

# *Rising Phoenix Martial Arts*

[risingphoenixmartialartschnc@gmail.com](mailto:risingphoenixmartialartschnc@gmail.com)

704.394.1478

*1015 Mount Holly Huntersville Road*

*Charlotte NC 28214*

*2600 W. Trade Street*

*Charlotte NC 28208*

## *RULES AND EXPECTATIONS*

Welcome new Phoenix!

We are totally pumped up that you have decided to begin your Martial Arts training with the Rising Phoenix Martial Arts programs! Your journey in learning Tae Kwon Do will be both exciting and challenging, but with hard work, dedication and consistent training...you will see vast improvement in your skills as a Martial Artist. In addition to developing a physical skill base in Martial Arts, the benefits to your health, stress relief, and self-defense aptitude are remarkable!

Acknowledging that any Martial Arts training program will have its challenges, please understand there will be “highs and lows” that you will experience along your journey. Just continue to work hard and concentrate each class and you will constantly improve and break through the many “lows” that you will experience throughout your training and learning of Tae Kwon Do. Do not get discouraged if you feel frustrated at not fully mastering a skill...we all have been where you are. And with your hard work and frequent attendance in class, you will build strong abilities and skills in Tae Kwon Do!

So...now that you are part of the Rising Phoenix Martial Arts family, we emphatically look forward to working with you and seeing your progress.

Sincerely,

Terry “Mont” Massey

Head Instructor

## **PERSONAL CONDUCT**

Martial Artists should strive to have good physical condition and **exceptional** character. All students are expected to show the proper attitude, behavior, respect, and consideration for others. This includes before, during, and after class (**as well as outside of the school**). The following guidelines will help you to better understand the expectations of the Rising Phoenix Martial Arts program and explain some of what you will experience in your training.

### **TENETS OF TAE KWON DO**

- A. **COURTESY:** The application and demonstration of respect and consideration for others.
- B. **INTEGRITY:** The application and demonstration of honesty and forthright behavior.
- C. **PERSEVERANCE:** To demonstrate an unwillingness to quit no matter the difficulty.
- D. **SELF CONTROL:** The application and demonstration of acting with rational forethought.
- E. **INDOMITABLE SPIRIT:** To demonstrate a good attitude incapable of being defeated.

These tenets are the basis for all of the program rules, guidelines and expectations. We hold a strong belief that these concepts and ideals are also key for anyone seeking to become a true martial artist.

## **CLASS GUIDELINES**

Each and every member of the Rising Phoenix Martial Arts program are expected to follow class guidelines and rules to support your Instructors, your fellow students and your own personal development.

- Always demonstrate the highest moral character and promote it with your training. Always respect and obey parents, seniors, and teachers
- Always strive to develop both great confidence and humility, and demonstrate both inside and outside of class
- Always do what is right.
- Work for justice, especially for those who cannot speak/act for themselves.
- Always strive to develop a strong physical, mental and emotional balance
- Always be humble about your abilities because there is always room for growth

### **ENTERING AND LEAVING THE CLASS SETTING**

- When entering and exiting the learning area, students should bow and greet the instructor as a sign of mutual respect
- When entering the Do - Jang (doe- jahng; practice hall), **before class has begun**, all students must bow to the instructor on the floor. If no instructor is present, the student should bow in the direction of the flags
- No activity unrelated to Tae Kwon Do is allowed before, during or after class unless expressly permitted by the lead instructor on the floor

## BEGINNING CLASS

- Students will line up according to rank, with the highest ranking first in the front right corner of the learning area (all other students will line up under the highest rank)
- The instructor will take position in the front center of class
- The highest ranking member of class will call the class to order with the following commands...  
Attention: Chah - Ryut (chah - ree - ut)  
Bow: Kyung - Yet (key - ung - nay)

## DURING CLASS

- Respect and discipline shall be maintained at all times (no side talking, playing, disobedience, etc.)
- Profanity, open displays of anger, or any form of disrespect will not be tolerated (after ample warnings have been given and such behavior continues after being the student will be asked to leave the program)
- When a Black Belt enters the practice area (Do- Jang ; doe- jahng), the instructor on the floor (or the highest ranking member) will call the class to attention and bow to the Black Belt entering the learning area
- After acknowledging the newly entering Black Belt, the class will return to practicing Tae Kwon Do
- When a student comes to class late, he or she should wait at attention until they are recognized by the instructor, bow in and join class.
- When a student must leave class, he or she should first get permission from the instructor (with the exception of emergencies, simply walking out of class is disrespectful to the other students and the instructors)
- If a student has to ask the instructor a question not pertaining to the lesson at hand, he or she should first approach a senior ranking student and get permission to interrupt the lesson
- Students ARE NOT to chew gum, smoke, eat, or drink in the learning area
- Making any noises unrelated to training is not allowed during class (it is highly disruptive/inconsiderate of others and their efforts to concentrate on their training)
- While seated on the floor, students are expected to cross their legs and to sit as upright as possible
- Students seated while others are working should remain still and attentive so as not to disturb those who are practicing
- Disrespectful or inconsiderate behavior will not be tolerated and students who engage in such behaviors will be subject to removal from the program

## CLEANLINESS

- During practice, students should keep the learning area clean and neat
- Always maintain good personal hygiene at all times (be sure to bath as often as possible and use deodorant)
- Fingernails and toenails must be kept trimmed closely at all times, as long nails WILL CUT and INJURE your fellow students (please make sure nails are shorter than the edge of the fingertip)

- Everyone likes to smell nice, but please understand that some of your fellow students may have allergies or medical conditions such as Asthma that are triggered by heavy colognes/perfumes, and we ask that you refrain from wearing strong fragrances/colognes/sprays in class

### UNIFORM

- Please wash your uniform regularly as our White uniforms should always appear white and be odor free (we buy high quality uniforms that are durable and long lasting...frequent washings are highly encouraged)
- Only approved patches and insignia representing Rising Phoenix Martial Arts and its affiliates are allowed on your Do Bok (uniform in Korean)
- No jewelry is to be worn during class, as It may get broken or cause injury to others
- Students who wish to wear a tee shirt under their uniform should wear only solid white.

### ONE/TWO/THREE STEP SELF DEFENSE COMBATIVES

These techniques of basic to advanced striking drills blend movements together in a realistic display of how a student is learning to protect him/herself if the need arises in a self-defense situation. Students will have the opportunity to improve accuracy, balance, timing and coordination when striking through the study of these tactics.

### SPARRING

We use Sparring to simulate striking and defending in as close to a real life defensive scenario as possible without intentionally hurting our fellow students. During sparring sessions, students are allowed to throw kicking and punching techniques at each other in a controlled (but assertive) manner, while also demonstrating purposeful and effective blocking defenses. During Sparring sessions, each student will follow the rules of Sparring and wear safety gear at all times. Beginning and Intermediate students ARE NOT ALLOWED to punch to the face during Sparring (***Advanced Black, Brown and Red Belts will be allowed LIGHT contact to the face to the Instructors' discretion based on their skill and safety gear***). Beginning and Intermediate students ARE NOT ALLOWED to kick below the belt (***Advanced Black, Brown and Red Belts will be allowed LIGHT contact to the outer and inner thigh to the Instructors' discretion based on their skill and safety gear***). Directly kicking and punching to the back IS NOT ALLOWED but kicking and punching to the sides of the body is acceptable. All Sparring must be executed with proper technique and control, and contact must be light to moderate with the opponent. Sparring with a focused mind and strong concentration on blending the offensive and defensive combatives of our Moo Duk Kwon style of Tae Kwon Do is how our students develop their skills and conditioning for self-defense scenarios.

### BOARD BREAKING

Breaking boards with various kicks, punches and chops will help understand the physics behind the techniques that we teach...and help them understand their true sense of power! Only the perfect combination of technique, speed and power will deliver the most rewarding sound of a wooden board splitting under the students' strikes.



## FORMAL EXAMINATION AND PROMOTION THROUGH THE RANKS

Exams are usually held every 3-4 months (depending on various factors in student performance and skill development/attainment) where students may demonstrate their learning and accomplishments to the Head Instructor and/or Grandmaster. If the student demonstrates the necessary skill development and improvement during the examination, he or she will get promoted to the next belt level. If the student does not present with satisfactory skill development or show marked improvement from the prior examination, he or she will not get promoted to the next belt level. At Rising Phoenix Martial Arts, we take great pride in carrying on the very old tradition of striving for excellence in the Moo Duk Kwon culture of Martial Art development. As such, we hold a high (but reasonable) standard for our students and that will always be reflected in how our students are promoted. All examinations will include demonstrations of forms, one/two/three Step Combative, Sparring and board breaking.

### ATTENDANCE

All Rising Phoenix Martial Arts students are highly encouraged to attend class **at least** twice per week. Before any student can qualify for the formal examination phase, he or she must have attended a minimum of twenty four classes since the previous examination. Students attending a minimum of twice per week will get a basic education in Tae Kwon Do. However...those who want to see stronger results in their skill development are highly encouraged to attend three or more classes per week for more opportunity to not only better retain the material taught in class, but also to have more repetitions of executing the skills necessary to become more proficient in Tae Kwon Do!

### FORMS/HYUNGS

Forms (Hyungs) are a set of sequenced and coordinated movements of defensive and striking skills consisting of various stances, blocks, kicks and punches. Forms help the students to develop strength, coordination and body conditioning. Form names, meanings and associated belt levels are as follows:

- **Chon-Ji**            **19 moves for Yellow Belt**            Heaven and Earth
- **Dan-Gun**            **21 moves for Yellow Belt 1 Stripe**            Legendary founder of Korea in 2333 BC
- **Do-San**            **24 moves for Yellow Belt 2 Stripes**            Pen name of Ahn Chang Ho (a Korean patriot who devoted his life to furthering education in Korea)
- **Won-Hyo**            **28 moves for Green Belt**            A noted monk who spread Buddhism during The Silla Dynasty (686 AD)
- **Yul-Gok**            **38 moves for Green Belt 1 Stripe**            Pen name of Yi I (philosopher and scholar, "Confucius of Korea")
- **Joon-Gun**            **32 moves for Green Belt 2 Stripes**            A Korean Patriot who assassinated the first Japanese Governor - General of Korea
- **Toi-Gye**            **37 moves for Red Belt**            Pen name of Yi Hwang (noted scholar and an authority of Neo-Confucianism)
- **Hwa-Rang**            **39 moves for Red Belt 1 Stripe**            A youth group which originated in the Silla Dynasty and became a main force in the unification of the three kingdoms of Korea.
- **Bai-Sai**            **48 moves for Red Belt 2 Stripes**            This form also known in Korean as **Pal Che** pays homage to the Moo Duk Kwan Korean Karate history as being heavily influenced by Okinawan and other Japanese Karates, where it is called Passai/Bassai Dai, and was created by

Okinawan Bushi Sokon Matsumura. According to Hwang Kee (who mastered the native Korean martial arts of Subak and Taekkyeon), he learned this form from studying Japanese books on Okinawan Karate. Most scholars agree that the primary text Hwang Kee relied upon was Gichin Funakoshi's *Rentan Goshin Toudi-Jutsu* published in Japan in 1925

- **Choong-Moo** 30 moves for Brown Belt/Black Belt Recommended The given name of Admiral Yi Sun-Sin who reportedly invented the first armored battleship in 1592 AD
- **Kwang-Gae** 39 moves for 1<sup>st</sup> Dan The 19th King of the Korguryo Dynasty who recovered the lost territories including the greater part of Manchuria
- **Po-Eun** 36 moves for 2<sup>nd</sup> Dan The fictitious name of Chong Mong-Chu who was a famous poet and pioneer in physics and extremely loyal to king and country.
- **Gae-Baek** 44 moves for 2<sup>nd</sup> Dan A great general in the Paekche Dynasty (600 AD) committed to strict discipline
- **Eui-am** 45 moves for 3rd Dan Eui Am is the pseudonym of Son Byong Hi, the leader of the Korean independence movement on 1st March 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way) religion in 1905. The form represents his indomitable spirit displayed whilst devoting his life to the prosperity of his nation
- **Yoo-Sin** 68 moves for 3rd Dan General Kim Yoo Sin of the Silla Dynasty who unified the three kingdoms of Korea in 668 AD
- **Choong-Jang** 52 moves for 4<sup>th</sup> Dan The fictitious name of General Kim Duk Ryang who lived during the Yi dynasty in the 15th Century.

## FORM ADVANCEMENT

Beginning students will begin at the White Belt level and are required to show a knowledge and acceptable demonstration of the basic stances, strikes and blocks. There are no forms to learn at this level as we believe that in order to demonstrate the technique, speed and power inherent to the forms, a strong basic foundation must be attained. When a student is promoted from White Belt to Yellow Belt, they will begin to learn the forms associated with the subsequent belt levels.

## COMMON KOREAN WORDS AND PHRASES USED IN CLASS

As in learning any new skill, trade or art form, you must familiarize yourself with the language associated with the education that you are receiving. The following list of words and phrases are things that you will hear regularly during class from your instructors. So learn as many of these as you can (**we have highlighted some of the most common ones that we will use on a daily basis**) so that you can become more proficient in the art of Tae Kwon Do!

Korean Term Pronunciation	English Term
<b>Titles</b>	
Bu Kwan Jang Nim	Master Instructor (above 5 <sup>th</sup> Dan Black Belt)
Chung Sa Nim	Chief Instructor
Sa Bum Nim	Instructor
Kyo San Nim	Teacher
Sun Bae Nim	Senior Student
Hak Saeng	Student

Korean Term Pronunciation	English Term
Yoo Dan Jy Nim	Black Belt Holder
<b>Miscellaneous Terms</b>	
Anio	No
Ba Quo	Switch feet
Cha-gi	Kick
Chigi	Strike
Chung-dan	Middle
Dan	Degrees in Black Belt
Dhee	Belt
Do Bok	Training Uniform
Do Jang	Studio
Do Ra	Turn Around
Geuk Ki	Flag
Gup	Grade in belt level below 1 <sup>st</sup> degree Black Belt
Gyuk Pa	Breaking Order
Hardan	Low
Himm	Force/Power
Hogoo	Chest Protector
Hosinsool	Self defense
Jeh Jah	Student
Kee Yahp	Yell with concentration
Ki	Life Energy
Kwan	School where Tae Kwon Do is taught
Kyorugi	Sparring
Makki	Block
Poom Se	Forms
Pyugi	Stretching
Sang-dan	High
Shi Jahk	Begin
Shim Shin Soo Ryun	Training of Mind and Body
Tae Kwon Do	Korean Style of Oriental Martial Arts, The Way of Hand and Foot.
Ye	Yes
<b>Salutations</b>	
Ahnyong Hashimnika	How are you?
Chook Ha Hapnida	Congratulations
Chun Mahn Eh Yo	You're welcome
Gam sa Hapnida	Thank you
<b>Commands</b>	
Cha Ryut	Attention
Geuman	Stop
Joon Be	Ready Position
Kal-yo	Separate
Kay-sook	Continue

Korean Term Pronunciation	English Term
Kong Kyuck	Attack
Koung Yet	Bow
Mook Nyum	Meditation
Shi Oh	Rest, Relax
<b>Stances</b>	
Chungul Jae Sae	Forward Stance, Deep Front Stance
Dae Ryun Ja Sae	Fighting Stance
Hoogul Jae Sae	Back Stance
Kima Ja Sae	Riding Horse Stance
Koa-seogi	Cross Stance
Tuit-bal Ja Sae	Cat Stance
Yup Ja Sae	Side Stance
<b>Blocks (Makki)</b>	
Ahn makki	Outside to Inside middle block
Ahp Chagi lo makki	Front Kick Block
Arae makki	Low forearm block
Bakat makki	Inside to Outside middle block
Batang-son makki	Palm-heel block
Choon-dan makki	Middle Block
Eol-gool makki	High Block
Eotgeoreo makki	Double-fist X-block
Gawi makki	Scissors block
Gho-du-lo makki	Double-hand block (supported block)
Hah-dan makki	Low forearm block
Hechyo makki	Spreading block
Me-joomeok makki	Hammerfist block
Mom-tong makki	Middle Block
Mooreup makki	Knee block
Pyeojok Chagi-lo makki	Crescent Kick Block
Sahng-dan makki	High Block
Sohn deung makki	Ridgehand block
Sohn mok makki	Ox-Jaw block
Sohn-nal eotgeoreo makki	Knifehand X-block
Sohn-nal hechyo makki	Knifehand spreading block
Sohn-nal makki	Knifehand middle block
Yop Chagi lo makki	Side Kick Block
Yop makki	Side block
<b>Kicks (Chagi)</b>	
Ahp chagi	Front kick
Ahp chaligi	Front stretch kick
Dolryo chagi	Roundhouse kick
Dwi chagi	Back kick
Ee dan ahp chagi	Jump front kick
Ee dan dolryo chagi	Jump roundhouse kick



Korean Term Pronunciation	English Term
Ee dan dwi chagi	Jump back kick
Gool-lo yop chagi	Slide side kick
Guligi chagi	Hook kick
Hooryo chagi	Wheel kick
Naeryo chagi	Axe kick
Pyojeok chagi	Crescent kick
Yop chagi	Side kick
Yop chaligi	Side stretch kick
<b>Body (mom) parts and striking surfaces</b>	
Ageum-sohn	Bear hand
A-kum sohn	Tiger mouth hand
An-palmok	inner edge of forearm (thumb/radius side)
Ap chook	Ball of foot
Bakat palmok	Outer edge of forearm (ulna side)
Bal-bal-dak	Arch
Bal-deung	Instep
Bal-nal	Knife of foot
Ban joomok	Middle finger one-knuckle fist
Batang-sohn	Palm heel
Bbal	Feet
Deung joomok	Backfist
Deung palmok	Top of forearm
Doo-bam joomok	Two-knuckle fist
Dwi-chook	Heel (bottom)
Dwi-koom-chook	Heel (back)
Gal-kwi-sohn	Eagle claw
In-ji joomok	Forefinger one-knuckle fist
In-ji sohn keut	One-finger spear thrust
Jeong Kwon	Front part of fist
Joomok	Forefist
Kawi-sohn keut	Two-finger spear thrust
Kwan soo	Spear hand
Me-joomok	Hammerfist
Mit-palmok	Palm side of forearm
Moh-ri	Head
Mooreup	Knee
Om-ji joomok	Thumb-knuckle fist
Palkoop	Elbow
Palmok	Forearms
Pyonson-keut	Spearhand
Pyonson-keut Eopeochireu	Spearhand w/ palm down
Pyonson-keut jeochyochi	Spearhand w/ palm up
Pyonson-keut sewochireu	Spearhand w/ hand vertical
Sohn	Hands

Korean Term Pronunciation	English Term
Sohn deung	Back hand
Sohn-keut jo-ki	Chicken beak hand
Sohn-nal	Knifehand
Sohn-nal deung	Ridgehand
Soo Do	Knifehand
Yock Soo	Ridgehand
<b>Punches (jireugi) and other strikes (chireugi, chigi)</b>	
Baro jireugi	Reverse punch
Chi jireugi	Uppercut punch
Chungdan jireugi	Middle punch
Deung-joomok chigi	Backfist strike
Dolryo jireugi	Round punch
Got-jang jireugi	Vertical fist punch
Joomok jireugi	Straight forefist punch
Joong dan kong kyuck	Middle punch
Koon-dol jireugi	Hook punch
Me-joomok chigi	Hammerfist strike
Mok jireugi	Neck punch
Naeryo jireugi	Downward punch
Sang Dan kong kyuck	High punch
Sangdan jireugi	High punch
Tok jireugi	Chin punch
Yop jireugi	Side punch
<b>General Terms</b>	
Choong Sung	Loyalty
Geun Gee	Persistence
Guek Gee	Discipline
Gyol Dahn	Determination
Gyom Soen	Modesty
In Nae	Patience
Ja She	Self-control
Joen Gyoung	Respect
Jung Shin Tong Il	Concentration
Moog Nyum	Meditation
Pyoung Hwa	Peace
Shin Nyum	Confidence
Shin Uee	Faith
Soon Jong	Obedience
<b>Counting</b>	
Hana	One
Dool	Two
Set	Three
Net	Four

Korean Term Pronunciation	English Term
Da Sut	Five
Yoe Sut	Six
Ill Gop	Seven
Yoe Dul	Eight
Ah Hohp	Nine
Yoel	Ten
Il	First
Ee	Second
Sam	Third
Sa	Fourth
Oh	Fifth
Yook	Sixth
Chil	Seventh
Pal	Eighth
Gu	Ninth
Sipp	Tenth

We thank you so much for considering our program as the place where you begin your Martial Arts journey. With hard work, dedication and commitment to learning this Martial Art...you will grow as a person and as a Tae Kwon Do practitioner. We will commit ourselves as instructors and fellow students to ensure that you have the best tools available to progress your Tae Kwon Do studies, and together we will see you grow and develop with your Martial Arts skills!

I'm excited to watch you flower as a Martial Arts practitioner and look forward to seeing you in class...



Terry "Mont" Massey

Head Instructor