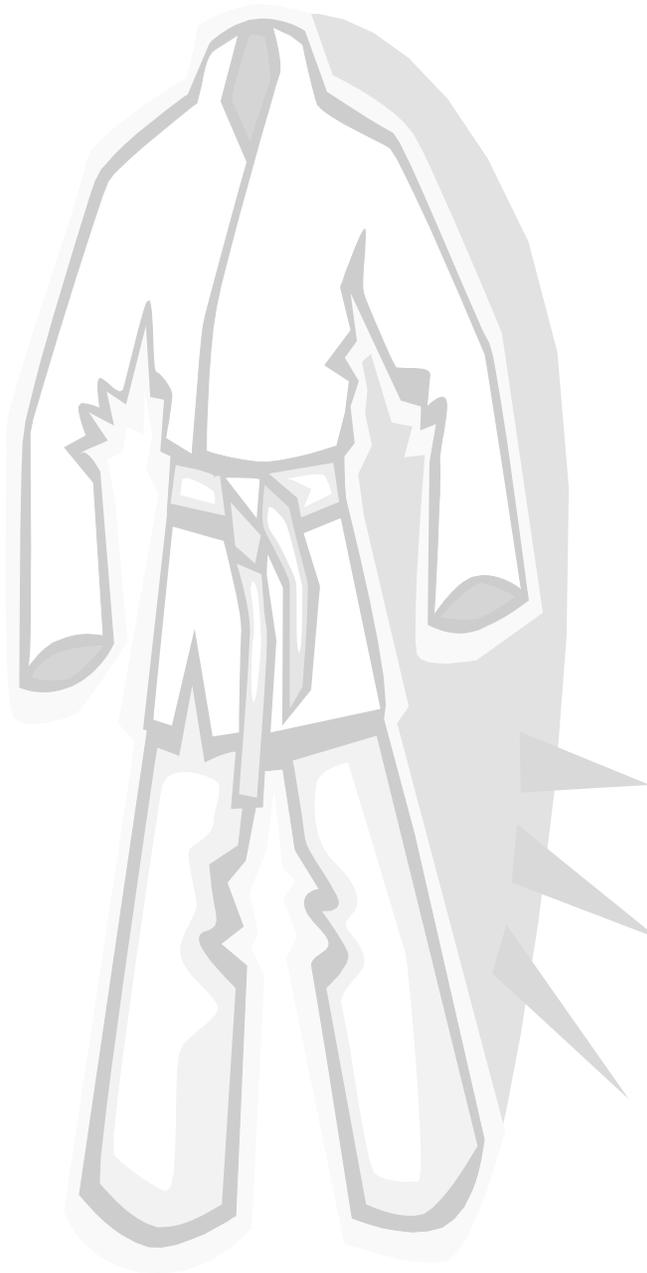


## **Uniform/Equipment**

Participants are not required to wear a uniform in class. However, if you would like to purchase one we do offer them. We also offer the option to purchase shin pads and focus mitts. An order form will be handed out the first day of class.

## **Testing**

Testing is always scheduled for the 9th week of class at the discretion of the instructor. All students will be present at testing however only those students that are ready and have perfected the required skills will test. Awards and belts will then be given the last week of class.



*For more information call:  
636.474.2732.*

## **Renaud Spirit Center Martial Arts Classes Youth and Adult**



# Welcome

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Welcome to the Renaud Spirit Center's Martial Arts Program lead by Instructors Sharon Thornton and Jamie Lyn Thornton White. This program will focus on the traditional Korean form of Tae Kwon Do known as Chung Do Kwan. This style is based on explosive movements, devastating power and self-discipline.

All students who enter the program begin training at the "no belt" level. After learning the eight basics and the first form they will be invited to test for the white belt. Prior to the black belt exam students will progress through a series of techniques and belts. Testing will occur the ninth week of the session. Because each student progresses at his or her own pace, testing will be at the discretion of the instructor.

## Etiquette:

- Remove shoes and socks before entering the training floor and always bow upon entering and exiting.
- Stand and bow when greeting the instructor and senior students.
- Remain in the rest position when awaiting your turn.
- When speaking with an Instructor/Senior student please use "Sir" or "Ma'am".
- Be respectful and keep talking during class to a minimum.
- Learn the Membership Oath, its meaning, and always follow its lessons in your training.

# Commands

Attention:	Charyut
Meditation:	Chong Chin Tong III
Bow:	Kyong Ye
Get ready:	Choon Bee
Begin:	She Jak
Return:	Bah Roh
At ease (relax):	She Er
Yell:	Ki Yup
Uniform:	Do Bok
Training area:	Do Jang

# Basics

Horse stance, middle punch:	Kee Mah Ree
Down block, moving middle punch:	Choong Dan Jun Jeen
High block	Sahng Dan Mahk Gee
Downward block:	Hah Dan Mahk Fee
Twin fists:	Song Ju Mohk
Knife hand strike, Reverse middle punch:	Yeok Jin
Knife hand block:	Soo Do Mahk Gee
Inside forearm block:	Ahm Pahng Mahk Gee
Front stretch:	Ahp Bahl Lopi Oru Gee
Front kick:	Ahp Cha Gee
Side stretch:	Yeop Bahl Lopi Ori Gee
Side kick:	Yeop Che Gee
Roundhouse kick:	Dol U Cha Gee
Back kick:	Dwee Cha Gee
Foot block:	Bal Mahk Gee

# Forms

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## White Belt:

Tae Kuk Cho Dan (I)  
Tae Kuk E Dan (II)  
Kuk Mu Cho Dan (I)

## Yellow Belt:

Tae Kuk Sam Dan (III)  
Kuk Mu E Dan (II)  
Pyong Ahn Cho Dan (I)

## Green Belt:

Pyong Ahn E Dan (II)  
Pyong Ahn Sam Dan (III)  
Kuk Mu Sam Dan (III)

## Purple Belt:

Pyong Ahn Sah Dan (IV)  
Kuk Mu Sah Dan (IV)

## Brown Belt:

Pyong Ahn Oh Dan (V)  
Kuk Mu Oh Dan (V)  
Chul Gee Cho Dan (I)

## Black Belt:

Pal Saek  
Chul Gee E Dan (II)

