

STUDENT CREED FOR MALV TAEKWONDO

To build true confidence through
KNOWLEDGE of **MIND**,
HONESTY in the **HEART** and
STRENGTH in the **BODY**

To keep **FRIENDSHIP** with one another
And to build a strong and happy **COMMUNITY**.
Never fight to achieve Selfish ends,
but to develop **MIGHT** for **RIGHT**.

8 TENANTS OF TAEKWONDO.

To have a true mastery of the art of taekwondo, a student must acquire a balance of all eight tenants of Taekwondo.

FAMILY
HEALTH
EDUCATION
WORK
AMBITION
PATIENCE
BALANCE
AGING

4 IMPORTANT RULES FOR THE STUDENTS

1. **4 FAMOUS WORDS. "Martial Arts for defense only"**
What you learn here at training you will **NOT** use outside of class to show off, play around etc. The teaching of any Martial Arts is mainly so we are able to defend ourselves for when we need, but we first must focus on communicating and not fighting. We must have control and learn to restrain ourselves from any physical violence. **We learn to fight so we don't have to fight.**
2. **DON'T BE LATE.**
Each student must be either early to class or right on time. A student must not be late, for one must learn to be prompt and ready for class.
3. **RESPECT ONE ANOTHER.**
Students will show respect to each other as brother and sister. You will learn to work together as a team and support and encourage one another. Students must show respect to their instructors as the instructors/assistants will provide them with the same respect. Students will address the Instructor and the assistants as Sir or Mam.
4. **DO NOT SPEAK UNLESS SPOKEN TO.**
There is no talking, fidgeting or playing around while the class is in progress especially

when the instructor or an assistant is talking. Student must raise hand if he/she has a question.

MUSLIM ASSOCIATION OF LEHIGH VALLEY TAEKWONDO. HONOR. RESPECT. DISCIPLINE

MISSION

To offer students the best in martial arts training, physically and mentally, MALV Taekwondo Club will be established to provide a place for all ages, where one can learn the art of Taekwondo and enjoy the experience while making the commitment to learn and improve one's self esteem, concentration, discipline and self control. The classes will also focus on keeping the students in shape with well-balanced workouts, concentrating on Martial Arts techniques.

MALV Taekwondo club will be value-priced taekwondo martial arts club focusing on serving its students in our community by providing several programs for a variety of purposes, ranging from basic self defense techniques, WTF (World Taekwondo Federation) fighting techniques and more. The proceeds from your monthly due benefit our Masjid and our community.

As a martial arts practitioner, students must obtain good physical endurance and strength. We realize that each student possesses different physical abilities. Size and strength vary with each individual. The training will focus on each students development and help them progress quickly and confidently toward their personal goals.

Martial art is the study of military art and the goal of this club is to teach the students exactly what that is. The training will help students gain confident, self discipline, control and most importantly respect of each other.

Ranking/Promotion

There are more than 10 levels of ranking in Taekwondo. Students will need to attend their scheduled sessions and learn their techniques through a lot of training to qualify for their promotion. There is never a specified time for which students are tested. The head instructor decides when the student is ready to test and will provide them sufficient amount of time during class to prepare for their upcoming test. The students will be given all the requirements they need to fill before each test. There is a very small testing fee for each test which covers the instructor's time, the student's new rank registration/certificate and their belt.

For every rank promotion, students must learn as follows (Students will be provided testing papers before each test so they are able to study. Students must be well prepared for their test; parents are encouraged to help them study.

Testing requirements.

Korean terminology: Students will be given different Korean terminology depending on which rank they are testing for. As one goes up in rank, the students are required to understand and use the terminology in their daily training.

- Hand techniques
- Kicking techniques
- Poomse/kata/forms.
- Sparring.
- Self defense techniques (for yellow belts and above)
- Breaking (for green belts and above)

BELT LEVELS IN TAEKWONDO

It is encouraged for the student to take their time in their training instead of trying to rush to get to the next rank. The rank does not mean anything if the student does not have the proper knowledge of the right technique. MALV Taekwondo is not out to get your money, we want to train your son/daughter to become proper martial artist. **There is no time limit to when a student will test. The head instructor will let the students know for when he feels they are ready.**

White Belt



Yellow Stripe: Advance white belt



Yellow belt



Green Stripe: Advance yellow belt



Green belt:



Blue Stripe: Advance green belt



Blue Belt



Red Stripe: Advance blue belt



Red Belt



Black Stripe: Advance red belt



Black Belt: First degree or First Dan



A black belt is not the end of a student's training it is merely the beginning of one's true training. There are 9 degrees/Dan ranking after the first degree.

Each promotion test is very physically and mentally demanding and students are required to be well prepared or the tester is allowed to fail them. There will be more than sufficient amount of time given to the students to prepare for their test. The head instructor will make sure each and every student is prepared for their test well.

The Art of Taekwondo (The way of defending with hand and feet)

(A brief overview)

Taekwondo is a Korean martial art style and the national sport of South Korea. In Korean, *Tae* means "to strike or break with foot"; *kwon* means "to strike or break with fist"; and *do* means "way," "method," or "art." Thus, *taekwondo* may be loosely translated as "the art of the foot and fist" or "the art of kicking and punching." The basic translation of Taekwondo can also be, the way of defending with hand and foot.

The Head Instructor

Instructor Khizer Tariq has been a student of Martial Arts for over 17 years. His background in Martial Arts is in Shotokan karate, Jeet Kwon do, Judo and Taekwondo. He holds multiple state and regional titles in the lightweight division in WTF Taekwondo. He now focuses his time to train the Lehigh university student's Taekwondo team as their assistant coach. He also trains the regular students while keeping up with his daily training and study in the Arts under Master Arnold Lee at Lehigh Valley Taekwondo.

Khizer Tariq started his training at the age of 6 in Shotokan Karate under Master James in Lahore, Pakistan. He continued his training with him until the age of 9. He was then transferred to Army public school, a most revered military school in Lahore Pakistan. This is where he was introduced to Taekwondo and fell in love with the style. With the help of Allah SWT, and his dedication to training, he was recognized as one of the top ranked athletes in his division at the army public school.

At the age of 12 he came to the United States with his family and Alhamdulillah assimilated well into the American culture, without losing touch with his culture and his religious values. Thanks to his parents' upbringing with Islamic and martial art values. Khizer Tariq soon enrolled at Lehigh Valley Taekwondo and started his studies in the art of Taekwondo under Master Arnold Lee who is one of the first generation of Taekwondo Masters. Currently Khizer Tariq focuses on diligently training everyday and also teaching the students at Lehigh valley taekwondo.

MALV Taekwondo

9th GUP (Advanced White)



TESTING PAPER. DO NOT WRITE ON THIS PAPER.(Student must hand in this paper on the day of testing)

Name: _____ Age: _____ Date: _____

TESTING

[] **TERMINOLOGY** Final Score (1-5)

TAE KWON DO, DOJANG, DOBOK, KU KI E, WTF, USTU, KUKKIWON, CHARYEOT, KYEONG YE, JOON BE, BARO, MAKKI, CHAGI, KIHAP, DIRO DORA, KYOSANIM, SABUM NIN, KWAN JANG NIM.

[] **BLOCK, STRIKES & COMBINATIONS:**

Final Score (1-5)

Stance: Front Stance

Techniques: Techniques should be executed in single step combination.

- [] LOW BLOCK **NOTES:**
- [] MIDDLE BLOCK
- [] HIGH BLOCK
- [] DOUBLE PUNCH
- [] LOW BLOCK, MIDDLE BLOCK, HIGH BLOCK.
- [] MIDDLE BLOCK – DOUBLE PUNCH.

[] **KICKING & COMBINATIONS**

Final Score (1-5)

Techniques: Techniques should be executed in FRONT STANCE or FIGHTING STANCE

- [] FRONT KICK **NOTES:**
- [] ROUND KICK
- [] SIDE KICK

[] **POOMSE**

Final Score (1-5)

NOTES:

GICHO IL BU

[] **SPARRING**

Final Score (1-20)

NOTES:

EXAMINER: _____ **PASS/FAIL**

9th Gup Testing (Advanced white) **Terminology**

MAKKI [makki]
Block

CHARYEOT [cha-ryut]
Attention

KU KIE [koo-key-ay]
Face to flags

KYEONG YE [kee-young-e]
Bow

JOONBE [june-bee]
Ready

BARO [ba-ro]
Return to ready stance [Joonbe]

DIRO DORA [dee-roe-doe-ra]
About face

TAEKWONDO [te-kwon-doe]
A Korean martial art, meaning “The way of defending with the feet and hand”

WORLD TAEKWONDO FEDERATION [WTF]
The largest Taekwondo organization based in Seoul, South Korea

UNITED STATES TAEKWONDO UNION [USTU]
The national governing body of Taekwondo under the WTF

KUKKIWON [kook-key-one]
Headquarters for the WTF

DOBOK [doe-boek]
Uniform

DOJANG [doe-jung]
Uniform

KWANJANGNIM
Director of training hall Usually a retired Sabumnim.

SABUMNIM
Instructor, 4th Dan and up.

KYOSUNNIM
Assistant instructor, 1st Dan – 3rd Dan

KIHAP [key-hop]
Yell




CHAGI [cha-gi]
Kick




MALV Taekwondo



9th GUP. (Advanced White)

The below requirements must be completed before the student may test. A star will be given to the student when the instructor feels they have advanced in their technique. Student must acquire all of the stars before testing.


KICKING TECHNIQUES.

Ap Chagi/Front kick	L1	L2	Ready
			


Dollyo Chagi/Round kick	L1	L2	Ready
			




Yup Chagi/Side kick	L1	L2	Ready
			

STANCES




Ap Kubi/Front stance	L1	L2	Ready
Ap Sogi/Walking stance			

BLOCKS

Arae Makki	L1	L2	Ready
Low block			

Momtong An Makki	L1	L2	Ready
Middle block			

Eolgool Makki	L1	L2	Ready
High Block			

Poomse/forms	L1	L2	Ready
Gicho il bu.			

Jireugi/punch	L1	L2	Ready
Low punch Middle punch High punch	