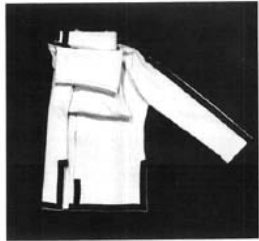


## Your Dobak (Uniform)

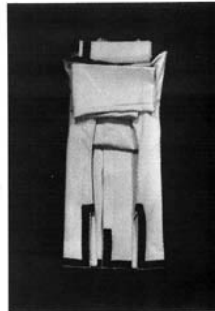
Students may wear their uniform bottoms to class and put their top on at the dojang. Do not wear your uniform outside the dojang without permission from your instructor. Always keep your uniform clean and folded/hung properly.



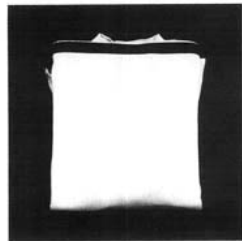
6. Fold the sleeve at the center.



7. Fold the opposite side inward.



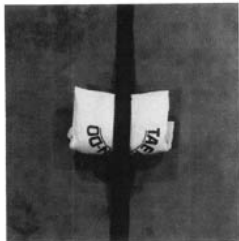
8. Fold the opposite sleeve at the center.



9. Fold the shirt at the center.



10. Fold again in half.



11. Place the center of the folded belt at the center of the folded do bok.



12. Tie the belt with a square knot.

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## Preparing for 9th Gup Yellow Stripe Testing

### Pattern/Exercise

4 Directional Punch: Saju Jirugi

4 Directional Block: Saju Makgi

### Kicks

#### Front snap kick (Apcha Busigi)

- Used to attack an opponent to the front
- Targets: Sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver, spleen, groin, inner thigh and coccyx
- Attacking Tool: The ball of the foot, toes, knee and instep
- Facing: Full
- Location: Low and middle section

#### Side front snap kick (Yobap Cha Busigi)

- Used to attack an opponent to the front
- Targets: Sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver, spleen, groin, inner thigh and coccyx
- Attacking Tool: The ball of the foot, toes, knee and instep
- Facing: Half
- Location: Low and middle section

#### High Kick (Nopi Chagi):

- Used to attack an opponent to the front
- Targets: Chin
- Attacking Tool: The ball of the foot, toes
- Facing: Full and half
- Location: High section

#### Front Rising Kick (Apcha Cha Olligi)

- Stretching application

#### Side Rising Kick (Yopcha Cha Olligi)

- Stretching application

### Hand Techniques

#### Front Punch with the Forefist (Ap Jirugi)

- Used to attack an opponent to the front
- Target: Philtrum, jaw, mandibular joint, point of chin, sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver and spleen
- Attacking Tool: The index and middle finger main knuckles
- Facing: Full
- Stances: Walking, sitting and parallel
- Note: The fist should be clenched firmly at the moment of impact. Pull the opposite fist to the hip equally as fast as the punching hand travels. Relax the muscles after the moment of impact.

#### Inner Forearm Side Block (An Palmok Yop Makgi)

- Used to block attack to solar plexus area
- Target: Inner forearm, outer forearm, inner wrist and outer wrist
- Blocking Tool: Inner forearm
- Facing: Half and side
- Stances: Walking, L, sitting, fixed, X and rear foot

#### Forearm Low Block (Palmok Najunde Makgi)

- Used to block attack to the lower abdomen or points below on the body
- Target: Tibia
- Blocking Tool: Outer forearm
- Facing: Half and side
- Stances: Walking, L, sitting, X and rear foot

#### Knife Hand Low Block (Sonkal Najunde Makgi)

- Used to block attack to the lower abdomen or points below on the body
- Target: Outer tibia and inner tibia
- Blocking Tool: Knife hand
- Facing: Half and side
- Stances: Walking, L, sitting, X and rear foot

#### Ho Sin Sul (Self-defense):

- Two releases from a straight grab to the wrist
- Two releases from a cross grab to the wrist
- One release from a double grab to the wrist
- One release from a double grab to the lapel

#### Step Sparring:

- Beginning 3-step sparring – 2-way (Alone)

#### Part A (Attack):

- Measure: Move right foot out half shoulder width and forward one shoulder width to measure a right walking stance—Move left foot out half shoulder width.
- First Attack: Step forward into Right Walking Stance – Middle obverse front punch with forefist
- Second Attack: Step forward into Left Walking Stance – Middle obverse front punch with forefist
- Third Attack: Step forward into Right Walking Stance – Middle obverse front punch with forefist
- Move right foot back to return to baro
- Signal ready: Pause at baro, Ki-ap to signal ready to defend

#### Part B (Defend):

- First Defense: Move right foot back into Left Walking Stance – Middle obverse side block with inner forearm
- Second Defense: Step back into Right Walking Stance – Middle obverse side block with inner forearm
- Third Defense: Step back into Left Walking Stance – Middle obverse side block with inner forearm
- Counterattack: Without moving forward execute middle reverse front punch with forefist
  - Utilize sine wave by lifting rear heel slightly off floor—Ki-ap on counterattack
- End Routine: move right foot forward to baro

Technically, 1955 signaled the beginning of Taekwon-Do as a formally recognized art in Korea. A special board of leading masters, historians, and prominent social leaders was formed to select a name for this new martial art. The name 'Taekwon-Do' was submitted by Gen. Choi and unanimously agreed upon by all the members of the board. During that year, the energetic general spread Taekwon-Do to the universities and military posts throughout Korea. In 1959 Taekwon-Do spread beyond the boundaries of Korea. The father of Taekwon-Do and nineteen of his top black belt holders toured the Far East. The tour was a major success and the excellence of Taekwon-Do techniques astounded spectators. Many of these black belts went on to spread the art around the world. The same year saw the General elected president of the newly formed Korean Taekwon-Do Association.

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General Choi was appointed Ambassador to Malaysia in 1962 and as a dedicated missionary of Taekwon-Do he succeeded in establishing Taekwon-Do in that country. Gen. Choi's drive and love of Taekwon-Do saw the art spread across the world. In 1966 the International Taekwon-Do Federation (I.T.F.) was formed, and the first World Taekwon-Do Championships were held in Montreal in 1974.

The General dedicated his life to the promotion of Taekwon-Do and travelled all over the world attending tournaments and giving seminars right up to a couple of months before he died on 15 th June 2002. Even though he is no longer with us he still continues to be an inspiration to millions of Taekwon-Do students throughout the world.

# General Choi Hong Hi



1918-2002

General Choi Hong Hi has given so much devotion to his art that the man, his life and his work are one. If Taekwon-Do today has gained international status, it is because of his tireless effort and dedication to the art. General Choi was born in 1918 in the harsh and rugged area of Hwa Dae, Myong Chun District of what is now North Korea. He was a frail and sickly child and a constant source of worry to his parents. At the age of twelve he was expelled from school for organizing a student protest against the Japanese occupation of Korea. After his expulsion his father sent him to study calligraphy. His calligraphy teacher Mr. Han Il Dong was also a master in the ancient Korean foot fighting art of Taekkyon. Han decided to teach his new student Taekkyon as a means to build up his weak body. In 1937 Choi had to travel to Japan to further his education. Shortly before he left he became engaged in an argument with a professional wrestler who threatened to tear him limb from limb at their next encounter. The young Choi had a new impetus to learn martial arts.

In Japan, he studied Karate and with two years of concentrated training he reached black belt. These techniques together with Tae Kwon (foot techniques) were the forerunners of modern Taekwon-Do. Choi went on to attain his second degree before the outbreak of World War II when he was conscripted into the Japanese army. He was later arrested for his part in the Korean Independence Movement. To alleviate the boredom and to keep fit, Choi began practicing his new martial art in his cell. Before long, his cell mate and in turn his jailer became his students and eventually the whole prison courtyard became one gigantic gymnasium.

1945 saw the liberation of Korea and with it, Choi's freedom. Five months after his release he was commissioned as a second lieutenant in the new Korean army. This was to become the launching pad for Taekwon-Do.

Choi rose quickly through the ranks to become a general. The progress of his new martial art followed the success of his military career. General Choi was in an ideal position to develop his martial art.

In 1953 he organised the crack 29th Infantry Division, which eventually became the spearhead of Taekwon-Do in the military. He succeeded not only in training the cadre instructors for the entire military but also developing the Tae Kwon and Karate techniques into a modern system of Taekwon-Do in 1954.

## Required Knowledge For 9<sup>th</sup> Gup Yellow Stripe Testing

### Meaning of White Belt

White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

### Taekwon-Do Color Belt System

10 <sup>th</sup> Gup	Low White		5 <sup>th</sup> Gup	High Green
9 <sup>th</sup> Gup	High White		4 <sup>th</sup> Gup	Low Blue
8 <sup>th</sup> Gup	Low Yellow		3 <sup>rd</sup> Gup	High Blue
7 <sup>th</sup> Gup	High Yellow		2 <sup>nd</sup> Gup	Low Red
6 <sup>th</sup> Gup	Low Green		1 <sup>st</sup> Gup	High Red

### Counting in Korean

Hana	1	Yasot	6
Dool	2	Ilgop	7
Set	3	Yodul	8
Net	4	Ahop	9
Daset	5	Yol	10

### The 5 Parts Of Etiquette

1. A proper bow is performed from attention stance, bending from the waist 15 degrees. Keep eyes fixed on senior or opponent.
2. Bow before stepping onto and off of the dojang (gym) training floor.
3. Greet and address seniors and juniors with proper salutation such as hello Mr. Glencross, thank you sir or thank you Master Schoonover
4. Use words of respect such as thank you ma'am, yes sir, no sir, etc.
5. Avoid turning your back to seniors.

### The Eight Parts Of The Training Secrets Of Taekwon-Do

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

## Required Knowledge For 9<sup>th</sup> Gup Yellow Stripe Testing

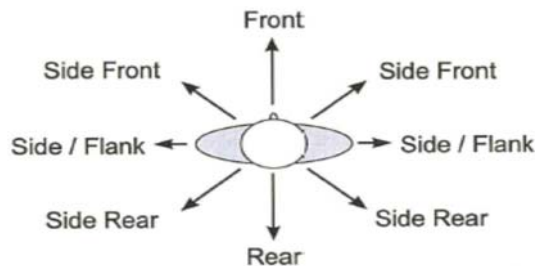
### Counting to ten in Korean:

1	Hana
2	Dool
3	Set
4	Net
5	Dasot
6	Yasot
7	Ilgop
8	Yodul
9	Ahop
10	Yol

### Taekwon-Do Color Belt System:

10 <sup>th</sup> Gup	Low White		5 <sup>th</sup> Gup	High Green
9 <sup>th</sup> Gup	High White		4 <sup>th</sup> Gup	Low Blue
8 <sup>th</sup> Gup	Low Yellow		3 <sup>rd</sup> Gup	High Blue
7 <sup>th</sup> Gup	High Yellow		2 <sup>nd</sup> Gup	Low Red
6 <sup>th</sup> Gup	Low Green		1 <sup>st</sup> Gup	High Red

### Directions of Attacks



## Sr. Grandmaster Sereff



Sr. Grandmaster Charles Sereff was born in 1933 in Denver. He began training in Moo Duk Kwan in 1961 under Robert Thompson and received his black belt in 1963. That same year, he opened a small store-front dojang, which was the first Korean style school in the Denver area. In 1965, he brought Taekwon-Do instructor Moon Ku Baek from Korea to Denver to teach for him, and it was then that he became associated with General Choi Hong Hi, the founder of Taekwon-Do and his International Taekwon-Do Federation (ITF).

In the meantime, Sr. Grandmaster Sereff began to establish Taekwon-Do clubs at the U.S. Airforce Academy, the Denver YMCA, and at various recreation centers as well as at major colleges in Colorado and Wyoming.

In 1974, at the request of General Choi, Sr. Grandmaster Sereff helped form the United States Taekwon-Do Federation (USTF). Sr. Grandmaster Sereff, who was elected president in 1979, and retired in 2012.

Over the years Sr. Grandmaster Sereff has spent an enormous amount of time traveling world wide promoting General Choi's Taekwon-Do, but he still found time to coach the U.S. team to victories at the ITF World Championships in Montreal in 1975 and in Athens in 1982. At the ITF World Championships held in Malaysia in 1994, Sereff was appointed Vice President of the International Tae Kwon Do Federation.

Even though he retired as the President of the USTF Sr. Grandmaster Sereff is still active in the USTF community including an annual Taeakwon-Do summer camp in the Rocky Mountains of Colorado. The camp, which began as a small event held in a small YMCA campground, today draws more than 400 people from over 30 states and from countries such as Scotland, Australia, Columbia, Jamaica, New Zealand, Germany, Canada, Mexico, and New Guinea.

Sr. Grandmaster Sereff was the first and only non-Asian promoted to Grandmaster by General Choi. When General Choi passed away in 2002 there were only 4 Grandmasters. In his 40 years of teaching he has graded over 8,000 black belts.

Centerline Instructors Mr. Mike Glencross and Mr. Dale Hutcherson were both fortunate enough to be promoted to 1st Dan and 2nd Dan by Sr. Grandmaster Sereff.

## Testing Timeline

This testing timeline is provided as a general guideline in the Encyclopedia and is based on the minimum training requirements for an average adult student. It is important to note that children normally take a more time to progress through the ranks.

<u>Testing for</u>	<u>Minimum months training before test</u>	<u>Total Training Time</u>
9th Gup Yellow Stripe	2	Test for yellow belt after 5 months consistent training*
8th Gup <u>Yellow Belt</u>	3	
7th gup Green Stripe	3	Test for Green Belt after 12 months consistent training*
6th Gup <u>Green Belt</u>	4	
5th Gup Blue Stripe	4	Test for Blue Belt after 22 months consist training*
4th Gup <u>Blue Belt</u>	5	
3rd Gup Red Stripe	5	Test for Red Belt after 32 months consistent training*
2nd Gup <u>Red Belt</u>	6	
1st Gup Black Stripe	6	Test for 1st Dan Black Belt after 3.5 years of consistent training*
1st Dan Black Belt	44	
*Consistent training is defined in the Taekwon-Do Encyclopedia as a minimum of 8 hours per month of instructor led training. Students will not promote to the next rank until they have reached an acceptable level of proficiency, which requires additional training outside class time.		

## Forefist Punch

As described in General Choi's 15 volume Taekwon-Do Encyclopedia

### Walking Stance Middle Front Punch (Gunnun So Kaunde Ap Jirugi)

Front View



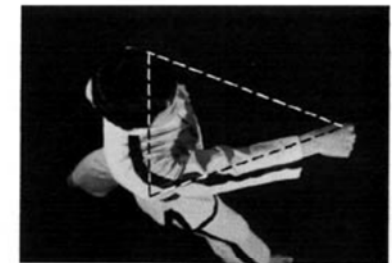
Front View



Side View



Top View



- \* 1. The fist forms a vertical line with the toes.
- 2. The fist reaches the same level as the shoulder of the attacker.
- 3. The fist is brought to the center of the attacker's body.

# Low Block With Outer Forearm

As described in General Choi's 15 volume Taekwon-Do Encyclopedia

## **Walking Stance Forearm Low Block** *(Gunnun So Palmok Najunde Makgi)*

Front View



Front View



Side View



Top View



- \* 1. The forearm reaches the same level as the lower abdomen of the defender.
- 2. The body becomes half facing the opponent.

## Recurring Costs

### 2. Annual ITF Membership Renewal

\$50 per year (ITF renewal is due in January)

\$50 for second family member

\$25 for third family member

Free all additional family members

As a member of the ITF students enjoy many benefits including Official Color Belt and Black Belt Testing as well as seminars and workouts instructed by Experts and Masters throughout the country. ITF membership also entitles students to compete in local, state, regional and international competitions and tournaments.

### 3. Testing Fees

*Color Belt testing* is conducted by Centerline Black Belts under the guidance of the ITF testing regulations and requirements. Color Belt testing is scheduled and conducted in groups. Testing requirements consist of the following:

- Patterns
- Step Sparring
- Self Defense
- Hand and Foot Techniques
- Knowledge Test (written Test)
- Written test is required by all students 13 and older.
- Board Breaking (13 years and older)

#### Testing Fees:

- \$45 – Yellow stripe – Green Stripe test
- \$65 – Green Belt & Blue Stripe test
- \$75 – Blue Belt & Red Stripe test
- \$85 – Red Belt & Black Stripe test
- \$150 – 1<sup>st</sup> Dan Black Belt test (Black Belt testing fees are paid to United States Taekwon-Do Federation)

## Recurring Costs

There are three recurring costs involved with your Centerline membership.

1. Membership Dues
2. Testing Fees
3. Annual ITF Membership Dues

### 1. Membership Rates

Centerline does not require students to sign contracts or make a long term financial commitments. Members pay on a monthly basis or they can opt to save money by paying in advance.

Monthly membership payments are **due on the 25th of the month prior** (Example, October payment is due on September 25th).

Centerline students are encouraged to make monthly payments via auto pay with debit or credit card OR pay 6 or 12 months in advance.

**Yellow belt and higher:** A **\$10 fee** will be applied to monthly dues paid monthly with cash or check.

<b><u>Monthly Membership</u></b>	<b>Total</b>
Single Student	\$92.00
Family of 2	\$141.00
Family of 3	\$168.00
Family of 4	\$196.00

**Pay 6 months in advance and save 5%**

\*Family members living in same household

### **Private Lessons**

Private lessons are available at a rate of \$40 per 30 minute session.

## Attention Stance (Charyot Sogi)

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**Length:** 0.0 shoulder width

**Measured From:** Front: N/A

Rear: N/A

**Width:** 0.0 shoulder width

**Measured From:** Front: N/A

Rear: N/A

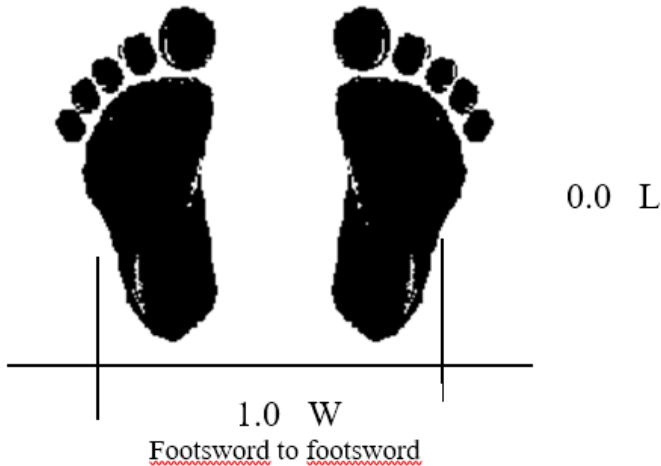
**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** The heels of the feet are together forming a 45° angle

and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.

## Parallel Ready Stance (Narani Junbi Sogi)



**Length:** 0.0 shoulder width

**Measured From:** Front: N/A  
Rear: N/A

**Width:** 1.0 shoulder width

**Measured From:** Front: Footsword  
Rear: Footsword

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full or Side

**Additional Notes:** The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30° and the lower arms are bent upward at 40°

## Initial Startup Costs To Get You Started

New students are welcome to wear sweats/shorts and a t-shirt but will need a dobak (uniform) before their first testing which is normally after about 2 months of training.

Students must wear instructor approved sparring gear including head gear, hand pads, foot pads, and a mouthpiece. Shin guards are optional but recommended. This equipment is available through our school and an instructor will help determine what size and style is appropriate for you. Male students will also need an athletic supporter and a cup; these can be purchased at Big 5, Wal-Mart, and Kmart etc.

The gear provided by the school is instructor approved and is manufactured by the industry leaders in Martial Arts protective gear. The Macho Warrior and Genesis gear are recommended for adults as they are more durable and provide extra layers of padding for added protection.

**Dobak (Uniform):** \$90

**Books - Testing/Patterns/Tournament:** \$25 each

### Sparring Gear

<p><b><u>Advanced Gear:</u></b> Headgear - \$45 Hands - \$40 Feet - \$40 Shins - \$40</p>	<p><b><u>Basic Gear:</u></b> Headgear - \$38 Hands - \$33 Feet - \$33 Shins - \$28</p>
<p><b><u>Sparring Gear Colors:</u></b> Red, Blue, Black, Pink, White</p>	<p><b>Single mouthpiece</b> \$2 <b>Mouthpiece Case</b> \$4</p>

### Sizing Chart

<u>Head Size</u>	Child	Youth	Adult SM	Adult M/L	Adult XL
<b>Head Circumference</b>	Under 20"	20" - 21"	21" - 22"	22" - 23"	23" - 24"

<u>Foot Size</u>	Child 12/13	1/2	3/4	5/6	7/8	9/10	11/12	13/14
<b>Foot Inches</b>	7" - 7 1/2"	7 5/8" - 8"	8 1/8" - 8 5/8"	8 3/4" - 9 1/4"	9 1/2" - 10"	10 1/8" - 10 5/8"	10 3/4" - 11 1/4"	11 1/2" - 12"

<u>Hand Size</u>	Child	Youth	Adult SM	Adult M/L	Adult XL
<b>Palm Width</b>	Under 2 7/8"	2 7/8" - 3 1/8"	3 1/8" - 3 3/8"	3 3/8" - 3 5/8"	Over 3 5/8"
<b>Length</b>	9.50"	11.12"	11.75"	12.75"	13.25"

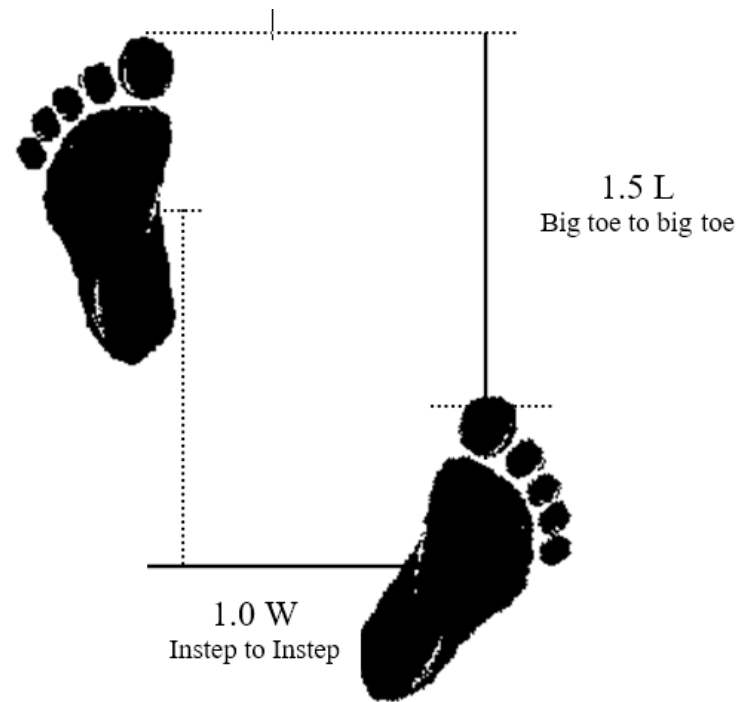


## Class Rules

All Centerline students are expected to maintain a certain level of personal conduct, etiquette and safety, inside and outside of the dojang. This is for the benefit of the students, instructors, and the people we interact within our everyday lives.

- NO EGOS ARE ALLOWED INSIDE OR OUTSIDE THE DOJANG!
- Always observe the Golden Rule – *“In everything you do; do to others as you would have them do to you.”*
- Always express mutual respect and behave with common courtesy,
- Never “show-off” inside or outside of your Martial Arts school. Always be humble and respectful.
- No rough housing anytime while you are in the building.
- Refrain from idle chatter.
- Martial Arts etiquette requires that a student never turn his/her back to the Instructor or high ranking Black Belt.
- Use words of courtesy, such as "Sir" or "Ma'am."
- Come to class on-time prepared to learn and ready to challenge yourself.
- Always have a clean and pressed uniform.
- Never be loud or boisterous during class time, but show a quiet concentration.
- Show respect to upper belts and humbleness to lower belts.
- Never argue with a Black Belt or Instructor. Students are welcome to discuss any concerns with the Instructor after class.
- Help your fellow students along the way. Encourage them and set a good example.
- Keep the studio neat and clean. If you have time before or after class you can help out by taking out the trash, sweeping, mopping, vacuuming, clean mirrors, put equipment away, etc. It's “our” school so we all work together to keep it a clean and safe place to train.
- Tardy students must wait in the doorway and raise their hand to ask permission to enter the training floor.
- No food or drinks will be allowed inside the studio, only bottled water.
- Observers are invited to quietly watch classes from the designated area.
- No one is allowed to teach without the Instructor's permission.

## Walking Stance (Gunnun Sogi)



**Length:** 1.5 shoulder width

**Measured From:** **Front:** Tip of big Toe  
**Rear:** Tip of big Toe

**Width:** 1.0 shoulder width

**Measured From:** **Front:** Center of instep  
**Rear:** Center of instep

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full, half or reverse half

**Additional Notes:** The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than 25<sup>0</sup> from the front. This stance is named after the front foot.

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Instructors & Assistant Instructors



**Mr. Mike Glencross**

Mr. Mike Glencross has been training in Taekwon-Do for nearly 25 years. He is a certified Instructor and 5<sup>th</sup> Degree Expert Black Belt with the ITF (International Taekwon-Do Federation). He has owned and operated Centerline Martial Arts And Fitness for over 20 years. He is also the I.T. Manager for a Civil Engineering firm. Mr. Glencross earned his Bachelors in Science at Eastern Washington University and has numerous professional certifications from Microsoft, Cisco and CompTIA. He is also a published author and has provided technical writing and research for numerous Information Technology related books.



**Mr. Andrew Glencross**

Mr. Andrew Glencross has been training in Taekwon-Do for nearly 15 years. He is preparing to test for 4th Degree (Expert) with the IIF (International Taekwon-Do Federation). He is finishing up his schooling at Walla Walla University where he is pursuing a degree in electrical engineering.

<p><b>Chris Platner</b> 3rd Dan Black Belt</p>	<p><b>Abel Garcia Jr.</b> 1<sup>st</sup> Dan Black Belt</p>	<p><b>Jo Phillips</b> 1<sup>st</sup> Dan Black Belt</p>	<p><b>Marti Phillips</b> 1<sup>st</sup> Dan Black Belt</p>	<p><b>Kiefer Brown</b> 1<sup>st</sup> Dan Black Belt</p>



# Centerline

## Martial Arts & Fitness

### Student Handbook

For more information about Centerline Martial Arts  
Please visit us online at

<http://CenterlineMartialArts.com>

<http://FaceBook.com/CenterlineMartialArts>

<http://twitter.com/centerlinema>

<http://gplus.to/centerlinemartialarts>

<http://www.youtube.com/centerlinetube>

