train together. If you have any questions about Taekwon-Do or the classes please feel free to email me at ustfneb@cox.net or call 402-650-4399.

Respectfully
Grand Master Ricky Todd



Senior Grand Master C.E. "Chuck" Sereff, IX Dan, A-9-1
Founder and Emeritus President of the United States Taekwon-Do Federation (USTF)

Sr. Grand Master Sereff was the President of the USTF from 1979 to 2012 and now is the President Emeritus. He has promoted over 11,900 students to 1st Degree Black Belt. He has taught in every state in the United States and abroad in Australia, Japan, Scotland, Canada, Mexico, Panama, Ireland, Papua New Guinea, and Vienna.

Sr. Grand Master Sereff was promoted to 9th degree black belt by the Founder of Taekwon-Do, General Choi Hong Hi as A-9-1 on 12/8/1987. He is the third highest rank in ITF Taekwon-Do in the world, after General Choi Hong Hi, the Founder of TKD, and Grand Master Rhee Ki Ha.

Along the way to becoming a Grand Master, his charisma and skill has helped thousands of students from beginning white belts through to 9th Dan Grand Master. Sr. Grand Master Sereff was the first non-Asian to be classified as an International Instructor by the International Taekwon-Do Federation. Sr. Grand Master Sereff started martial arts in 1961. Two years later, he founded the first Korean-style school of self-defense in the Denver area.

Sr. Grand Master Sereff became associated with General Choi Hong Hi, the founder of Taekwon-Do and the ITF, in 1965 after bringing Moon Ku Baek from Korea to teach in the Denver area. In the meantime, Sr. Grand Master Sereff had established Taekwon-Do clubs at the US Air Force Academy, the YMCA's in Denver, and at various recreation centers at the major colleges in Colorado and Wyoming. To date, his teachings spread throughout the world. The USTF was formed in 1974 at the request of General Choi. The Federation now consists of 5 regional and state directors from coast to coast, including Alaska and Hawaii. An Armed Forces Director and Ambassadors to Australia, New Zealand, Scotland, Southern Africa, Botswana, Mozambique, Namibia, Angola, Zimbabwe, Zambia, Malawi, Papua New Guinea, Ireland, and Canada.

Promotions:

9th Degree black belt, Taekwon-Do A-9-1, 1997	4th Degree black belt, Taekwon-Do, 1970
8th Degree black belt, Taekwon-Do, 1989	1st Degree black belt, Hop Ki Do, 1969
7th Degree black belt, Taekwon-Do, 1983	3rd Degree black belt, Taekwon-Do, 1967
6th Degree black belt, Taekwon-Do, 1978	2nd Degree black belt, Tang Soo Do, 1963
5th Degree black belt, Taekwon-Do, 1974	1st Degree black belt, Tang Soo Do, 1960



**Grand Master Renee' Sereff, IX Dan, USTF-9-3
Director of Testing and Administrator of the
United States Taekwon-Do Federation (USTF)**

Grand Master Sereff is in charge of the day-to-day operations of Sereff Taekwon-Do and the United States Taekwon-Do Federation. She has travelled extensively in the United States and throughout the world with Sr. Grand Master Sereff the founder of the USTF and General Choi Hong Hi, the founder of Taekwon-Do.

Grand Master Sereff was promoted to 9th degree black belt by the Founder of USTF, Grand Master Charles Sereff in 2011. As the first woman in the USTF to achieve the rank of Grand Master, 9th Degree Black Belt, She feels the Tenets of Taekwon-Do and her good instructor drove her to be the best she could be. Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit are the tenants of Taekwon-Do and a way of life that will always remain. She has represented the United States at world championships in countries such as Russia, Greece, Canada, Argentina, Italy, New Zealand, Ireland, Malaysia, and Scotland as an International Referee. She taught world camps in Australia, New Zealand, and the United States that helped her establish the fact that women really do have a place in this art throughout the world. General Choi appointed her Director of the ITF March 24, 1986 in Vienna, Austria at the 20th anniversary of the ITF, that paved the way for all women to reach their goals.

She started Taekwon-Do in a Recreation Center program with her children instructed by Mr. Ron Wootton was the beginning of a way of life. After joining United Taekwon-Do with Charles E. Sereff, now Sr. Grand Master Sereff, the journey of a lifetime of opportunity began. Sr. Grand Master Sereff has been her instructor for over 40 years. Her loyalty to him and his loyalty to his instructor, General Choi Hong Hi, has been a lifelong commitment to spread the teachings to all students. She has been teaching Broomfield, Colorado for over 40 years. As a Broomfield native, she feels that giving back to our community is one of the important goals all students of Taekwon-Do strive for.

She truly feels that Taekwon-Do is the perfect tool not only for young people but for us as instructors. It helps us define and mold emerging personality traits that instill a sense of order, discipline, generosity, courage, and humility. Taekwon-Do appears to be the perfect exercise not only for the body, but also to impart the qualities of inner strength, patriotism, sense of justice and leadership that are needed to be a leader of men and women. As the testing director of the national organization, United States Taekwon-Do Federation, She has the pleasure of helping establish some of the requirements and have worked toward maintaining our high standards within the organization.

Promotions:

9th Degree black belt, 2011, A-9-3
8th Degree black belt, 2005, A-8-2
7th Degree black belt, 1998, A-7-13
6th Degree black belt, 1992, A-6-19
5th Degree black belt, 1988, A-5-33

4th Degree black belt, A-4-54
3rd Degree black belt, 1980, A-3-91
2nd Degree black belt, 1978
1st Degree black belt, 1976



Grand Master Ricky J. Todd, IX Dan, USTF-9-20
402-650-4399 – ustfneb@cox.net

Grand Master Todd is an internationally certified instructor under the United States Taekwon-Do Federation (USTF) and is the Senior Instructor at Axe Taekwon-Do. Grand Master Todd began his training under Senior Master Gary W. Meek, 8th degree black belt at Meek's Taekwon-Do Center, McConnell AFB, Wichita, Kansas. He was the chief instructor at that school after Mr. Meek's departure from 1985-1986. Due to military service he moved to Whiteman AFB, Knob Noster, Missouri. He founded Todd's Taekwon-Do Center on the base and was there from 1986-1990. In 1990, he moved to Incirlik AS, Adana, Turkey. He founded Todd's Taekwon-Do Center on the base and was there from 1990-1992. He moved to Onizuka AS, Sunnyvale, California and founded USTF California Taekwon-Do in Mountain View, California. He was in California from 1993-1996. In December 1996, he moved to Offutt AFB, Bellevue, Nebraska and was the assistant instructor at Meek's International Taekwon-Do at the Offutt Youth Center until April 1998. He founded and opened a commercial school, Bellevue Taekwon-Do in April 1998, which was open until 2001. He moved again to Whiteman AFB, Missouri in 2000 and founded Whiteman Taekwon-Do and Windsor Taekwon-Do teaching there until 2002. In 2002 he retired from the Air Force and assumed the head instructor position at the Offutt AFB, Nebraska in 2004. He is currently the USTF Region 2 Director responsible for Taekwon-Do operations in Nebraska, Arkansas, Iowa, Kansas, Louisiana, Mississippi, Missouri, North Dakota, Oklahoma, South Dakota, and Texas. He has held the offices of the USTF State Director for Kansas and Nebraska and the Armed Forces Director. He is a retired Air Force paralegal and currently working as a law office manager for an Omaha law firm. In September 2021, he was promoted to IX Dan, Grand Master Instructor by Grand Master Sereff, the United States Taekwon-Do Federation Test Director and Administrator.

Promotions:

9th Degree, USTF-9-20, September 2021, Grand Master Sereff, Broomfield, Colorado
8th Degree, USTF-8-23, October 2014, Sr. Grand Master Sereff, Broomfield, Colorado
7th Degree, USTF-7-50, April 2008, Sr. Grand Master Sereff, Bellevue, Nebraska
6th Degree, USTF-6-104, December 2002, Sr. Master Meek, Bellevue, Nebraska
5th Degree, A-5-121, February 1998, Grand Master Sereff, Bellevue, Nebraska
4th Degree, A-4-215, May 1994, Master Wheatley, Reno, Nevada
3rd Degree, A-3-352, October 1990, Grand Master Sereff, Bellevue, Nebraska
2nd Degree, A-2-712, August 1987, Master Meek, Wichita, Kansas
1st Degree, A-1-3815, March 1986, Master Meek, Hahn Air Base, Germany

Certifications:

USTF Class A Instructor, #40 – Oct 2009	USTF Class A, B & C Referee
USTF Class B Instructor, #176 – Apr 2009	USTF Referee Instructor
USTF Class C Instructor, July 1989	USTF Breaking Seminar Instructor



Master Kevin A. Bushor, VII Dan, USTF-7-88
402-321-7545 – kbushor@cox.net

Master Bushor is an internationally certified instructor under the United States Taekwon-Do Federation (USTF) and is an Instructor at Axe Taekwon-Do. Master Bushor began his training under Senior Master Gary W. Meek, 8th degree black belt at Meek's International Taekwon-Do, Offutt AFB, Bellevue, Nebraska in 1992. In September 2017, Master Bushor was promoted to his current rank of VII Dan. Master Bushor is currently a Class A USTF Instructor, and a Class A USTF Referee. In March 2003, Senior Grand Master Sereff, President of the USTF, appointed him as the Nebraska State Director, a position he still holds. Master Bushor established and was the head instructor of Axe Taekwon-Do between September 1996 and September 1997 at Araxos AB, Greece. Master Bushor has participated in numerous tournaments as a competitor and official, and in April 1995 was selected Grand Champion, Executive Division, of the Spring Break 1995 tournament in Unionville, Missouri. In January 2004 Master Bushor and Sr. Master Ricky Todd took over the Taekwon-Do school at the Offutt AFB Youth Center, renaming the school Axe Taekwon-Do. In October 2001, Master Bushor retired after 20 years of active duty with the United States Air Force. During his 20 years he was fortunate to travel to numerous countries around the world to include England, Japan, Turkey, Germany, Italy, Belgium, the Netherlands, and Greece. He now works at Headquarters Strategic Command, Offutt AFB, NE as a System Analyst.

Promotions:

7th Degree, USTF-7-88, September 2017, Sr. Grand Master Sereff, Broomfield, Colorado
6th Degree, USTF-6-162, November 2011, Grand Master Sereff, Kirksville, Missouri
5th Degree, USTF-5-253, July 2006, Master Meek, Mexico, Nebraska
4th Degree, A-4-541, December 2002, Master Meek, Bellevue, Nebraska
3rd Degree, A-3-777, November 1999, Master Meek, Bellevue, Nebraska
2nd Degree, A-2-1760, May 1997, Master Meek, Bellevue, Nebraska
1st Degree, A-1-7047, August 1995, Master Meek, Knob Noster, Missouri

Certifications:

USTF Class A Instructor, #64 – November 2013
USTF Class B Instructor, # 72 – June 2003
USTF Class C Instructor, #164, Jan 1995
USTF Class A, B & C Referee
USTF Step Sparring Seminar Instructor



Ms. April Bowling, VI Dan, USTF-6-198
arbowing11@hotmail.com

Ms. April Bowling is an Instructor under the United States Taekwon-Do Federation (USTF) at Axe Taekwon-Do. Ms. Bowling began her training under Senior Master Gary W. Meek, 8th degree black belt at Meek's International Taekwon-Do, Offutt Air Force Base, Bellevue Nebraska in 1996. Ms. Bowling moved from the area in 1997 and returned to the class and her training in 1998. She has participated in numerous tournaments, events and promotion tests. Ms. Bowling graduated from the University of Nebraska - Omaha in 2013.

Promotions:

6th Degree, USTF-6-198, November 2018, Sr. Master Todd, Bellevue, Nebraska
5th Degree, USTF-5-303, November 2013, Master Todd, Bellevue, Nebraska
4th Degree, USTF-4-629, October 2009, Master Todd, Bellevue, Nebraska
3rd Degree, USTF-3-111, November 2006, Mr. Todd, Bellevue, Nebraska
2nd Degree, USTF-2-2716, August 2004, Mr. Todd, Bellevue, Nebraska
1st Degree, A-1-9477, August 2002, Master Meek, Bellevue, Nebraska

Certifications:

USTF Class B Instructor, April 2009 #176
USTF Class C Instructor, Feb 2008
USTF Class A Referee, March 2014
USTF Class B Referee, March 2009
USTF Class C Referee, October 2006
USTF Basic Ho-Sin-Sul, November 2007
USTF Breaking Seminar, April 2014
USTF Step Sparring Seminar, June 2019
USTF Ground Tactics Seminar, July 2021



Mrs. Deborah Ragone, V Dan, USTF-5-364
debson1@cox.net

Mrs. Deborah Ragone is an Instructor under the United States Taekwon-Do Federation (USTF) at Axe Taekwon-Do. Mrs. Ragone began her training under Grand Master Ricky Todd, at Axe Taekwon-Do, Offutt Air Force Base, Bellevue Nebraska in 2006. She has participated in numerous tournaments, events and promotion tests. Mrs. Ragone is a middle school teacher in the Bellevue Public School system.

Promotions:

5th Degree, USTF-5-364, August 2020, Sr. Master Todd, Bellevue, Nebraska
4th Degree, USTF-4-703, June 2016, Sr. Master Todd, Bellevue, Nebraska
3rd Degree, USTF-3-1243, March 2013, Master Todd, Bellevue, Nebraska
2nd Degree, USTF-2-3010, January 2011, Master Todd, Bellevue, Nebraska
1st Degree, USTF-1-10717, April 2009, Master Todd, Bellevue, Nebraska

Certifications:

USTF Class B Instructor, November 2014 #246
USTF Class C Instructor, February 2009 #873
USTF Class A Referee, March 2013
USTF Class B Referee, January 2011
USTF Class C Referee, March 2009
USTF Breaking Seminar, April 2014
USTF Knife & Weapons Defense Course, February 2018
USTF Step Sparring Seminar, June 2019
USTF Ground Tactics, May 2019
USTF Ground Tactics Seminar, July 2021



Mr. Sean Toppi, V Dan, USTF-5-367
toppisean@gmail.com

Mr. Sean Toppi is an Instructor under the United States Taekwon-Do Federation (USTF) at Axe Taekwon-Do. Mr. Toppi began his training under Senior Master Gary Meek at Meek's International Taekwon-Do, Offutt Air Force Base, Bellevue Nebraska in 1995. After earning his black belt while in high school he left the martial arts. In 2010, Mr. Toppi returned to training. He has participated in numerous tournaments, events and promotion tests. Mr. Toppi is currently a pharmacy technician.

Promotions:

5th Degree, USTF-5-367, November 2020, Sr. Master Todd, Bellevue, Nebraska
4th Degree, USTF-4-706, November 2016, Sr. Master Todd, Bellevue, Nebraska
3rd Degree, USTF-3-1247, May 2013, Master Todd, Bellevue, Nebraska
2nd Degree, USTF-2-3018, April 2011, Master Todd, Bellevue, Nebraska
1st Degree, A-1-893, Sr. Master Meek, Bellevue, Nebraska

Certifications:

USTF Class B Instructor, November 2014 #247
USTF Class C Instructor, May 2011 #921
USTF Class A Referee, February 2017
USTF Class B Referee, March 2013
USTF Class C Referee, January 2011
USTF Knife & Weapons Defense Course, July 2010
USTF Breaking Seminar, April 2014



Mrs. Sharon Buckley, IV Dan, USTF-4 -729

Mrs. Sharon Buckley is an Instructor under the United States Taekwon-Do Federation (USTF) at Axe Taekwon-Do. Mrs. Buckley began her training under Grand Master Todd at Axe Taekwon-Do, Offutt Air Force Base, Bellevue Nebraska in 2008. She has participated in numerous tournaments, events and promotion tests. Mrs. Buckley is a retired U.S. Air Force officer.

Promotions:

4th Degree, USTF-4-729, August 2020, Sr. Master Todd, Bellevue, Nebraska
3rd Degree, USTF-3-1308, August 2017, Sr. Master Todd, Bellevue, Nebraska
2nd Degree, USTF-2-3153, February 2015, Sr. Master Todd, Bellevue, Nebraska
1st Degree, USTF-1-100971, May 2012, Master Todd, Bellevue, Nebraska

Certifications:

USTF Class C Instructor, 2012
USTF Class A Referee, February 2017
USTF Class B Referee, March 2014
USTF Class C Referee, January 2011
USTF Breaking Seminar, March 2017
USTF Step Sparring Seminar, September 2018
USTF Knife & Weapons Defense Course, February 2018



Mr. Keith Buckley, IV Dan, USTF-4-730

Mr. Keith Buckley is an Instructor under the United States Taekwon-Do Federation (USTF) at Axe Taekwon-Do. Mr. Buckley began his training under Grand Master Todd at Axe Taekwon-Do, Offutt Air Force Base, Bellevue Nebraska in 2008. He has participated in numerous tournaments, events and promotion tests. Mr. Buckley is a former U.S. Navy officer currently working in the computer field.

Promotions:

4th Degree, USTF-4-730, August 2020, Sr. Master Todd, Bellevue, Nebraska
3rd Degree, USTF-3-1309, August 2017, Sr. Master Todd, Bellevue, Nebraska
2nd Degree, USTF-2-3154, February 2015, Sr. Master Todd, Bellevue, Nebraska
1st Degree, USTF-1-10963, February 2012, Master Todd, Bellevue, Nebraska

Certifications:

USTF Class C Instructor, 2012
USTF Class A Referee, February 2017
USTF Class B Referee, March 2014
USTF Class C Referee, January 2011
USTF Breaking Seminar, March 2017
USTF Knife & Weapons Defense Course, February 2018
USTF Basic Ho Sin Sul Seminar, July 2018
USTF Step Sparring Seminar, September 2018



Ms. Staci Chamberlin, IV Dan, USTF-4-738

Ms. Staci Chamberlin is an Instructor under the United States Taekwon-Do Federation (USTF) at Axe Taekwon-Do. Ms. Chamberlin began her training under Grand Master Todd at Axe Taekwon-Do, Offutt Air Force Base, Bellevue Nebraska in 2012. She has participated in numerous tournaments, events and promotion tests. Ms. Chamberlin is an extremely active competitor in Taekwon-Do and in local adult ice hockey. Ms. Chamberlain is currently a student the University of Nebraska – Omaha.

Promotions:

4th Degree, USTF-4-738, February 2021, Sr. Master Todd, Bellevue, Nebraska
3rd Degree, USTF-3-1319, February 2018, Sr. Master Todd, Bellevue, Nebraska
2nd Degree, USTF-2-3171, February 2016, Sr. Master Todd, Bellevue, Nebraska
1st Degree, USTF-1-11151, August 2014, Master Todd, Bellevue, Nebraska

Certifications:

USTF Class C Instructor, #1059, April 2015
USTF Class B Referee, March 2018
USTF Class C Referee, March 2014
USTF Breaking Seminar, October 2017
USTF Ground Tactics, 2019
USTF Step Sparring Seminar, 2019



Mr. William Palmer, IV Dan, USTF-4-739

Mr. William Palmer, IV, is an Instructor under the United States Taekwon-Do Federation (USTF) at Axe Taekwon-Do. Mr. Palmer began his training under the International Taekwon-Do Federation while living in Colorado om 1998. In 2018, Mr. Palmer began his training under Grand Master Todd at Axe Taekwon-Do, Offutt Air Force Base, Bellevue Nebraska. He has participated in numerous tournaments, events and promotion tests. Mr. Palmer is an extremely active competitor in Taekwon-Do. Mr. Palmer is currently an active duty airman with the U.S. Air Force assigned to Offutt Air Force Base.

Promotions:

4th Degree, USTF-4-739, February 2021, Sr. Master Todd, Bellevue, Nebraska
3rd Degree, USA-3-1293, December 2017

Introduction

Congratulations on your decision to enroll or consider enrolling your child/children in Taekwon-Do. Taekwon-Do, the “Korean art of self-defense”, is more than just a form of self-defense. It is a way of life. It is the scientific use of the body to defend against attackers. Through an intensive physical and mental training regiment, Taekwon-Do is a martial art with no equal in either power or technique. It builds both humility and resolve. The tenants of Taekwon-Do (courtesy, integrity, perseverance, self-control, and indomitable spirit) are the cornerstone to the world of Taekwon-Do. Taekwon-Do training will also help reduce the fear that most children have about handling themselves if someone physically confronts them.

Taekwon-Do is leading the way as the fastest growing martial art in the world. Taekwon-Do consists of the mental training and techniques of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks, and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.



General Choi Hong-Hi, 9th Degree Black Belt, and Grand Master (November 9, 1918 – June 15, 2002) developed Taekwon-Do during his imprisonment by the Japanese during World War II. Taekwon-Do has gained worldwide popularity because it can be learned by the young and old and everyone in-between. It can be tailored to fit every lifestyle and personal ability. It is a skill that, once learned, can never be taken away.

Literally translated "Tae" means jumping or flying, to kick or smash with the foot. "Kwon" denotes the fist, chiefly to punch, or to destroy with the hand or fist. "Do," means an art or way, the right way built and paved by the saints and sages in the past. So taken collectively "Taekwon-Do" is the mental training and the techniques of unarmed combat for self-defense as well as

health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

Taekwon-Do enables the weak to possess a fine weapon together with the confidence to defend them self and defeat the opponent as well. Of course, wrongly applied, Taekwon-Do can be a lethal weapon. Therefore mental training is always stressed to prevent the student from misusing it. The Taekwon-Do taught in this school is the original martial art developed and named in 1955 by General Choi Hong Hi, the founder of Taekwon-Do. The United States Taekwon-Do Federation (USTF) is the national governing body.

Taekwon-Do is a martial art centered on individual needs and limitations. It is a "family art" in the sense that all students, regardless of age, train together. The Tenets of Taekwon-Do and the philosophical side of the art are stressed equally with the learning of technique. Taekwon-Do is a positive art that teaches each individual to realize his or her full potential both physically and mentally in order to apply these lessons in everyday life.

Tuition

Tuition is reasonable considering the quality and quantity of training the students receive as compared to other martial arts schools. The current prices are fifty dollars (\$50) per student per month. A family rate of eighty dollars (\$80) per month allows all immediate members of your family to train also. Payment is arranged with the Youth Center and must be setup for direct payment.

Questions & Answers

Question: Who will be instructing the classes?

Answer: All classes are taught by certified instructors and assistant instructors who are black belts. No black belt can teach until they have attended and passed the USTF Instructors Course. Grand Master Todd is responsible to ensure all students receive the highest quality of instruction. All black belts are required to attend regularly scheduled classes, participate in seminars and tournaments as part of their rank requirements and to maintain their proficiency. We try to keep the student/instructor ratios small enough that every student receives sufficient attention.

Question: How old does a student need to be to join classes?

Answer: Typically a student must be six years old. The reason for the age limitation is that most children under six do not have the attention span necessary for Taekwon-Do; however exceptions may be made on a case-by-case basis only.

Question: What will my child get out of the class?

Answer: We help students reach their maximum potential by teaching challenging classes, setting goals for students and giving them the instruction necessary to reach those goals. We stress physical conditioning, flexibility and balance. We also teach students to develop integrity, confidence, and self-esteem. It is typical that students enrolled in Taekwon-Do will also report improved grades and behavior in school and at home.

Question: How often should my child attend classes?

Answer: We offer two classes on Tuesday and Thursday nights. The first class is one hour and the second is 90 minutes in length and in order to progress you need to attend at least 2 classes per week. Since we offer 4 classes per week this typically can fit into a family schedule. Some students as they progress do attend more than the minimum of 2 classes per week. Please contact the instructors for more information and the cost is the same per month regardless of how many classes you attend. Yes, some students attend 5 hours of class per week.

Question: Will classes leave my child bruised? Will my child become a bully?

Answer: Classes are designed to be exciting and challenging. We teach that the information students are learning must be taken seriously and not used for play. Safety gear is required and we enforce strict self-control and respect. We do not tolerate any form of bullying and we stress in class methods for dealing with this situation if it occurs outside of the classes. Bumps and bruises can occur though. However, this is a contact class and we monitor and enforce strict safety guidelines.

Question: Can I or should I join Taekwon-Do with my child?

Answer: Yes, every student trains at their own pace and level. So regardless of age or physical condition anyone can study Taekwon-Do. Also if a family trains in Taekwon-Do typically a

student will progress faster, and it will encourage a positive family activity. We have many families in the class and we encourage you to talk with them about their experiences.

Question: Are classes ever cancelled?

Answer: If a class falls on a holiday we are closed. In the case of severe weather, we will close if the base closes. We will email students or you can call the youth center at 402-294-5152 to see if we are closed.

Question: How do parents stay informed?

Answer: There are many ways to stay informed about activities with Taekwon-Do classes. We have a website at www.axetkd.com; and we are on Facebook at Axe Taekwon-Do (you don't have to be a Facebook member to see our page). We also publish a monthly newsletter that will be emailed to all. Our national organization also publishes a separate newsletter which will be emailed to you. We also send home flyers and other announcements periodically. Finally on our webpage the instructors have their email addresses and phone numbers if you have any questions.

Tenets of Taekwon-Do

Courtesy: Students should practice courtesy to build their character and conduct training in an orderly manner.

Integrity: The word assumes a different definition than the one usually presented in a dictionary. One must be able to define right and wrong and have the conscience, if wrong, to feel guilt.

Perseverance: There is an old saying that "Patience leads to virtue or merit."

Self-Control: This tenet is extremely important inside and outside the classes, whether conducting yourself in sparring or any aspect of life.

Indomitable Spirit: A serious student of Taekwon-Do will be modest and honest at all times. If confronted with injustice, he or she will deal with the situation without hesitation or fear.

Student Oath

I shall observe the Tenets of Taekwon-Do
I shall respect the instructor and seniors
I shall never misuse Taekwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

Class Protocol

Students should arrive at least 15 minutes prior to class start time. Students should quietly warm up and stretch off to the side of the training area. For safety reasons, no gum is allowed and all jewelry and watches should be removed. If a student arrives late to class, they should wait inside the door for the instructor to ask them to join the class. If a student is going to miss class they are required to email or contact the instructor.

One of the most misunderstood aspects of martial arts training is the meaning or purpose of the bow. In Taekwon-Do the bow is a form of greeting and sign of respect. This is the same reason ALL students are called Mr., Mrs., or Ms., and Sir or Ma'am. A student is expected to bow when talking to instructors or when entering or leaving the training area. The bow is never interpreted as the student being less or lower than the senior rank, we ALL bow. It is an expression of humility, courtesy and pride for the art of Taekwon-Do.

Uniforms



The uniform is called a Do Bok and should be worn and maintained with great care and respect. Do Boks should be cleaned and pressed for training. A student will not be allowed to train in partial uniform. Students will be taught the proper way to tie their belt and will be expected to do this on their own. The only markings on the Do Bok are those patches authorized by the United States Taekwon-Do Federation. There should not be any colored shirts visible when wearing the Do Bok. If necessary a white shirt can be worn under the Do Bok. All female students will wear a white shirt or sports bra. This is a contact art and sometimes the shirt does come open.

Do Boks are available for purchase from the instructors. Prices vary according to size.

The Belt System

Students in Taekwon-Do progress through 10 different “gup” color belt levels and 9 different black belt levels. Each color has its own meaning and requirements. Each promotion represents a new level in Taekwon-Do training. In addition to learning new techniques, forms, and general information a minimum amount of time training is required before a student is considered to test for promotion. The 10 gup levels are:

Gup	Belt Level	Gup	Belt Level
10 th Gup	White Belt	4 th Gup	Blue Belt
9 th Gup	White Belt Yellow Stripe	3 rd Gup	Blue Belt Red Stripe
8 th Gup	Yellow Belt	2 nd Gup	Red Belt
7 th Gup	Yellow Belt Green Stripe	1 st Gup	Red Belt Black Stripe
6 th Gup	Green Belt		
5 th Gup	Green Belt Blue Stripe		

Black belt levels range from 1st Degree or “Dan” to 9th Degree or “Dan”.

Testing for Promotion

Testing is normally every 3 months, but can be a little longer for younger students. Testing is composed of a physical and written test. Students in elementary school are given an oral test. During the physical test a student will perform any technique from their belt level and below as requested by the testing board. The written test (or oral) will cover information about their rank and any belt rank below them. Students must have an attendance record 85% or better to test. We will notify all students when testing is appropriate. All students that successfully test for a higher rank will be provided with an official USTF rank certificate and belt or stripe. A student can potentially earn their black belt in about 3 years with constant training. We ensure we are producing quality students so our goal is not to rush students to the next rank but to provide students with the tools to properly defend themselves and to become technically proficient.

Breaking

When a student tests for yellow belt with a green stripe and above, breaking requirements are part of the physical test. Breaking is a test of concentration, power and proper technique. It is however, no more important than any other aspect of training or testing. It is one of the areas of Taekwon-

Do that causes new students the most anxiety. Students will practice breaking many times before an actual test to ensure they are ready.

Photography

Parents and family members are encouraged to attend promotions, tournaments and classes. These events make great opportunities to photograph or video your student in action. We ask that you remain to the side of the “action” when recording. You can ask the instructors and they will direct you to the best spot.

Competition

The techniques and forms of Taekwon-Do are designed to improve the student’s ability to perform self-defense. The more a student practices inside and outside the class the sooner his or her techniques improve. Practice will also increase the other benefits of training such as improved fitness, flexibility, concentration and discipline. For these reasons natural, athletic ability is not a requirement to join Taekwon-Do nor is it a substitute for constant practice. A student’s training is his or her own responsibility; and their dedication will determine the speed and level of progress.

While Taekwon-Do is a martial art as opposed to a sport there are a number of tournaments scheduled that provide competition. Students are expected to compete in at least one tournament per year. We have a mandatory tournament in our school and we travel to Colorado, Wyoming and Missouri. There are ample opportunities for those that want to compete. Some of the benefits of competition are meeting students from other states, increased confidence and the chance to compare techniques with other students nationwide. It also provides the opportunity to learn from others. Tournaments are always conducted with the safety of the students as our primary requirement. All referee and judges must be certified by the United States Taekwon-Do Federation. Tournaments are arranged so that students of similar age and belt level compete with each other. Events include Forms, Sparring and sometimes breaking. We do require students to participate in at least one tournament per year. We host the Axe Taekwon-Do tournament in April or May each year.

Visiting other Schools

One of the benefits of joining Axe Taekwon-Do and the United States Taekwon-Do Federation is that you will have the opportunity to train with students in other locations. If you are travelling and there is a USTF school near you, you may want to stop and visit for a training sessions. Proper protocol must always be observed. You should ask your instructor first for permission to train at another school. Your instructor will help you contact the owner of the school you intend to visit.

You are welcome to visit and observe other martial arts schools outside Axe Taekwon-Do and the USTF, but you are not allowed to train. For example if you visit a Karate school to watch that is permissible. To join the Karate school while you are active member of Axe Taekwon-Do is not. The reason is that Taekwon-Do training requires your full attention. We have specific techniques that must be executed in a certain fashion. We do not want students becoming confused with their technique. It is also a loyalty issue. The instructors are loyal to the art of Taekwon-Do and the students. We expect the same loyalty from the students.

STUDY GUIDE

This study guide is for students 6th grade and below. These students will be given an oral test based on the information below. Students in 7th grade and above as well as all adults will take a written test on all information for their respective rank in the White Testing Syllabus, the Blue Patterns Handbook, the Yellow Step-Sparring Handbook, and information presented in class.

To use this guide locate your current rank and study the information listed below that belt heading. Remember, after any promotion you are still required to remember your previous knowledge. Example - A green stripe would still be required to know white and yellow belt knowledge. If you have any questions, please contact your instructor. We are providing the information up to testing for green belt, after that time a student should have purchased the White Testing Syllabus book, which we encourage you to purchase as soon as possible.

WHITE BELT: (10th Gup)

Q. The meaning of white belt.

A. **White Belt:** Signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-Do.

Q. The number of moves, meaning and diagram of SAJU-JURUGI.

A. **SAJU-JURUGI** - Four directional punch with 14 moves (7 Right Side / 7 Left Side). The diagram is a plus sign (+).

Q. The number of moves, meaning and diagram of SAJU-MAKGI.

A. **SAJU-MAKGI** - Four directional block with 16 moves (8 Right Side / 8 Left Side). The diagram is a plus sign (+).

WHITE BELT/YELLOW STRIPE: (9th Gup)

Q. The meaning of yellow belt.

A. **Yellow Belt:** Signifies earth from which a plant sprouts and takes root as a Taekwon-Do foundation is being laid.

Q. The number of moves, meaning and diagram of CHON-JI.

A. **CHON-JI:** means literally "the Heaven the Earth." It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth. 19 Movements. The diagram is a plus sign (+).

YELLOW BELT: (8th Gup)

Q. The meaning of yellow belt.

A. **Yellow Belt:** Signifies earth from which a plant sprouts and takes root as a Taekwon-Do foundation is being laid.

Q. The number of moves, meaning and diagram of DAN-GUN.

A. **DAN-GUN:** is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C. 21 Movements. The diagram is a capital I.

YELLOW BELT/GREEN STRIPE: (7th Gup)

Q. The meaning of green belt.

A. **Green Belt:** Signifies the plants growth as the Taekwon-Do skills begin to develop.

Q. The number of moves, meaning and diagram of DO-SAN.

A. **DO-SAN:** is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement. 24 Movements. The diagram is backward Z (right stair step).

ETIQUETTE

A high degree of etiquette should be observed by students, both inside and outside class. This should be applied by lower ranking students to senior students while training, by higher ranking students to elder students outside of the classes, and by all students when visiting another class. In all cases, emphasis should be placed on correct and proper salutation. It is a form of respect and courtesy in many societies. It is indeed poor taste for a black belt to slight a beginning white belt who might very well be the instructor's senior in both age and station. Students visiting other classes, whether they are Taekwon-Do or other martial arts, must pay proper respect and observe the traits of modesty and courtesy at all times.

Etiquette is the most important, valuable and fundamental aspect in one's life. Etiquette is that hidden element which comes spontaneously from within a person's heart and is expressed in actions, behavior and/or speech. It is associated with personality and character building. Etiquette is not something, which is forced upon someone to abide by rules and regulations, but it is that element which flows naturally and automatically to make a person more readily accepted in our society. Etiquette enriches one's quality of life and thus gives a person peace and tranquility not only to oneself but also to society at large.

Basics in the Class:

1. When students bow they must first stand to attention (feet form a 45 degree angle). Fists are lightly clenched, bending the elbows slightly. Bend the body forward 15 degrees.
2. In the class, while sitting in the company of senior members (senior means higher ranking TKD students or an elderly person) one must maintain proper posture. In case of any senior member entering the room, one must stand immediately and bow. You take your seat only after the senior member has sat down.
3. When entering a class, bow first to the flag, then the Instructor, and finally to the students in the training area. Even when visiting other Martial Arts classes, students must show proper respect and observe the traits of modesty and courtesy at all times.
4. In the class, you should refrain from making excessive noise and attempt to build a serious training environment.
5. When the senior ranking black belt enters or leaves the class, the first person who sees the individual entering (or leaving) will call the class to attention (Charyot). Then the next senior ranking person present will direct everyone present to bow.

General Etiquette

At home or in public, always try to use proper language in your conversation and maintain proper language, (e.g. not slang). On all occasions, in whatever relationships you have (e.g. teacher--student) always maintain and display good etiquette.

During Conversation

1. Ensure that you use the correct and appropriate language.
2. When speaking to others, do not talk in an abrupt, violent or aggressive manner. Speak with humbleness.
3. Always remember to address a person with a proper title.
4. Always be a good listener. Do not cut in on someone else's conversation. When giving an opinion, think very carefully beforehand.
5. Do not point fingers at someone while talking and do not touch another person unnecessarily during the conversation.

Email

1. Ensure that you use the correct and appropriate language.
2. Do not send unwanted jokes or email to your seniors.

3. Do not provide your seniors or other Taekwon-Do students email addresses to others without their permission.

Social Meetings

1. If you are introduced by a friend to a senior black belt or instructor, let your friend complete the introduction first before you speak.
2. When shaking hands, junior students must wait until the senior extends his hand first. A junior must never be the first to extend the hand to the senior.
3. When shaking hands, do not hold too tight (or loose).

When Visiting other Schools

1. Do not conduct surprise visits. Give plenty of notice before your intended visit.
2. Avoid visiting early mornings or late nights, unless previously arranged.
3. If when visiting, your host gives you indirect hints to leave (e.g. looking at his watch etc.) be considerate and leave.