

Colors of Belt and Meanings

- White Purity and innocence
- Gold Earth and foundation
- Green Growth
- Purple Ambition and rapid Growth
- Brown Maturity
- Red Maturity
- Black Mastery

Taekwondo Oath

- I shall observe the tenets of Taekwondo
- I shall respect the instructor and senior belts
- I shall never misuse Taekwondo
- I shall be a champion of freedom and justice
- I shall build a more peaceful world

Rules and Regulations

1. Bow to the flag and instructor when entering and leaving the gym
2. Do not enter class late or leave early without permission
3. Loud conversation, laughing, chewing gum, wearing watches or jewelry have no place in Taekwondo training.
4. Wear a clean uniform, trim nails; clean hands and feet are important
5. Do not engage in any activity which might degrade the code of taekwondo ethics or to the centers reputation.
6. Assume the position of attention while speaking to the instructor or any blackbelt. Use words of consideration such as: Yes Sir, No Sir, Yes Ma'am .. Etc.
7. Students are expected to be courteous and understanding. They are also expected to help fellow students whenever possible.
8. Any substitute teacher should be treated as you would your instructor.
9. Students must have the approval of the center to enter any tournament, competition or demonstration
10. Do Not Participate in any activities held by a school or club other than Kim's Taekwondo center, INC. without the instructor's permission.

Tae Geuk Poomse

- IL Heaven and light
- Yee Joyfulness
- Saam Fire and Sun
- Sa Thunder
- Oh Wind
- Yuuk Water
- Chil Mountain
- Parl Earth

Students Creed

- To build myself physically and mentally
- To build friendships and a strong group
- To develop might for right, never fight selfishly
- To show respect for black belt instructors and to aid junior students

School Motto

- Nothing is impossible, once you set your mind to it, with enthusiasm and persistence
- JONG-SHEEN EEL-DOH HAH-SAH BOOL-SONG

Theory of Power

The factors that result in a high degree of physical power are:

- Reaction Force
- Concentration
- Breath control
- Equilibrium
- Speed
- Mass

Tenants of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Self-control
5. Indomitable sprit

Regulations of the Hwarang do

- Respect your parents and your elders
- Devote yourself and your loyalty to your country
- Have the courage not to surrender on the battle field
- Maintain Self-discipline, perseverance and self-confidence at all times
- Love life, peace and justice, do not kill needlessly