



Student Handbook

Our University Philosophy:

All In! - One Vision - One Team - A global initiative -To train the world

MARTIALARTSONLINEUNIVERSITY.COM

All training curriculum in this Manuel goes hand and hand with the training book “Forces of Taekwondo” Written by Sr Grand Masters Edward B Sell and Sr. Grand Master Brenda Sell, USCDKA.com I recommend all students have this book for training and testing references.

This document will continue to change, and new material will be added, always refer to Studenthandbook@Martialartsonlioneuniversity.com



Note: All instructors are 100% Volunteers

To all students:

I along with all the instructors wish to welcome you to the Martial Arts Program. When you are part of us, one of the benefits of taking classes here is that all students in the program will receive a basic membership to the university at no cost.

Follow the directions below to register and learn more.

1. Log onto www.martialartsonlineuniversity.com
2. Join as a new student. In the payment function, you will see a place for a coupon- use the code. 51849691CE
3. Once this is completed, you will receive an email from the university to change your password. You will receive access to all training material and the student handbook. As part of your university membership.
4. For martial arts uniforms and equipment see equipment order form.
5. Student testing for belts will be during regular class hours at an additional fee.

If I can be of any assistance, please contact me personally.

Richard E McDowell
Grandmaster USCDKA
President/CEO - MAU
Martial arts University inc.
Direct #: 517-819-6010
Email: president@martialartsonlineuniversity.com

Who We Are?

Martial Arts University was established to address a crucial need, to give everyone worldwide the opportunity to learn the arts. This program is for anyone, any age who is too busy to attend a physical location, a parent with a child or several children in multiple sports, the busy businessperson, the traveler that's just too busy to travel to a physical location twice a week and the shy overweight who feels out of place in a group setting. But all these students still have a need to learn the arts.

To address each of their needs, we have established Martial Arts University, a virtual university that will allow anyone, either as an individual or a group, to train on their own schedule and spend as much or as little time as they have to learn, practice, be reviewed and present themselves via a virtual setting to a certified testing board to receive national and international certification.

There are several great things about this university. Each level will have their individual curriculum that the student will review, use to train on their own, have the ability to log on to a message board for help, upload themselves for a pre-test review, and then upload a final presentation with a written test for certification. Along with the normal curriculum, there will be individual courses that the student could (review) to help them train. Example: how to kick, apply techniques, break wood or concrete, along with personal protection training, self-defense techniques, weapon defense, and special seminars like kid-safe, and workplace violence.

Mission Statement

To create a global initiative to train the world by offering a comprehensive online (virtual) martial arts training program that offers students the ability to train, either individually or as a group, under the guidance of a certified Master Instructor, while allowing students to receive national and international certification, via a

virtual setting while being reviewed by the certified testing board.

Certification

The university is under the guidance of Grandmaster Richard E. McDowell offering national and international certification through Martial Arts University, US Chung Do Kwan Association, World Chung Do Kwan, and Kukkiwon, World Taekwondo Federation.

Getting Started

I (**student's name**), by joining, agree to hold harmless Martial Arts University inc. its members, officers, instructors, and officials from all damages, costs, injuries, and expenses. However, occurred, during or as a result of membership in Martial Arts University.

Transfer Students

We at MAU feel you have trained and worked hard to achieve the certification you have received. We feel if you earned it, you should keep it. If you wish to keep your current rank (certification) and transfer it to the university, please follow these steps:

1. Complete the MAU application as a transfer student with any experience and contact information.
2. A copy of your certification must be sent to the university review department at credentials@martialartsonlineuniversity.com (reference transfer student)
3. **Note:** (MAU reserves the right to verify all credentials and may request a video presentation before approval).
4. Once your credentials have been approved, you will receive a

confirmation email from the review board.

MAU's martial arts program is a physical activity. We recommend if you feel you are not in shape to engage in this activity, please refer to your personal physician prior to engaging in this activity.

Martial Arts University Home Page

The MAU home page is a useful resource for new students. Along the top of the page, you will find links to your login, your page, and new classes. Below the MAU logo, you will find a helpful search box that will allow you to access the faculty and staff directory.

Seek out Help

University Contact Details

International Administration office

Phone: 517-819-6010

Web: martialartsonlineuniversity.com

Email: info@martialartsonlineuniversity.com



Grandmaster **Richard E McDowell**
President/CEO - MAU

Richard As 8th degree certified Grandmaster, Richard wanted to create an opportunity for students everywhere to learn the values that the martial arts bring to students. With over 50 years of experience, he has made a difference in the lives of many students throughout the country by teaching them discipline, focus, and self-confidence.

Richard believes that the benefits of martial arts are too important to be set aside because our everyday schedules are so busy. He realizes how difficult it is to find the time to commit to a rigid schedule that forces you to travel to a physical location two or three times a week.

Richard wants to share his 53 years of experience with a wide range of people from: a busy mother with several children in multiple sports who doesn't have the time to go to a martial arts center; to the businessperson who is always traveling or on the go; or people who have always want to learn about the martial arts but simply don't feel comfortable going to a martial arts center in a group setting.

"People often decide to learn martial arts for many reasons. Some want the physical and mental benefits the martial arts provide, and some have circumstances that create a need for martial arts. But many quit just as quick as they join."

In 1965 Sr. Master McDowell's mother was walking home from her job as a nurse when she was chased home by a would-be attacker, she convinced her husband Richard McDowell Sr. to sign her up for a self-defense class at a local Korean Karate school offering Jujitsu and Korean Karate where she trained and became a highly regarded jujitsu instructor one of the first women Black belts in Jujitsu.

Richard Sr. liked what he saw and joined the Korean Karate class at the same location under the instruction of Grand Master Hwa Chung. Richard Sr. brought his then 5 years old son along. He attended every class with his father, watching and mimicking what he saw. When he was 6 years old Grand Master Hwa Chung pulled him into class, and his career in martial arts began. At age 9 he won his first of many National Championships in 1968 in Chicago, Illinois.

Richard went on to win many more National Championships. He was featured in local and national publications. Besides his marriage and birth of his children and grandchildren, one of Richard's greatest accomplishments was his induction into the

Martial Arts Hall of Fame in 1996, the recipient of the lifetime achievement award and coach of two jr. Olympic medal winners.

Richard has taken an advanced concept to martial arts education and training filling the needs of all students rather they are current, past or new to the arts and allowing them to experience the positive results to training through The Martial Arts University, a solution for the busy individual, by giving them the knowledge and tools to learn martial arts from your home, office, when you travel or even on vacation. With the advanced technology and teaching formats, you'll learn the entire spectrum of martial arts from beginning to advanced techniques from the comfort of your home. While receiving national and international accreditation.

Richard has had many accomplishments in his time from martial arts to business, to being a published author. Richard is proud to bring you a unique learning opportunity with the Martial Arts University and is looking forward to you becoming a black belt!

Students' Responsibilities

All students, throughout their training and involvement with MAU, are expected to:

- ✓✓ Treat all people with fairness and respect and not do anything that could offend, embarrass or threaten others.
- ✓✓ Not harass, victimize, discriminate against or disrupt others.
- ✓✓ Treat all others and their property with respect.
- ✓✓ Respect the opinions and backgrounds of others.
- ✓✓ Follow all safety policies and procedures as directed by staff.
- ✓✓ Report any perceived safety risks as they become known.
- ✓✓ Not bring into any premises being used for training purposes, any articles or items that may threaten the safety of self or others.
- ✓✓ Notify MAU if any of their personal or contact details change.
- ✓✓ Provide relevant and accurate information to MAU in a timely manner.
- ✓✓ Approach their course with due personal commitment and integrity.

- ✓✓ Complete all assessment tasks, learning activities and assignments honestly and without plagiarism.
- ✓✓ Make regular contact with their Trainer/Assessor.
- ✓✓ Progress steadily through their course in line with their training plan.
- ✓✓ Prepare appropriately for all assessment tasks, visits and training sessions.

- ✓✓ Notify MAU if any difficulties arise as part of their involvement in the program.

Curriculum Contents & Testing Requirements

Note: You will be required to demonstrate each rank requirement as listed below to your best ability. You are reviewed and tested on your own ability to successfully complete the requirements.

For each of the ranks below, you must demonstrate with speed, power, and control. When performing for your final testing, follow the below format:

- Using Korean Terminology -
 - o Explain the rank number, color, and meaning.
 - o Explain and demonstrate the stances.
 - o Explain and demonstrate the moves.
 - o Explain and demonstrate the application of the moves.
 - o Demonstrate the required poomse (form).
 - o Explain and demonstrate the kicks.
 - o Explain and demonstrate the drills.
 - o Explain and demonstrate the 1 steps
 - o Explain and demonstrate the self-defense moves.
 - o Complete the written test (if applied).

Belt Requirements 10th Gup White Belt

Represents innocence and purity (no testing requirements)

9th Gup Yellow Belt

Portfolio check!

Yellow belt: Represents the warmth of the winter's sun that melts the winter snow.

Written test: students under the age of 10 will be allowed parental assistance.

Use Korean Terminology Attention, Bow, and ready position.

How to, and why we bow

Stances: six basic stances plus walking and fighting stances.

Fundamentals 1-7

class rules, USCDKA patch

Proper applications of each block: high block, outside block, low block, proper applications of each block.

Kicking: Front ups (stretch), front snap kick, front thrust kick, side-up (stretch), side snap kick, side thrust kick... stress the importance of the support leg turn

Drills: step punch. Step kick

Self Defense: basic stance (hands up “hey I don’t want trouble” ...)

One steps 1-5

The general rules of defense

Run rather than hurt

Hurt rather than maim

Maim rather than kill

Kill rather than be killed

8th Gup Two-Tone Belt 1/2 yellow 1/2 orange
Portfolio check!

Two-tone belt: This represents the changing of the body from old to new.

Written/Oral test: students under the age of 10 will be allowed parental assistance.

Using Korean Terminology: Return to the ready position, about-face and at ease

Fundamentals 1-11

Review previous techniques

Stances: ready stance, square stance, Tiger stance, T stance, L stance, Straddle stance

Block: outside middle block (t-stance)

Strikes: Knife hand strike, Palm heel strike, Elbow strike, Knuckle strike

Kicks: Review of front snap kick, Review of sidekick (with power and speed, Round kick, Crescent kick both in and out.

Tae Geuk Il Chong – Form #1 “Heaven and Light” (Under 10 years old optional)

Drills: Step block strike, Step block kick

One step sparring beginner: 1- 10

Self Defense: Basic release, wrist, lapel, and neck (for ages 15 and up only)

Notes:

M107 7th Gup Orange Belt

Represents the color of the sunrise showing the day has begun.

Portfolio check!

Written test: students under the age of 10 will be allowed parental assistance.

- Using Korean Terminology: Parade rest, please sit down and please stand up, history of TKD

Fundamentals 1-15

Review previous techniques

Stances: fighting stance and all others learned previously

Strikes: Double punch, Double elbow strike, Back fist, Knife hand strikes

Tae Geuk Ee Chong – Form #2 “Joy” (under 10 years old optional)

Drills: combo moves

Kicks: Review round, Crescent with speed and power, Hook kick, Front leg kicks

One steps: 1-15

Self Defense: Neck grab from behind, Bear hug from behind (ages 15 and up)

Notes:

M106 6th Gup Green Belt

Represents a green tree, growing and gaining knowledge.

Written test: students under the age of 10 will be allowed parental assistance.

Portfolio check!

- Using Korean Terminology: Turn toward the instructor, Line up and adjust your uniform and shout

Fundamentals 16-28

Review previous techniques

Stances: moving stances for distance and spacing

Moves: double moves High block, knife hand, Outside hammer blocks, Block kick combo, Kick-double punch combo, Knife hand strike middle, Side knife hand block (inventive)

Tae Geuk Som Chong – Form #3 “Fire and Sun” (Under 10 years old optional)

Drills: kicks with hand movements

Kicks: Review hook kick with speed and power, Double kicks front kick sliding backward

One steps 1-20

Self Defense: Locks, Intermediate releases (ages 15 and up)

Notes:

5th Gup Purple Belt

Represents a purple flower having beauty and growth

Written test: students under the age of 10 will be allowed parental assistance.

Portfolio check!

- Using Korean Terminology: counting 1-10

Fundamentals 1-26

Review previous techniques

Stances: Review stances for balance and power

Moves: Hammer strike, Elbow strike in a square stance, auto block, Spear hand

Tae Geuk Sa Chong – Form #4 “Thunder” (Under 10 years old optional)

Drills: kicks and hand movements

Kicks: Review double kicks with speed and power, Sidekicks in a square stance, Combo kicks

1. One step: 1-40

2. Self Defense: release with counterattack (ages 15 and up)

Notes:

4th Gup Blue Belt

Represents the sky, reaching up higher for knowledge

Written test: students under the age of 10 will be allowed parental assistance.

Portfolio check!

- Using Korean Terminology: count 1-10 (two ways.)

fundamentals 1-28

Know the four rules of cleanliness page 23

Review previous techniques

Stances: Twisting with suto block – different uses

Moves: Stepping backward fighting stances, Face chops moving back fist jump

Tae Geuk O Chong – Form #5 “Wind” (Under 10 years old start learning forms)

1. Drills: combo with knife-hand step elbow, high block sidekick
2. Kicks: Sidekicks, Combo kicks with power and speed, Shuffle kicks, Switch kicks for distance
3. One steps 1-40 plus advanced 1 steps pages 104-116
4. Self Defense: release and counterattack (ages 15 and up)

Notes:

3rd Gup Red Belt

Represents the sun having energy and brilliance

Written test: students under the age of 10 will be allowed parental assistance.

Portfolio check!

- Using Korean Terminology

fundamentals 1-28

six parts of a class? Page 57

Review previous techniques

Moves: Cross-hand check block, Double low suto block, Support arm block with, checking block, Twisting upper back fist, Double hand size block, Two-handed double middle block, Knee strike/break, Double hand uppercut, X block, straight arm back fist

Tae Geuk Yuk Chung – Form #6 “Water” (Under 10 years old start learning forms)

Drills: ilgop (7) elbow strikes

Kicks: Shuffle, switch kicks with speed and power, Jump front snap/side/round, spin sidekick

One steps: 1-40 advanced techniques pages 104-116

Self Defense: Weapon defense (ages 15 and up)

Notes:

2nd Gup Brown Belt

Represents the soil of the Earth giving a lasting foundation

Written test: students under the age of 10 will be allowed parental assistance.

Portfolio check!

- Using Korean Terminology

Additional fundamentals 1-28

Review all previous forms

Moves: Double hand in to out middle block combo to a stretching low and high block with long stance Combo knife-hand block to an elbow strike then add back fist, two finger strike, down face spear hand strike, back fist, twin low block, pulling block.

Tae Geuk Chil Chong – Form #7 “Mountain” (Under 10 years old T1-4)

Drills: combo techniques

Kicks: Jump front/side, Spin kicks with speed and power, Hand movements, Spin crescent, Spin hook

6. One step 1-40 plus 50 advanced

7. Self Defense: advanced throws (age 15 and up)

Notes:

1st Gup Brown Belt w/ Black Stripe

Represents a bridge taking an individual from student to teacher

Written test: students under the age of 10 will be allowed parental assistance.

Portfolio check!

- Using Korean Terminology

fundamentals 1-28

Six ways to kick page 82

Review all previous forms

Moves: Tiger's mouth, Ridge hand, Knee breaks, open hand twin elbow strike, arc strike, scooping block, twin high block, w block, pushing black hands together.

Tae Geuk Pil Chong – Form #8 “Earth”

Drills: combo techniques

Kicks: Spin crescent, Spin hook with speed and power, Jump spin kicks (inside crescent, side)

One steps: 1-40 plus 50 advanced

7. Self Defense: advanced breaking bear hug (for ages 15 and up)

Notes:

1st Dan **Black** Belt (See your instructor) (Paperwork required)

Portfolio review!

Represents a new beginning

All Written test: students under the age of 10 will be aloud parental assistance.

- Use Korean Terminology

Written essay 250 words plus.

All forms 1-8

Moves: Proper twisting of hands-on-face chop, Power on all moves

Koryo and Dalee Hyung El Chong

Kicks: Jump spin out to in crescent, Jump spin hook, Spin roundhouse

Drills: combo techniques

One steps: takedown/locks

7. Self Defense: ground combat (for ages 15 and up. All grappling and ground combat will no longer be done with differing genders. Males together, and females together, *only*.)

Notes:

Belt Color	Belt Rank	Meaning	Testing Date
	10th	Innocence and purity.	
	9th		
Yellow		The warmth of the winter sun melting the winter snow.	
Two-Tone	8th	The changing of the body from old to new.	
	7th		
Orange		The color of the sunrise, showing the day has begun.	
	6th		
Green		A green tree growing and gaining knowledge.	
	5th		
Purple		A purple flower, having beauty and growth.	
	4th		
Blue		The sky, reaching higher for knowledge.	
	3rd		
Red		The sun, having energy and brilliance.	
	2nd		
Brown		The soil of the earth, giving a lasting foundation.	
	1st		
Brown-Black		A bridge taking an individual from a student to a teacher.	
	1st Dan		
Black		A new beginning.	