



Student Name

NEW STUDENT PACKET



Dear New Student,

Welcome to Hi5 Taekwondo! Your decision to become a member of our school was a wise choice that will provide you with a lifetime of rewards. We are excited to help you to experience maximum enjoyment and benefits from our program. The white belt level is a very exciting one. There is a lot to learn and a lot to enjoy. Not only will you begin learning an exciting variety of techniques, but you will also come to look and feel your best through our energetic workout and the self confidence boost that comes from gaining new skills. In addition, you will be training alongside a great group of people who will provide additional motivation and support. Our members develop new and meaningful friendships with their classmates. Be prepared to work hard and to have fun!

Grandmaster Jong Y. Yi

SHARE TAEKWONDO WITH FRIENDS AND FAMILY!

At the beginner level you will have a level of excitement and enthusiasm that is sure to be infectious. You will likely tell many people about the new and exciting activities and progress that you are experiencing at our school. You may think that as a beginner you don't know enough about Taekwondo to encourage others to get involved. On the contrary, being a beginner is an advantage in many ways. First, friends and family will be more likely to understand and consider the possibility of learning beginner material you show them. Second, if they are a close friend or family member they are likely interested in trying alongside with you or your child. The earlier that they get started the easier it will be for them to train side by side with you, so don't wait, share Taekwondo with someone you care about today!

If your friends sign up you will receive a \$60 Hi5 Taekwondo Credit for your use on any Hi5 products or Fees.



Welcome Once Again!

Thank you for enrolled in Hi5 Taekwondo. Enclosed in this packet is information regarding our schedule, special events, testing requirements and other important details about our programs.

Our goal is to provide you with as much information as possible in order to make your introduction to Taekwondo a comfortable one.

In addition to the Taekwondo related knowledge that Master Yi includes as questions for testing, Hi5 Taekwondo recognizes the importance of discipline in school studies and in family life and relationships. Children are required to memorize and follow the 7 Home Rule Principle which states the basic responsibilities and manners the children should keep. Also, in order to encourage proper discipline in each of these areas as well as in the work put in at the dojang, Master Yi has instituted a system of rewards as a means of recognizing and encouraging appropriate behavior and attitudes. This is the Hi5 Taekwondo star system.

Please find enclosed:

- What is Tae Kwon Do?
- General information sheet (uniforms / equipment / promotion tests etc.)
- Rules of the Dojang(Center) and Taekwondo manners
- How to tie your Taekwondo belt
- How to Build Self-Esteem in Your Child through Tae Kwon Do
- Student creed
- Tests and belt stripe achievement system
- Star system for children
- 7 Home Rules for children
- Citizenship Awards programs for children
- Requirements for yellow belt promotion test
- Class schedule

If you have any further questions please don't hesitate to stop by the office, email (HighFiveTKD@Gmail.com), or call our center (916-939-1900).



WHAT IS TAE KWON DO?

Tae Kwon Do is a native Korean form of unarmed combat. Literally, Tae Kwon Do consists of three words: Tae means a system of foot techniques, Kwon means a system of hand techniques, and Do means the art of experiencing the ultimate being through physical and meta-physical enlightenment. This system of unarmed combat involves the skillful application of punching, jumping, kicking, dodging, blocking, and parrying actions directed toward the goal of neutralizing an aggressor. Its techniques are essentially linear motions but also include the use of circular movements, throwing and falling techniques. About 70 percent of Tae Kwon Do techniques utilize kicking, whereas hand techniques make up the remaining 30 percent.

Tae Kwon Do practitioners can develop strong bodies and minds by practicing a variety of techniques which include basics, Poom Sae (Form), Kyeokpa (Breaking), and Kyoroogi (Free Sparring). Through practicing the spectrum of Tae Kwon Do skills the practitioner can enhance not only physical fitness but also inner peace. Tae Kwon Do training guides its practitioners to be well-balanced people. As described above, “Tae Kwon” denotes the external form of the art while “Do” connotes the internal essence. Thus, the essence of Tae Kwon Do originates from the spirit of martial arts. It is a way to self-improvement which can be achieved through the constant internal struggle between the negative and positive self.

Tae Kwon Do practitioners tend to experience many of the constant inner battles between the real self and the illusive self, and the right and the wrong way to achieve the highest state of mind. Meditation has been frequently used in Tae Kwon Do training because it is considered to be an essential element in attaining the highest state of mind. The result of this combination of physical and mental training is the cultivation of character and discovery of the ideal path in life. Therefore, the main goal of this activity often is to attain enlightenment. In conclusion, Tae Kwon Do is a philosophical activity through which the practitioner can attain the highest level of unity of the body, mind, and spirit.

Tae means a system of foot techniques,

Kwon means a system of hand techniques,

Do means the way of life.



General Information

Uniforms/T-Shirts

Anyone wishing to purchase a uniform or Hi5 Taekwondo t-shirt may do so from the office. Students may wear the t-shirt with the uniform pants and belt in the warmer months. However, full uniform must be worn for testing and belt ceremonies.

Sparring Classes/Equipment Purchase

White belt students do not do sparring. Once students have earned their yellow belts they may attend sparring classes. Sparring classes are held on every Friday. Students can also buy equipment to enhance their training.

Website/Email

If there is a schedule change or important information that we need to inform students and parents about, we will send out an email. We also post important information on the website – www.Hi5Taekwondo.com. Also our email address is: highfivetkd@gmail.com.

Promotion Tests

We hold our color belt promotion tests every 2 months. If your child is ready to test, he/she will be sent to the office to get a test application or we will let you know by email. The test fee is \$69.00 if paid by the due date. Certificates and new belts will be handed out at the Belt Ceremony. The office can give you details about the Black and Semi-Black Test. Please check out the test requirements for Yellow Belt.

Please note that when we have promotion tests, the regular classes are cancelled on those days.

If you have any questions regarding our programs and policies please feel free to stop by, call, or e-mail our center.



Rules of the Do-Jang and Taekwondo Manner

The Taekwondo Do-Jang is a place to learn and practice the fundamentals of Taekwondo. While in the Do-Jang, the students must follow the basic rules. The rules are enforced to maximize the effectiveness of the training environment, and to place emphasis on the development of the students' mind and body. The rules are as follows:

1. Students and instructors will face the flags and place their right fist down front of their chest then say, "Taekwon and bow", when entering and leaving the Do-Jang.
2. Students and instructors will face the flags and bow each time they enter or leave the classroom area to demonstrate respect to the instructors and fellow students.
3. Bow and say, "Ahn Yung Ha Sae Yo, Sir\Ma'am!" first to the Master, Instructors, Parents, and Assistant in order of rank and then bow and say, "Ahn Yung Ha Sae Yo" to the rest of the students. Students should put down everything when they bow or salute.
4. When the Master or Instructors enter to the classroom area, stop (suspend) actions and bow to the Master and Instructors. Those seated should stand.
5. At the beginning of training, stand in line, kneel on the floor, placing the hands on the knees and remain silent for one minute in meditation, salute the National flags and bow to the Master and Instructors.
6. If students are late for class they should ask permission to enter class. Permission must be obtained to leave the class for any reason.
7. Students who are waiting for the next class to begin should follow the actions of the students in the class in progress and salute the flag and bow to the Master and Instructors as well as the other students. Also, students must sit quietly along the side of the mat.
8. If the uniform becomes out of place during the training session, turn away from the flags, other students and instructors, then adjust the uniform and resume training.
9. Students must avoid unnecessary conversation in the class. Students must raise hand before talking.
10. After training, kneel on the floor, placing the hands on the knees and remain silent for one minute in meditation, read the *Tenet of Tae Kwon Do* and salute the National flags, bow to the Master, Instructors and other students.



11. After training, make sure that any equipment used is returned to its proper place and that the training areas and Do-Jang is left in neat order.
12. Students, siblings or friends should not play with the equipment or on the mat without permission from the instructors.
13. Personal hygiene is your responsibility. Clean uniform, trimmed nails, etc.
14. Loud conversation, laughing, giggling and chewing gum have no place at Taekwondo training.
15. All students should strive to keep the spirit of Taekwondo, observe the Rules of the Do-Jang and obey the Master and Instructors, as well as Assistants in the order.
16. A clean uniform is imperative in each class. This is a reflection of the student's pride.
17. No watches, rings or jewelry of any kind may be worn during class.
18. Students who will have an extended absence, 7 or more days, from training need to notify the office as a matter of courtesy.
19. Students must conduct themselves in a PROPER MANNER at all times, maintain a POSITIVE ATTITUDE and always set a GOOD EXAMPLE.
20. Since our professional master instructors focus on instruction, once the first class starts, Masters are not allowed to talk with parents. If you have any questions or concerns, please contact office to address your matter.

Martial Artists must abide by these ancient customs that have been passed down for generations. These rules and procedure were the very life of which Martial Artists chose to follow. They were made to properly respect the Master and Instructors as they share their knowledge onto the students. The students should not just obey these customs out of requirement, but willingly and humbly.

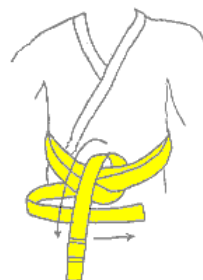
How to tie your Taekwondo Belt

1



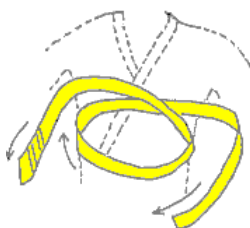
Hold belt at its center, ends even, with stripes (if you have them) on the left side.

6



Bring left (striped) end of belt down and over the front of the U shape.

2



Place center of belt on front center of jacket, about one inch below the naval (a location called the Danjeon). Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.

7



Loop striped end under and up through the U shape to form a knot.

3



Lay the left side of belt over the Danjeon. Lay the right side of belt across the Danjeon. Stripes will now be on your left side.

8



Pull ends of belt outward to tighten knot. Stripes will be on your right side.

4



Slide the left side of belt (striped side) under and behind all the belt layers at the Danjeon. Stripes will still be on your left side.

9



Adjust knot so the ends of belt are even and hang neatly.

5



Loop



How to Build Self-Esteem in Your Child through Tae Kwon Do

Self-esteem is the way we feel and think about ourselves. Webster's' dictionary defines it as "a confidence and satisfaction in oneself ... belief in oneself [and] self-respect." Self-esteem affects everything we do in our lives. Healthy self-esteem promotes a positive "Yes I Can!" attitude, as opposed to a defeatist attitude of "No I Can't."

Children begin life helpless and dependent on their caregivers. In order to grow happy and productive, they cannot stay that way. They must learn that they have a degree of control over their environment, and eventually, that they have more control over their own lives. They have to learn to have an attitude conducive to successful interaction with everything and everyone around them. They must learn to believe in their own abilities and perceive the world in a positive light.

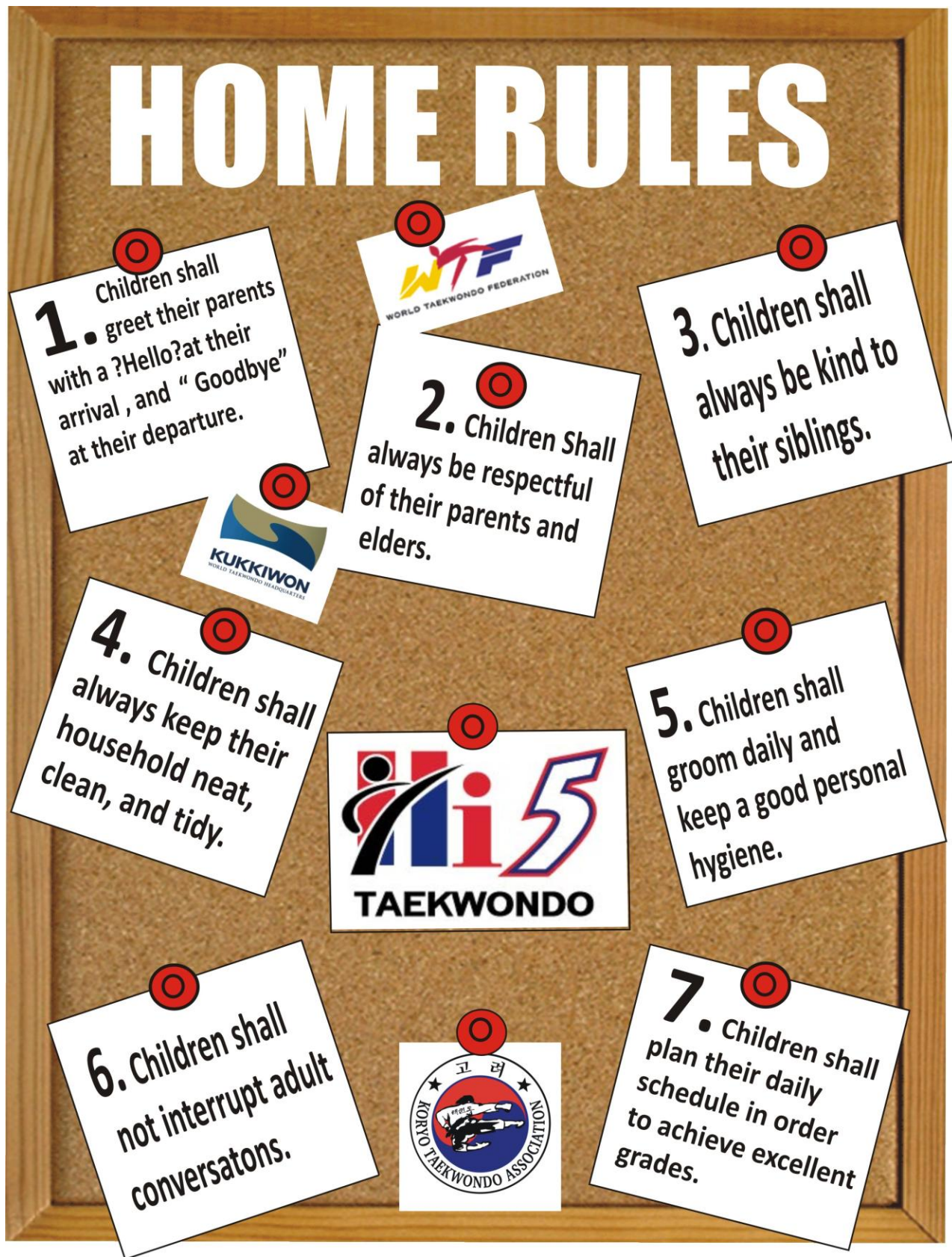
Unfortunately, too many people today worry about failure. They doubt their strengths, and often don't believe that they can achieve the best in life if they put themselves to the task. Poor self-esteem ends up negatively affecting everything they think, say, or do.

On the other hand, people who feel good about themselves produce positive results. Helping your child grow with strong character and self-esteem is arguably the most important task of parenthood. A child with great self-esteem has the best chance of becoming a successful and happy adult. Fortunately, self-esteem can be dramatically improved in a child who, with the guidance and encouragement of his parents, commits himself to the task of personal self-development.

One of the more obvious benefits that comes from practicing Tae Kwon Do is the aspect of a healthier, more fit body and mind. Children who learn Tae Kwon Do gain improved agility, balance, coordination, and reflexes which translates into better performance in team sports. Sometimes children who before might have been passed over when it was time to choose teammates in a baseball game are now first round draft picks. Tae Kwon Do students also see improvements in their grades at school and in the quality of their schoolwork. This provides the child with yet another area in which he can be proud of himself.

When children learn something new or face a challenge and succeed,

7 Home Rules for Children



Tape Testing Information



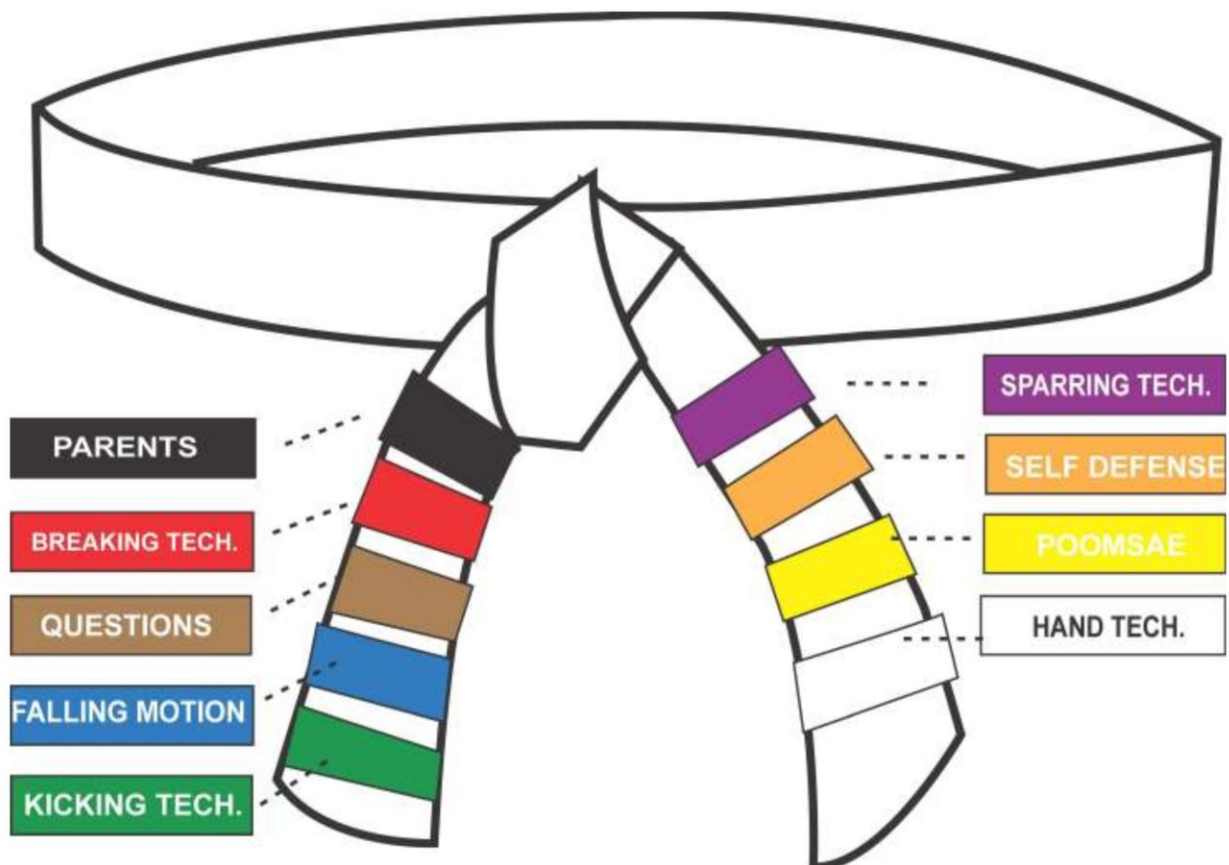
TAPE TESTING INFORMATION & COLOR SYSTEM

TAPE TESTING IS GIVEN AT A MASTER OR INSTRUCTOR'S DISCRETION.

When a student is able to independently demonstrate Self Defense, Poomsae, and any other technique listed below to a Master or an Instructor, he or she receives a corresponding colored tape. The purpose of tape testing is so that other instructors and masters can see how students are progressing.

Students must have at least 5 tapes from a master or an instructor to test for their next belt.

(YELLOW AND BLACK TAPES ARE MANDATORY). ILLUSTRATED BELOW ARE THE TECHNIQUES AND THE **MATCHING COLORED TAPES' PLACEMENT ON THE BELT.**



Star System Information

Star System

Hi5 Taekwondo Center proudly announces a system of rewards as a means of recognizing and encouraging appropriate behaviors and attitudes.

GOLD

A student may earn this star by showing improvement during Tae Kwon Do classes or testing. This includes showing respect, excellent effort, dedication, and hard work.

BLUE

A Student may earn this star by showing respect to all the family members, demonstrating a better attitude, and following the “7 Home Rules.”

(Parents must fill in the 2nd page of the Testing Application.)

RED

A student may earn this star by maintaining excellence in school or showing improvement in grades, behavior, effort, concentration, and participation.

(Parents must turn in a Teacher Form on time before each test.)

EACH TESTING, STUDENTS ARE ABLE TO EARN EITHER 1, 2, OR 3 STARS DEPENDING ON THEIR EXCELLENCE AT THE STUDIO, HOME, AND SCHOOL. COLOR BELT STUDENTS HAVE THE OPTION TO TRADE IN TEN STARS FOR A TROPHY THAT WILL BE GIVEN TO THEM AT THEIR NEXT TESTING. BLACK BELT STUDENTS MUST HAVE FIVE STARS TO BE ABLE TO TRADE FOR A TROPHY.

TERMINOLOGY

COUNTING	
ONE – HANA	1 ST – IL
TWO – DUL	2 ND – YI
THREE – SET	3 RD – SAM
FOUR – NET	4 TH – SA
FIVE – DASOT	5 TH – OH
SIX – YOSOT	6 TH – YUK
SEVEN – ELGUB	7 TH – CHIL
EIGHT – YODOL	8 TH – PAL
NINE – AHOB	9 TH – KOO
TEN - YOL	10 TH – SIP
MISCELLANEOUS	
Head Master – Kwan Jang Nim	
Master Instructor – Sa Bum Nim	
Instructor – Kyo Bum Nim	
Training Instructor – Jo Kyo Nim	
Higher Belt – Sun Bae Nim	
Lower Belt – Who Bae Nim	
Hello (How are You?) – Ahn Yung Ha Sae Yo	
Thank You – Kahm Sa Ha Mni Da	
Attention – Char Yot	
Bow – Kyong Nae	
Begin or Start – Shi Jak	
Stop – Gu Mann	
Yell – Ki Hap	
Relax – Shi On	
Turn Around – Dee Ro Do Ra	
Training Hall – Do Jang	
Uniform – Do Bok	
Salute the Flag – Kuk Ki Yae Kyong Nae	
Sit Down – Ahn Ja	
Stand Up – Ill On Suh	
Return – Ba Ro	

KICKING (CHAGI)
Front Kick – Ahp cha gi
Roundhouse Kick – Dolryo cha gi
Side Kick – Yop cha gi
Back Kick – Dwi cha gi
Downward Kick – Naeryo cha gi
Hook Kick – Horyo cha gi
Crescent Kick – Bandal cha gi
Spinning Wheel Kick – Dwi dolryo cha gi

STANCES (SUHGI)
Horse-riding Stance – Kima jasae suhgi
Front Stance – Ahp gubi suhki
Back Stance – Dwi gubi suhki
Ready Stance – Pyonhi suhki
Tiger Stance – Bum suhki
Parallel Stance – Naranhi suhki
Cross Stance – Koa suhki
Closed Feet Stance – Moa suhki
Walking Stance – Ahp suhki

BLOCKING (MAGGI)
Low Block – Ahre maggi
Middle Block – Momtong maggi
High Block – Eolgul maggi
Knife-hand Block – Sonnal bakat maggi

PUNCH (JIROOGI)
High Punch – Eolgul jiroogi
Middle Punch – Momtong jiroogi
Low Punch – Ahre jiroogi
Double Punch – Dulbeon jiroogi
Tripe Punch – Setbeon jiroogi
Knife-hand Strike – Son-nal chigi

5 Tenets of Tae Kwon Do

1. COURTESY (YE' UE - 예의): Always be kind and humble to others to make them comfortable and pleased with you.
2. INTEGRITY (JUNG JIK - 정직): Always be honest and have a strong sense of right and wrong. The degree of wrong does not matter, wrong is wrong.
3. PERSEVERANCE (IN NAE - 인내): Always be patient and diligent in achieving your goals. Success comes to only those who persevere.
4. SELF CONTROL (JA JAE) - 자제): Always be in control of your emotions and your surroundings. True respect comes only from self control.
5. INDOMITABLE SPIRIT (BOOL GUL YE JUNG SIN - 불굴의 정신): Whenever confronted with injustice, always deal with the situation without fear of outcome or reprisal.

Student Creed

Sir, I will practice in the ***Spirit of Taekwondo***,
With ***Courtesy*** for my fellow students,
Loyalty for my instructors, and ***Respect*** for all people.

I shall live with ***Perseverance*** in the spirit of
Taekwondo,
Having ***Honor*** for others ***Integrity*** with myself,
Self-control in my actions.

And an ***Indomitable Spirit*** to finish what I have started,
To reach my goals and set new ones. Sir!



Raffle Rewards Program

We are excited to announce a new program. We would like to reward our students for all their efforts and hard work they put into every aspect of their life. Every student will earn raffle tickets as well as stars for their accolades from school and other curriculums. See below for more details. If you have any questions, concerns, or any feedback, please feel free to contact us.



Step 1: How to earn a raffle tickets?

- From Hi5 Taekwondo - A student may earn a raffle ticket and star by showing improvement during Taekwondo classes and participation in an event(s). This includes showing respect, excellent effort, dedication, hard work and volunteering at dojang.

Rank Promotion Test

Halloween Party

Christmas Party

Tournaments

Parents Night Out (PNO)

Birthday Party

Family Camping

Family Picnic

Movie Night

Buddy Night

Bring a friend to Dojang

Good Job at Dojang

Helping other student

Assisting your Instructor

- From Home - A Student may earn a raffle ticket and star by showing respect to all the family members, demonstrating an improvement in attitude, and going beyond call of duty!!

Citizenship Award Program

Letter from parent

Tiny Tigers Report Card

- From School - A student may earn a raffle ticket and star by maintaining excellence in school or showing improvement in grades, behavior, effort, concentration, and participation.

Improved Grade (Bring Report Card)

Special Award (School)

Letter from teacher

10 - 100% Quiz

5 - 100% Test

More Raffle Tickets, better chance to win, "Special Gift".

Step 2: How to win?

- During the Belt Promotional Test, Master Yi will pick out 3 raffle tickets from the raffle drum box.



Step 3: How to earn "Special Gift"?

- Those 3 raffle ticket winners will spin the prize wheel to receive a gift.





Citizenship Awards Program

In keeping with the principles and goals of Taekwondo, Hi5 has established the new Citizenship Awards programs for children. The object is to encourage the development of good habits into our junior students through positive reinforcement. Youngsters will earn special recognition and awards as they learn to accept responsibilities at home. We hope that this system of cooperative motivation will support you as parents in the family education of your children.

The score sheet provided with this letter lists 14 daily responsibilities in the left column. Blank lines are for you to list chores or behaviors specific to your child or your family. Numerical dates for the days of the month are listed across the top of sheet. At the end of the day, look down the list with your child and check off the responsibilities that he or she completed that day. We ask the parents to be the official scorekeepers, but you can certainly let your Taekwondo students put the check marks or smiley faces in the appropriate boxes. *If your child performs at least 10 of the recommended behaviors in any one day, then a score of ONE point should be marked at the bottom of the column for that day.* At the end of the month, add up the points across the bottom of page (maximum possible: 30), sign the sheet, and have your child return it to the school. He or she will be given a new sheet for the next month, along with congratulations and a reward from the instructor.

Awards will be presented as follows: 30 points receive blue star on the spot. Anyone with 5 stars a trophy at the next testing or special event.

Youngsters thrive on the appreciation and approval that they receive for their good behavior. It has been shown that training systems of this type enhance the development of responsibility, capability, cooperation, helpfulness, and therefore, increased self-esteem. Treated self-esteem leads to better behavior, in an ever-increasing cycle of self-improvements.

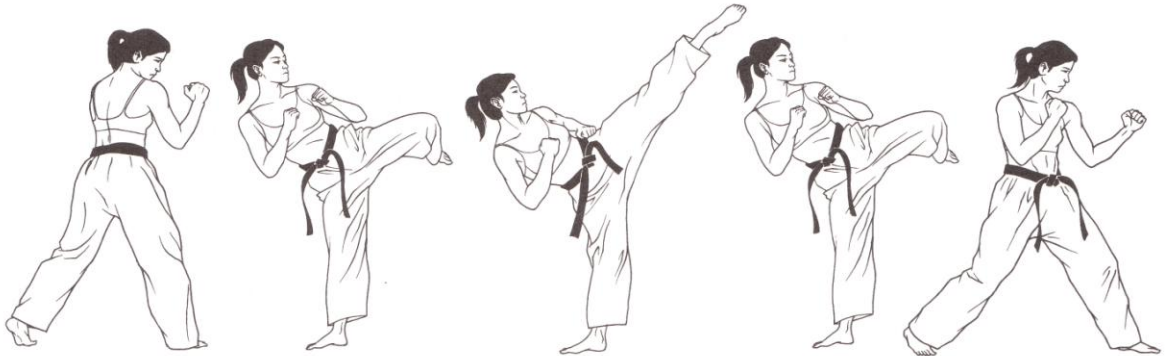
We hope that you will encourage your child's regular participation in this program. "Each award participation should be a very special time for our children, and for you, the proud parents.

Front Snap Kick (Ap Chagi)



1. Rear knee rises straight up, bent, into standard straight chamber position. The fully bent knee points at the target; where the knee points, the lower leg will follow.
2. The lower legs snaps out like the uncoiling of a whip. The foot is pointed and the toes are pulled back, exposing the ball of the foot as the kicking surface. If the toes are left relaxed, there is a danger of harming them upon contact with the target.
3. The hip rotates into the kick. The supporting foot simultaneously pivots on its ball (pivot the supporting foot 90 degrees), the heel of the foot moving to the inside.
This allows the hip of the kicking leg to turn. The hips should move at least 90 degrees.
4. The leg chambers and the hip and supporting foot return to starting position.
5. The kicking leg steps positively into position, either to the back or the front, depending on your direction of travel (to the back if you are stationary).

Front Roundhouse Kick



1. Chamber straight up. Lift the knee to the point at the target, as with front snap kick.
2. Keeping the knee pointed at the target and the leg bent, pivot the supporting foot 120 degrees~180 degrees. The supporting heel will point directly at the target. The hips will turn over completely, with the hip of the kicking leg directly in the line with the target .
3. Snap the kick out with an extended foot. At the moment the top of the foot makes contact, there should be a nearly perfect straight line extending from the ankle of the kicking leg up through the leg, the hip, and the shoulder. The lower leg moves parallel to the ground as it snaps the kick.
4. Rechamber the leg with the knee up.
5. Step positively back or forward, depending on your direction of travel.

PROMOTION TEST REQUIREMENT

— . . . — . . . — . . . — . . . — . . . — . . . — . . . — . . . — WHITE BELT Promotion to Sr. White BELT

ELIGIBILITY:

There is no age limit, but the student must be a member in good standing of our school, with a minimum of 16 days of training prior to the test.

- Teen and Adult: Minimum 4 tapes including Yellow tape and Orange tape.
- Children (4 – 12 years): Minimum 5 tapes including Yellow and Black tape.

A) KNOWLEDGE (Brown Tape): An Oral Test

B) BASIC TECHNIQUES:

<u>Hands (White Tape)</u> -	Punches: Straight, reverse (low, middle, high) punch.
	Strikes: Knife hand inside/outside strike.
	Blocks: Low/high block, in/outside middle block.
<u>Kicks (Green Tape)</u> -	Front kick, in/outside crescent kick, roundhouse kick.
<u>Stances</u> -	Attention, ready, walking, horse riding stance.

C) POOMSAE = FORM (Yellow Tape): Kicho One

D) SELF DEFENSE TECHNIQUE (Orange Tape):

E) BREAKING ABILITY (Red Tape): Front Kick or Jump Front Snap Kick

F) HOSHINSUL (Orange Tape): Right Way Wrist Grab (3)

G) Falling Motion (Blue Tape): (Squatting Position) Front Fall



EXAM QUESTIONS FOR WHITE BELT

(Remember to answer with "Sir or Ma'am" after answering each question.)

1. Q: What is the name of your martial art school? What is your Master's full name?
A: HIGH FIVE TAEKWONDO, Grand Master Jong Yol Yi
2. Q: Why do you show respect to your Mom and Dad ? (for Children only)
A: Because I love my Mom and Dad, I want to make them happy. I want to become a better person.
3. Q: Do you keep your room clean every day? (for Children only)
A: Answer your own.
4. Q: What is a bow?
A: The bow is a Korean form of greeting, Sir!
5. Q: Why do you bow?
A: To show respect, Sir!
6. Q: Do you always complete your homework and return it to your teacher on time?
A: Answer your own.
7. Q: What is the name of your Head Instructor?
A: *Sa bumnim, Saejin, Sir!*
8. Q: What is Ki Cho Il Jang?
A: *Basic Form for beginners and it's 16 Movements, Sir!*
9. Q: What is Home rule number one? (for Children only)
A: *Children shall greet their parents with "Hi mom!, Hi dad!" when they enter the house, and tell their parents "Good-bye" when they leave, Sir!*
10. Q: Korean Terminology?
A: Hello (How are you?) - Ahn Young Ha Sae Yo.
Say Good Bye (You are leaving) - Ahn Yung He Get Sae Yo.
Thank You - Kahm Sa Ha Mni Da, Sir!



Theme Word: *ENTHUSIASM*

Share the energy with others. How can you share the energy with others?

1. I cheer on others for their efforts.
2. I kihap loudly and energetically.
3. I raise my hand and volunteer in class.
4. I approach new things with an open mind.
5. I try to have a positive attitude about anything I am doing.
6. I show up early for classes and demonstrations.
7. I look forward to learning new things at school.
8. I smile and make eye contact when I meet someone new.

KI-CHO 1

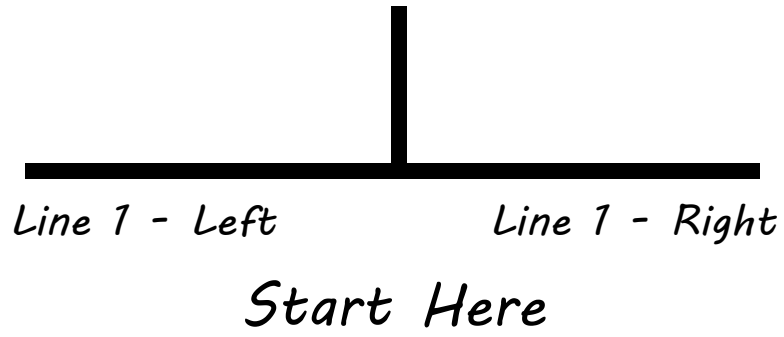
16 Movements

<u>MOVEMENT</u>	<u>LINE</u>	<u>STANCE</u>
1. Left Low Block	Line 1- L.....	Left Walking Stance
2. Right Middle Punch.....	Line 1- L.....	Right Walking Stance
3. Right Low Block	Line 1- R	Right Walking Stance
4. Left Middle Punch	Line 1- R	Left Walking Stance
5. Left Low Block	Center - B	Left Walking Stance
6. Right Middle Punch.....	Center - B	Right Walking Stance
7. Left Middle Punch.....	Center - B	Left Walking Stance
8. Right Middle Punch (Kihap) Center - B		Right Walking Stance
9. Left Low Block	Line 2 - R	Left Walking Stance
10. Right Middle Punch.....	Line 2 - R	Right Walking Stance
11. Right Low Block	Line 2 - L	Right Walking Stance
12. Left Middle Punch	Line 2 - L	Left Walking Stance
13. Left Low Block.....	Center - H.....	Left Walking Stance
14. Right Middle Punch.....	Center - H.....	Right Walking Stance
15. Left Middle Punch	Center - H.....	Left Walking Stance
16. Right Front Kick, Right Middle Punch (Kihap)	Center - H	Right Walking Stance

FLAG

Line 2 - Left

Line 2 - Right





Class Schedule

2/19/19

	DAY 1		DAY 2		*Sparring Class (No Trial Students)	Make-Up & Special Classes
	Monday	Tuesday	Wednesday	Thursday	DAY 3	DAY 4
TKD Attire:	Dobok Only	Dobok Only	Any	Any	Friday	Saturday
					Any	Any
						Make Up Class for All Ages 9AM - 9:45AM

Check this month's calendar for the
Casual Day & Nunchuck Class dates.
See you there!

3:45 PM - 4:30 PM	INTRO CLASS	<i>Tiny Tiger</i> (Ages 5-6)	INTRO CLASS	<i>Tiny Tiger</i> (Ages 5-6)	Tiny Tiger (Ages 3-6) ALL BELTS	Instructor Training 10:30 AM - 12 PM
4:30 PM - 5:15 PM	ALL BELTS	White - Yellow Stripe	ALL BELTS	White - Yellow Stripe	(Ages 7-11) COLOR BELTS	
5:15 PM - 6:00 PM	Purple - Blue Stripe	ALL BELTS	Purple - Blue Stripe	ALL BELTS	(Ages 12+ Color Belts) (Ages 8+ Black Belts)	Team HI-5 Poomsae Competition Training 1 PM - 2:30 PM
6:00 PM - 6:30 PM	<i>Tiny Tiger</i> (Ages 3-4)	INTRO CLASS	<i>Tiny Tiger</i> (Ages 3-4)	INTRO CLASS	Team Hi-5 Kyoruki Competition Training 6:00 - 7:30	
6:30 PM - 7:15 PM	(Ages 12+) ALL BELTS	Brown - Black Belt	(Ages 12+) ALL BELTS	Brown - Black Belt	* You may participate in sparring classes starting White Belt.	*Sparring is Mandatory during testing starting Green Belt.
7:15 PM - 8:00 PM	Family Class	Adult Class	Family Class	Adult Class		

* MAKE UP CLASSES ARE FOR STUDENTS WHO HAVE NOT ATTENDED EITHER DAY 1 OR DAY 2 CLASS DURING THE WEEK.

HIGH FIVE TAEKWONDO
2203 Francisco Drive #170, El Dorado Hills, CA 95762
(916)939-1900, www.hi5taekwondo.com





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