



The Napa Taekwondo academy
Student handbook

NAAPA TAEKWONDO ACADEMY

Terry Brule - Master Instructor/Owner

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Master Terry Brule, 6th Degree Black belt -

is the owner and instructor of the Napa Taekwondo Academy. He began his study of the martial arts in 1990 under Phillip Fontaine, as well as receiving certification from Grandmaster Lee Soo-Woong (the founder of Taekwondo in Napa). In June of 2003, Mr. Brule tested for 4th degree Black belt under Master Robert Zambetti, Professor (retired), California State University, Hayward. Mr. Brule participated in the Kukkiwon Poomsae Seminar and Special Dan Test for 5th Degree Black belt in February of 2009, and tested for 6th Degree Black belt in June of 2017.

Master Brule began teaching the Napa Taekwondo Program in 1993 at, what was then, Westwood Elementary School (now NVLA). The Program was sanctioned in 1994 by the Parks & Recreation Dept. and the City of Napa. Teen & Adult Classes were added in 1998. In April of 2001, Mr. Brule opened a second public school location at Salvador School. He then expanded in 2005 and moved the entire Program to a commercial location near downtown Napa, and to his present location in 2016.

Master Brule holds Kukkiwon Rank and Master Instructor Certification with the World Taekwondo Headquarters located in Seoul, Korea. Master Brule is a Certified Referee, a USAT Level 1 Coach in Olympic Taekwondo competition, and previously served as the Northern California Vice President for the United Taekwondo Fellowship organization.

Mr. Brule is a graduate of the Napa Valley Unified school system where he spent his youth, and holds a diploma from the Phoenix Institute of Technology.

History of Taekwondo

Tae Kwon Do is a two-thousand year-old martial art form that originated in Korea. It is based on the premise that self-defense is an instinct. The study of Tae Kwon Do not only improves one's physical fitness and health, but also employs as its goal inner peace and serenity. In its earliest form, it was probably practiced as a means of protection from the attacks of wild animals. Since these attacks could originate from any direction, a series of self-defense movements was developed that allowed one to instantly and reflexively defend himself from any possible attack. Specific stylized forms were created for instinctive self-defense, and these patterns became a system of blocks, kicks and punches that was the ancestor of today's modern Tae Kwon Do.

Throughout the years, the martial art that is Tae Kwon Do has had many different names, depending upon who was the ruler of Korea at that time. After the liberation of Korea from Japan in 1945, many instructors saw the need to unify the various styles of martial arts present in Korea. Immediately after World War II, many masters returned to the traditional Korean forms of unarmed combat and combined them into a unified, organized, national sport. What they wanted was a return to a distinctly Korean form of unarmed martial arts skills, as free as possible from all foreign influences. Finally, after years of discussion and debate, the leaders of the six major schools were able to agree on a new, unified form, and standardized methods of instruction. The name chosen for this form was 'Tae Kwon Do.'

In the Korean language TAE means "to jump or kick or smash with the foot." KWON means "to punch or strike with the hand or fist." DO means "a philosophical way of life." In English, this translates as "The way of fist and foot fighting."

Tae Kwon Do has become more and more popular on an international level. However, Tae Kwon Do is much more than just a competitive sport. In addition to helping one's balance, speed, agility, strength and rhythm, it also encourages self-discipline, self-control, and inner peace. It encourages positive moral values such as trust and courage. It develops confidence and self-respect. It can, when practiced properly, stimulate and motivate our generation and future ones to seek to create a more peaceful society in which to live.

Rules of Etiquette

Always bow when entering or leaving the Mat.

Always remove shoes and hats before stepping onto the Mat.

Always ask permission to leave class early, preferably before class begins.

Keep the Training Hall neat by picking up after yourself, storing shoes neatly in designated areas. Safe, correct use and storage of training equipment is mandatory. Climbing on standing Kicking bags is not permitted.

No eating or chewing gum in the Training Hall. Drinking containers are required to be capped at all times.

No profanity or overly loud conversation is allowed in the Training Hall.

Always show respect to all Black belts and Instructors---refer to them as sir, or ma'am.

When the Instructor is talking, all attention will be focused on him or her. No unnecessary talking, noises, whistling, etc. is allowed during class lessons.

Always respect your fellow students.

No horseplay is allowed in the Training Hall. Any Training equipment is to be used correctly. If a class is still in session, wait quietly off the Mat for your own class to begin.

Remove all watches and jewelry before class, as well as rings that could scratch. Longer hair must be tied back and/or out of eyes, using hair ties or headbands. Finger nails and Toe nails are to be kept shortly trimmed. Good hygiene is mandatory. Uniforms are to be kept clean and in good condition, with any patches securely attached.

Choosing an appearance which distracts attention out of the ordinary is not permitted: Unnaturally bright-colored hair (blue, green, etc.), hairstyles such as Mohawks, nail polish (bright red, black, etc.), facial piercings, visible body art/tattoos, etc. Also included are any overly-strong odor and/or fragrance.

Females may wear a solid white "work-out" shirt (collar 3-4 inches below the collar bone) underneath the Uniform shirt, as well as those needing coverage of Tattoo/body art, etc. One shirt only is needed for males for in-class training.

SCHOOL PHILOSOPHY

(BELIEF SYSTEM)

Be humble in manner, respectful towards all.

Honest self expression displayed through appropriate action.

Be forthright in an attitude of gratitude.

Expect the best from others in order to receive their best.

Seek value in the journey, rather than merely the destination.

Take responsibility, learn from mistakes, lead by example.

Develop the physical and mental abilities to stand up for your beliefs, with a spirit that can't be broken.

To demonstrate in our daily lives the student creed and the tenets of Taekwondo training. Concepts Include:

- Internal rewards over external rewards.
- Happiness resides in the journey, rather than the destination.
- Treat others the way you would want to be treated.
- Honesty is the foundation for trust.
- Say what you mean and mean what you say.
- Receive respect by giving it
- Believe in the kindness of others.
- Character can be judged by the way one treats those considered of the least importance.
- Practice what you preach.
- Consider *before* committing.
- Happiness is in the doing.
- Influence rather than demand.
- Personal responsibility is a prerequisite to positive change.
- To never be defeated in spirit is to be undefeatable.
- Courage is in facing one's fears.
- Strength can be found in the ability to laugh at oneself.
- Comparing oneself to others leads to both under confidence and overconfidence.

- Following rules and the spirit in which they were made doesn't depend on the situation.
- Equal opportunity and equality are not the same.
- Never making mistakes means never to have tried.
- There are consequences to any action, both good and bad.
- Attitude determines altitude.
- With any dark cloud there is a silver lining, if one is willing to look for it.
- Change is inevitable, as nothing stays the same.
- Find balance and harmony through moderation and reflective prioritizing.
- Maturity is in knowing and fulfilling one's responsibilities.
- Discipline lasts for the moment, while self discipline lasts a lifetime.
- Honor stems from fulfilling obligation.
- Might for Right.

The Four Parts of Tae Kwon Do

Poomse	Forms Training
Hoshinsul	Self-defense Training
Kyuk Pa	Breaking
Kyorugi	Sparring

The Five Tenets of Taekwondo (Traditional)

What is a Tenet? A principle or belief held in common by members of an organization.

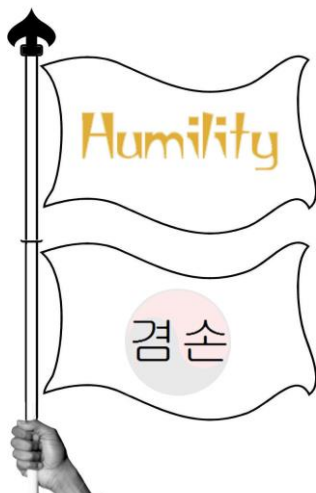
Respect	Deference to a right, privilege, privileged position, or someone or something considered to have certain rights or privileges; proper acceptance or courtesy; acknowledgment.	Honor & Veneration
Honesty	The quality or fact of being honest; possessing uprightness and fairness, truthfulness, sincerity, or frankness. Freedom from deceit or fraud.	Integrity, Candor & Veracity
Humility	The quality or condition of being humble; modest in opinion or estimate of one's own importance.	Politeness & Courtesy
Perseverance	Enduring determination to overcome obstacles and challenges.	Persistence & Dedication
Self-Control	Ability to exercise restraint over ones impulses, emotions, or desires.	Patience & Discipline

THE FIVE tenets OF TAE KWON DO

At Napa Tae Kwon Do, we have adopted a variation of the 5 historical tenets of Tae Kwon Do to a set of goals that are more consistent with the philosophy of our school. At Napa Tae Kwon Do, all things begin and end with honesty, as does any meaningful relationship that leads to trust. All Tae Kwon Do students work toward ~ five goals: **Respect, Humility, Perseverance, Self- Control and Honesty**. These are pretty hard words to understand so let's go over them one by one.



When you have **respect** for a person, including yourself, it means that you have a feeling of honor for them. Someone who **respects** himself would always act in ways that brings honor to himself, his family and friends. Someone who does not **respect** himself does not care about his mind or body. He or she probably doesn't try very hard in school and doesn't worry about important things like staying healthy, helping out at home and being **respectful** to others. One way Tae Kwon Do people show **respect** to each other is by bowing (Remember, to bow is "*Kyung Nay*" in Korean). Whenever you come to your Tae Kwon Do School you must bow to your master instructor, to any black belts and to all of your fellow students. When you do this, they will always bow back, showing that they too **respect** you. **Respect** is one of the most important things you learn in Tae Kwon Do. A good Tae Kwon Do practitioner (someone who practices Tae Kwon Do) shows **respect** to all people, not just those he/she likes. You will learn as a result of your training that the more you show **respect** to others, the more they will **respect** you.



Being **humble** about your abilities is another have the ability to be **humble** and modest. This means you should not try to impress people by telling them about your skill in Tae Kwon Do. If you really are a good practitioner, you will not want to say anything to impress people. Many of the finest Tae Kwon Do competitors in the world make no mention at all about their abilities. When you become great at Tae Kwon

Do, you will feel great. You will also come to understand that the people who talk the most about their skills are usually those who understand the least. When you are **humble**, you are said to have **humility**.



The things that are most worth doing tend to also be those that are the most difficult. Success at school, staying healthy, being a good son or daughter and being great in Tae Kwon Do all take hard work. To do well at any of these things you must pass several tests along the way. In school, you will take exams. With your friends and family, there will come times that will give you the chance to prove yourself as someone who is reliable and trustworthy--or as someone who is not. In Tae Kwon Do, you will face many tests. The first, and probably the easiest, is simply getting started in a good school. Once you do that, you will begin to learn many new things. Basic stances, blocking, punches, kicks, and a special way of behaving are just some things you will work

on with your Sabumnim during your first three months of training. You will also learn to listen well and to obey the strict rules of the Dojang. At many points along the way, you may feel uncoordinated, tired and unable to do the things your Sabumnim asks of you. It is during these times that you will discover that you have **perseverance**. If you simply give up and quit without really trying, this means you haven't given it your best shot. If you feel tired and uncoordinated but you keep trying and trying because you want to become better--a black belt even--then you have begun to discover that you really do have **perseverance**. Everyone has more than they think! Many students find that even though they thought they had no perseverance that they in fact had more than everyone in the class. This is because Tae Kwon Do will put you through some tests that you would never experience elsewhere. If you can pass these tests, the tests of ordinary life, like those in school or the ones you face with your friends and at home every day, will become much easier.

As we discussed before, people who practice Tae Kwon Do must set a good example for others. This isn't always easy, especially when there are other kids who might try to talk you into making a decision you know is wrong. A Tae Kwon Do person does not get involved with kids like this and doesn't make decisions based on what they might **think**. **Self-control** also means staying calm and using your head--not your punches or kicks--when you get upset. If another kid is teasing you, for instance, you do not have to get angry. When other people lose control because they are scared or angry, you must stay calm and use your mind to figure out the smartest answer to your



problem. If someone is bothering you do not need to hurt them. In fact, this would go against the philosophy of Tae Kwon Do and would show only weakness on your part. Instead, you might talk to a teacher who knows you go directly to the principal or ask your parents to talk to the parents of the boy or girl who is giving you trouble. By using your mind, you may stay in control of almost any situation. So instead of letting a situation decide how you will feel you can use your mind, figure out what situations are best, and make them become real. After you've learned this, you can use your confidence and ability to stay in control to make your ideas for the future become real as well. Control, of yourself and the things that go on around you, is one of the most important things you

will get from your training in Tae Kwon Do.



Being **honest** is very important in Tae Kwon Do. If you are going to get better, you must always be **honest** with yourself. If you do this, you can figure out what areas you need work on. Then you are on the right path toward becoming your very best. You also must be **honest** with other people, especially your parents, friends and teachers. If you would like people to trust you, you must give them a reason. If you make a mistake while you are in your Tae Kwon Do School, your Sabumnim may ask you what happened. If you are **honest**, he may explain to you why it is important that you pay attention in class and that you're not allowed to fool around. If you are not **honest**, then he will become upset with you,

and you will have to do at least 50 push-ups. In addition, all of the other children who practice with you will remember you as the boy or girl who was dishonest. Even if you were never dishonest again, they may not believe you because it would then be hard for them to know when you are telling the truth and when you are not. Everything at Napa Tae Kwon Do Academy begins and ends with **honesty**.

STUDENT CREED

I will develop myself in a positive manner, and avoid anything that could reduce my mental growth or physical health.

I will develop self-discipline in order to bring out the best in myself and others.

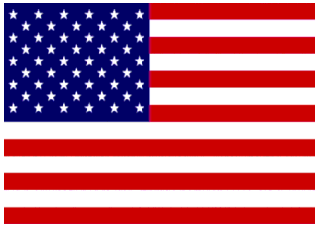
I will use common sense before self-defense, and never be abusive or offensive.

Our Flags - Our Pride and Our Respect

Why do we display both the American Flag and the South Korean Flag in the Dojang?

The American Flag is displayed to show pride in our great country!

The South Korean Flag is displayed to show respect to Taekwondo's Korean origins.



The Name of the American Flag - "Old Glory"

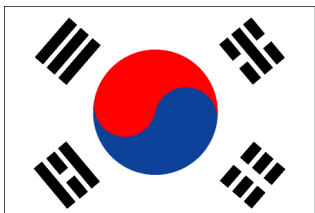
The 50 Stars represent the 50 States of the Union

The 13 Stripes represent the 13 Original Colonies

The color Red symbolizes Courage

The color White symbolizes Innocence and Purity

The color Blue symbolizes Vigilance, Justice and Perseverance



The Name of the South Korean Flag - "Tae Guek Ki"

The center circle depicts the Yang (red) and the Eum (blue), the opposites of the universe in perfect balance and harmony.

The Trigrams in the corners depict the following conflicts:

Heaven (3 solid lines) and Earth (3 broken lines)

Fire (2 solid/1 broken) and Water (1 solid/2 broken)

The NAPA TAE KWON DO ACADEMY Emblem



The Korean set of characters in red represent the words tae kwon do. The characters are centered at the top of the triangle, representing balance/Urn (Yin) and Yang.

The two kicking silhouettes with legs crossed signify unity.

The triangle, with each of three letters at the corners representing the words: Dignity, Courtesy, and Integrity.

Laurel leaves--- The fourteen leaves on each side represent the fourteen states of Korea and the advancement of peace.

The three seeds in red joined to the laurel leaves on each side of the emblem represent the "three thousand U" (the distance running north to south) of the "Land of the morning calm" (Korea) and its success.

The six seeds in total indicate the world and represent the six habitable continents.

The fist represents tae kwon do and justice.

The deep blue color of the emblem represents the three oceans.

*Moo Duk Kwan, translated literally means "the institute of martial virtue." It is one of the five original Kwans (schools) of tae kwon do and represents a combination of hard and soft styles with an emphasis on self-defense methodology over the sport. As a whole, the Moo Duk Kwan symbols signify the spreading of tae kwon do throughout the fourteen states, i.e., all of Korea, and then across the oceans to the continents of the world. Moo Duk Kwan, as an international institution, is to achieve the objectives of peace and human advancement.

What is Poomsae (Forms)?

Poomsae consists of stances, blocks, punches, strikes and kicks arranged into a meaningful order in response to attacks from multiple imaginary assailants attacking from several directions. Through seemingly endless repetition of the poomsae, the student learns the true nature and meaning of each poomsae. In order to achieve this, each poomse needs to be practiced over 1,000 times. Balance, focus, coordination, proper breath control and self-discipline emerge as benefits of continued poomse practice.

Poomsae practice is considered extremely important by Tae Kwon Do masters. It comprises 40-50% of testing requirement for promotion to a higher rank. It is impossible for the student to understand the art of Tae Kwon Do without thorough understanding of poomsae.

Physically, the primary objective of poomsae practice is to synchronize the entire body into a technique for maximum power. As with all physical motion, it begins from the ground up, with balanced, properly executed stances. The long, wide motions are important in creating power when everything shortens, as when a student becomes nervous, scared, etc, during an adrenaline dump with a flight-or-fight situation. The “Ki-yap,” or yell, is primarily for the same situation to ensure that a student continues to breath when executing techniques.

Palgwae forms 1-8 plus Koryo are required for promotion to black belt. The student should never jump ahead to a more advanced form without first asking the instructor. A beginner who does this cannot fully understand the advanced poomse because he has not properly understood the one appropriate to his own level. Eventually, the student should be able to perform the poomsae without conscious thought regarding sequence and timing. In short, the poomsae helps coordinate the student's mind and body

At our Academy, Forms practice is the primary, physical requirement for advancement, demonstrating the proper motivation and frame of mind for learning more advanced techniques, and their proper use.

The Ten Rules of Poomsae Training

1. Memorize the line, direction, and sequence of movement.
2. Be calm, cautious, and courageous in the ready stance. Say your name with confidence, authority and pride.
3. Learn the movements slowly, accurately and precisely. As you practice, gradually speed up the movements, being careful to maintain good form and control.
4. The execution of each movement must be sharp. When a ki-hap (yell) is needed, always make it sharp and loud, to reflect confidence and strong spirit.
5. Maintain good focus. Look straight forward when executing a block, kick, or punch, but look with "soft eyes" so that you may see things in your peripheral vision as well. Do not let your gaze wander.
6. Look first before you turn. You must see the direction an attack is coming from before you can defend against it.
7. When moving from one stance to another, hips and shoulders should not bounce up and down, but move on a smooth and even plane.
8. Relax until the moment the technique should impact your opponent. Do not be tense throughout the movement, as this inhibits the speed and effectiveness of the technique. Techniques should never look stiff.
9. Practice the forms from different angles, so you will not be confused when you do it in strange surroundings. Movements should be performed one per second.
10. Return to the ready stance calmly, gracefully and with satisfaction.

PATCH PLACEMENT GUIDE

NAPA TAEKWONDO ACADEMY (N.T.A.) PATCH:

Presented to all students in the Program.

WORLD TAEKWONDO FEDERATION (W.T.F.) PATCH:

Presented to the student of the month.

KOREAN/AMERICAN FLAGS PATCH:

Presented to students who demonstrate the ability to tie their belts correctly.

ACADEMIC ACHIEVEMENT PATCH:

Depending on which school the student attends, this patch is awarded to students who receive all 2's, 3's, 4's, A's, B's, C's or S's and G's on both sides of their report cards. Middle school and up must pass all classes with a minimum B+ average overall.

OUTSTANDING ATTENDANCE PATCH:

This patch is awarded at the end of June and at the end of December each year. Students must have been active in the Program for a minimum of 6 months, while missing an average of less than 1 class per month (no more than 5 classes per 6 month period). While the Thursday sparring classes do count toward a student's testing eligibility, they are not included for this award.

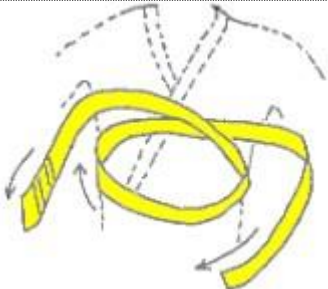
GOLD STARS:

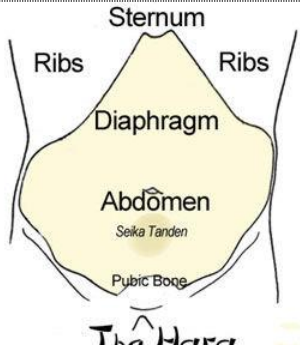
A star is placed under the patch upon the repeated earning of it.

NOTE: ONLY AUTHORIZED PATCHES ARE TO BE PLACED ON THE UNIFORM



HOW TO TIE YOUR BELT

	Hold belt at its center, ends even, with stripes (if you have them) on the left side.
	Place center of belt on front center of jacket, about one inch below the naval (a location called the tanden). Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.
	Lay the left side of belt over the tanden. Lay the right side of belt across the tanden. Stripes will now be on your left side.
	Slide the left side of belt (striped side) under and behind all the belt layers at the tanden. Stripes will still be on your left side.
	Make a loop from the right end.

	Bring left (striped) end of belt down and over the front of the U.
	Loop striped end under and up through the U shape to form a knot.
	Pull ends of belt outward to tighten knot. Stripes will be on your right side.
	Adjust knot so the ends of belt are even and hang neatly.
	The Seika Tanden is located in the Hara. The Hara is located at the navel, about two inches inwards from the skin. Called the Hara by Taoist's, is very often referred to in Martial arts. Hara means sea of energy and this is exactly what it is. The etheric envelope is like an infinite ocean of energy. The Hara is the center of the etheric, or chi body, and is the gateway into the ocean of chi.

