

## MT ZION TAEKWONDO ENROLLMENT FORM

### APPLICANT INFORMATION

Full Name:		
Date of birth:	Age:	Phone:
Current address:		
City:	State:	ZIP Code:
E-mail:		

### PREVIOUS TAEKWONDO

Current Belt Level:		
Previous Class/Instructor:		How long?
City:	State:	ZIP Code:

### EMERGENCY CONTACT

Name:		
Address:		Phone:
City:	State:	ZIP Code:
Relationship:		

### CHILDREN OR FAMILY ENROLLING WITH YOU (IF APPLICABLE)

Name	Name
Name	Name

### SIGNATURES

I authorize the verification of the information provided on this form as to my enrollment for the Mt Zion Taekwondo Fall Semester Class. I also verify that I have signed the Petersen Family Wellness Center guest agreement & waiver for the time per while in class.

Signature of applicant:	Date:
Signature of guardian (only if applicant is a minor):	Date:

### (OFFICIAL USE BELOW)

Receipt of \$:	Received by:
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#### Winter Class Information:

1. There will be 12 classes, starting on September 5th, testing on December 12 and ending with a belting ceremony on December 19, 2024 (all subject to change due to weather & illness). There will be no class on October 24, October 31 & November 28 and as the instructor dictates for weather and health needs of the class. Reminder, if there is an early out due to weather there will be NO CLASS.
2. Classes will be held at Petersen Family Wellness Center, every Thursday evening at 6pm. Class will conclude at 7:30pm. There will be an optional sparring time for orange belt and above until 8pm on varying days (depending on participation).
3. Class cost is \$100 (2<sup>nd</sup> family member is \$90, 3<sup>rd</sup> is \$80, \$70, etc.) Make checks out to PFWC. You do not need to be a member of the PFWC to attend class, however, if you come for optional sparring nights or open gyms on days OTHER than class days/times, you will need to have a membership to the center. If you wish to purchase a membership, your enrollment fee will be waived as you are enrolled in our class.
4. You **DO NOT** need to have a uniform (gi). Students with more experience might have their own personal uniforms, but this is optional and not a requirement. If you do wish to purchase a uniform, ask one of the

instructors and we will help you with you! We hope to provide uniforms at the Wellness Center into the future for you to purchase.

## Tips

**First Tip:** Consider becoming a taekwondo student yourself. This advice isn't practical for all parents of course, but consider:

- If you're sitting in a taekwondo school for 90 minutes a week, waiting for your child to finish his or her lesson...why not kill two birds with one stone and get some exercise? You have to be there anyway to watch your child, why not get a workout in while you're there?

**Chance to Learn:** Even if you don't take taekwondo classes yourself, parenting a taekwondo student is a great opportunity to learn more about taekwondo yourself. The more you engage in learning the terminology and learning about the techniques, the more fun you and your child can have together in the child's taekwondo journey.

**During Class:** Make sure your child gets to class on time. That's important because the first few minutes of class are stretching and warm-up -- those are needed to prevent injuries. Help your child put on his belt before class, and make sure the knot is snug so that it doesn't unravel during class. Tying a belt is actually easier than tying shoes, so even younger children can be taught to tie their own belts, which helps mitigate the unraveling-problem. When you come, you are at the back of the class. So you have people in front to follow. The class is lined up from the highest colored belt and their age and in their uniform, all the way to white belts in the back.

**Belt Tying:** If you need to adjust your belt during class. It's important to turn towards the back of the dojang. So you face away from your instructor.



Leah starts by placing one end of the belt in the middle of her back at waist level.



Then she wraps the belt round and round her waist. Not too tight. Just so it's comfortable.



And if we look at Leah's back now. You should be able to push the end at the back downwards like

this.



Now Leah takes the top layer. Which is the last part she wrapped round. And brings it underneath the whole belt and out at the top.



Now if you bring the end that was at the back down and forwards. You should end up with something that looks like this.

At this stage it's good to check that the ends are the same length. And to move tying area round to the front if you need to.



OK. So now Leah brings the top end over the bottom end.



And brings it up through the middle of the loop.



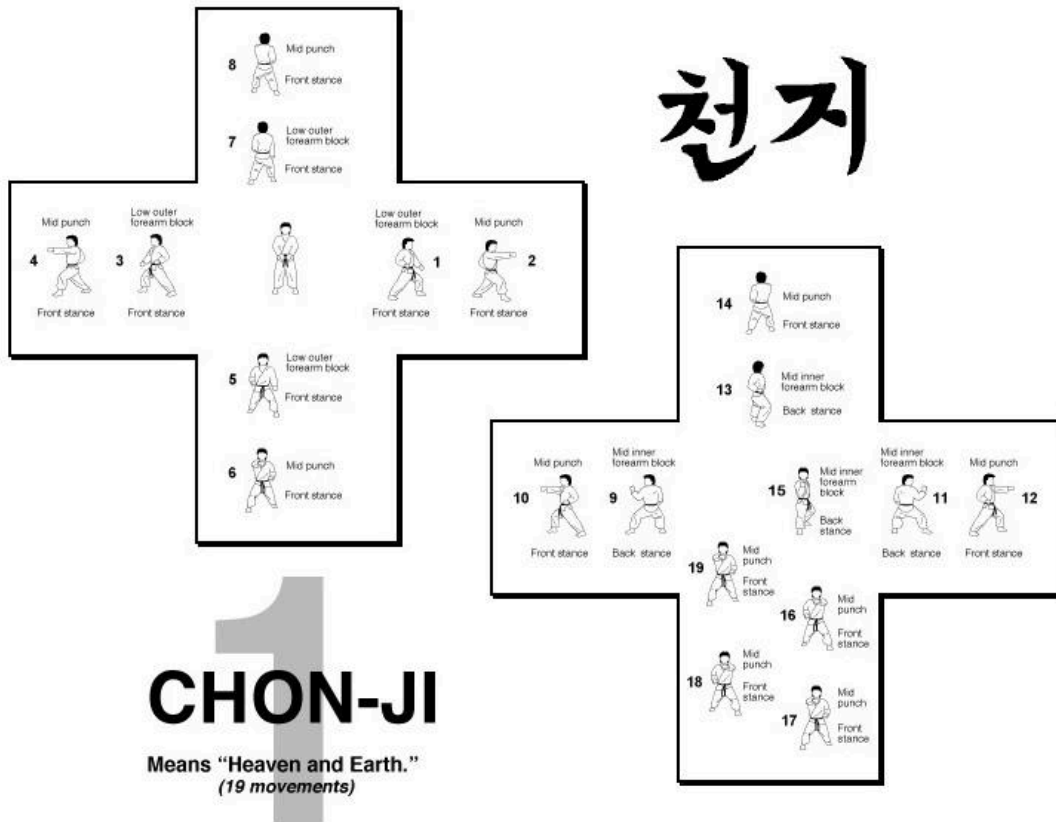
And pulls the ends tight.  
And that's it. **Perfect!**

**Stay Home when you're Sick:** Taekwondo is a challenging aerobic workout. If your child is feeling under the weather, it's not a good idea to take him or her to class. And, of course, that helps prevent colds and flus from spreading among all the students in the school. Likewise, if your child injures a joint (mild muscle pulls or tendon sprains are common) let the joint fully heal before resuming workouts.

**Nails:** Taekwondo of course includes a lot of punching and kicking! It's easy to catch a fingernail or toenail during class and pull it back by accident. Keep nails short though and you'll have no problems.

**Learning Taekwondo Forms:** Young children often demonstrate good aptitude for the kicking and striking techniques used in taekwondo. Where young children sometimes struggle though is with all the *memorization* required in taekwondo classes. For example, to advance from one belt to the next, children often have to memorize new *forms*.

- Try to make some time to do “homework” with your child using the diagrams and instructions you’ve found or given in class. Even though you don’t know all the steps in the form, your child probably knows most of them, and just needs a little coaching to remember the next step when he or she gets stuck.
- If you get a handout or are guided to a handout, you can also print the diagrams or instructions out and tack them onto the refrigerator door, or your child’s bedroom bulletin board. That way, even when you’re not coaching your child through their taekwondo homework, they still have a helpful reference that’s always handy.
- For very young children, you can also practice the forms together using action figures or dolls. That’s a great way to put some fun into your taekwondo homework.



**Other Homework:** Many schools also require that your child learn some basic Korean vocabulary as part of their belt tests.

**Praise Improve Praise:** Many taekwondo instructors are taught the Praise Improve Praise (also called Praise Correct Praise) method -- when you're helping a child with their taekwondo homework, you praise something they did right, offer a suggestion for improvement, and then praise their technique a second time. Since this is how they're often taught in class, it makes sense to use the same technique for homework.

**Respect:** The most important thing a beginner taekwondo student can do is **respect the Dojang (class area)**. You should stop and bow as you walk in the Dojang door as well as when you leave. Why? You are bowing as a sign of respect to taekwondo and to your instructor as well as to your fellow students. Stand with your feet together. Have your straight arms by your sides with your fists closed. Now **bow with your head down**. Follow it with a slight bow of the shoulders and a slight bend from the waist. When you greet a taekwondo instructor or black belts you should bow in the same fashion. But with your left arm bent horizontally across and under your front. Then you can shake hands with your right hand. It's also good practice to greet fellow students this way, especially as a beginner taekwondo student.

**Taekwondo Instructors...Getting The Etiquette Right:** So what does a beginner taekwondo student need to know about taekwondo instructors? We would say that at the beginning the most important thing to remember..Is to **show your instructor respect!** You can do this in many ways.

1. By listening carefully when your instructor is talking.
2. Standing quietly with your hands behind to your sides.
3. By doing what they ask you to do. With **as much spirit as you can find**. Even if you think you've done all you can.

4. And by thanking them at the end of the class by bowing and shaking hands.

**Why...**Because over the years we have developed a **deep respect** for our instructors.

Seeing what they can do and realizing how hard they have worked to get where they are. We need to feel humbled that they take the time to pass their knowledge onto us.

**Movies and Videos:** Taekwondo isn't Karate, but watching the Karate Kid can help motivate your taekwondo student. Kids who are into taekwondo often enjoy watching youth-oriented martial arts movies. Also, watching videos on YouTube can be motivational. Don't just watch instructional videos ("How to do this form" or "How to do this technique") -- watch fun videos with your student as well. There are tons of YouTube videos that highlight Taekwondo Tricking (such as [Ginger Ninja Trickster](#)), world-class taekwondo demo teams (such as the [K Tigers](#)), taekwondo-based dance competitions, etc.

**Take Videos:** Using your smartphone or tablet to shoot video of your child's taekwondo homework when they're practicing forms or techniques, then play them back for the child. This accomplishes two things: it helps the child see what they're getting right and what they're getting wrong, and also it's fun for the child to watch so it helps motivate them.

**Tournaments:** Not all parents choose to take their children to taekwondo tournaments, but it's worth doing once in a while if the timing and location fit well into your schedule. There are so many terrific activities to involve children in: sports, music, scouting, etc. The key to making the most out of any of these is parent involvement...and taekwondo is no different. There many of the resources you need to help put more fun into your child's taekwondo studies, to help them be more successful, and to make it more fun for you to be a taekwondo parent. Remember, at the end of the day, just like any sport or hobby...taekwondo should be fun!

**After the Black Belt:** Statistics show that the majority of students stop studying taekwondo within the first year of receiving their first Black Belt. Participating in tournaments, of course, is another great way to maintain enthusiasm. Even if your Black Belt child attends taekwondo class only once per week, that's still enough to "maintain" their basic knowledge of taekwondo. That way, later in their teenage years or later in life, they can re-engage more regularly with taekwondo if their interest increases again.

### **Common Training Vocabulary:**

There are a number of simple words and commands that are also commonly used as part of everyday taekwondo training. Again, more complete lists are available at the links listed near the top (and bottom) of this page. Some of the commonly-used words however are:

- Attention - Cha-ryeot 차렷
- Ready - Joon-bee 준비
- Begin - Shee-jak 시작
- Stop/End - Keu-man 그만
- Return to starting position - Bah-ro 바로
- Bow - [Kyung-Nyeh](#)례
- Flag - Kook-kee ("kook-kee" can be "flag" or "nation", so [Kukkiwon](#) = "national academy")
- Yell - [Kihap](#) 기합 ("ki" = spiritual energy (like 'chi'), hap = gather and focus, so literally "focus your energy")
- Form - [Poomsae](#), Hyeong, or Teul (depending on the style of taekwondo)
- Uniform - [Do-Bok](#) (literally: do = way, bok = clothing; "the clothing of the way")
- Tae Kwon Do School - [Do-Jang](#) (literally: do = way, jang = place; "the place of the way")
- Thank you (very formal) - Kahm Saham Nida
- Titles:

- Master - Sa-Bum-Nim (the suffix "nim" is an honorific)
- Grand Master - Gwan-Jang-Nim ("gwan" or "kwan" means "school" -- so this is the head of a school)
- Some alternative terms also seen:
- Master - Say-Hun-Nim
- Grand Master - Sa-Sung-Nim

**Numbers and Counting:**

In English we commonly see two different ways to write numerals: sequential (1, 2, 3, 4...) and ordinal numerals (1st, 2nd, 3rd, 4th...). A similar situation exists with Korean numbers. The traditional Korean numbering system (hanah, dool, set, net...) is used for simple counting, while the Sino-Korean numbering system (il, ee, sam, sah...) is used for position or order of sets, for counting above 100, for decimal numbers, for dates and time, and when referring to money.

	Traditional		Sino-Korean	
1	hanah	하나	il	일
2	dool	둘	ee (or yi)	이
3	set	셋	sam	삼
4	net	넷	sah	사
5	dasot	다섯	oh	오
6	yasot	여섯	yook	육
7	ilgop	일곱	chil	칠
8	yadol	여덟	pal	팔
9	ahop	아홉	koo	구
10	yeol	열	ssip	십

**Taekwondo is a wonderful martial art!!**

In taekwondo you learn how to kick and punch and how to defend yourself. You get fit and flexible and learn balance. You make friends. You de-stress. And you have fun.