

Martial Arts

Program Information

Our Program Columbia Association's Martial Arts program teaches Tae Kwon Do a traditional Korean martial art loosely translated as "the way of kicking and punching." Our program is designed to provide you with practical self-defense training, both an anaerobic and aerobic workout and to improve your physical conditioning, strength and balance.

Training involves a variety of techniques including:

- Learning the fundamental techniques; kicks, blocks, punches, strikes, grappling and holds.
- Sparring (only under the supervision of the instructor).
- Learning formal patterns of movement, called forms.
- Breaking:
 - Power breaking — using straightforward techniques to break as many boards as possible.
 - Speed breaking — boards are held loosely by one edge, putting special focus on the speed required to perform the break.
 - Special techniques — breaking fewer boards but using jumping or flying techniques to attain greater height, distance or to clear obstacles.
- Throwing and falling techniques.
- Relaxation and meditation exercises, as well as breathing control.
- A focus on mental and ethical discipline, etiquette, justice, respect and self-confidence.

With the exception of Tiny Dragons, registration in our Martial Arts program entitles the participant to attend class twice per week. Although you selected your preferred location when registering, participants are welcome to attend classes at either location. Students testing for belts are encouraged to attend additional classes as testing dates approach. A class schedule is attached and can be found at ColumbiaAssociation.org.

Please Note A parent/guardian of a Tiny Dragon or Lil' Dragon participant must stay in the Dojo or in the waiting area. A parent/guardian must remain on the premises for any participant under the age of nine.

Do Jang Etiquette Our practice studio is called the Do Jang. An important component of martial arts training is respect for the Do Jang, as well as fellow students and instructors. The following rules are followed to ensure the safety of all students and the instructor, as well as providing the foundation of the discipline that is to be respected and embraced by all participants.

- Upon entering and leaving the room, bow to the flag and the instructor and all black belt members as a sign of greeting and respect
- Be on time for class. This shows respect for your fellow students, your instructor and the art. The instructors class plan is tailored to the students that are anticipated to attend, so if you are going to be late, please inform the instructor.
- If you must arrive late, please wait until you are recognized by the instructor and receive permission to join the class.
- Remove footwear prior to stepping onto the training area. Ensure shoes or other articles are neatly stored in accordance with the wishes of the instructor.
- During practice strict focus should be given to the instructor. Students should not talk amongst themselves unless it is part of the practice and must raise their hands to be recognized by the instructor.
- Practice only what the instructor teaches. Students are not permitted to teach another student unless directed by the instructor.
- If the instructor is occupied, the most senior member present will commence training promptly until the instructor arrives.
- All members must treat each other with courtesy and refrain from using obscenities.
- During training members should not leave the Do Jang without the permission of the instructor.
- When correcting your uniform or belt, always face away from the instructor and flag.
- Do all exercises to the best of your ability. If you are physically unable to do part of the exercise, do your best. However, if you become fatigued or injured immediately inform your instructor.
- When in a jo position, legs should be bent under the body, sitting on the feet, with hands on thighs and eyes closed.

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Counting in Korean

- One - Hana (“Ha-na”)
- Two - Dul (“Dhool”)
- Three - Set (“Set”)
- Four - Net (“Net”)
- Five - Dasot (“Da-sut”)
- Six - Yasot (“Yo-sut”)
- Seven - Ilgup (“Eel-gope”)
- Eight - Yodol (“Yo-dull”)
- Nine - Ahop (“Ah-hope”)
- Ten - Yeol (“Yull”)

Instructor Commands

- Attention - Charyut (“Chari-yut”)
- Bow - Kyungnet
- Relax/At Ease - Shuh
- Thank you - Kamsa Hamnae Da (“Kamsa-ham-ni-da”)
- Ready - Joon Bi
- Back to Return - Baro (“Baa-row”)
- Sit Down/Kneel - An Jo
- Stance - Sogi
- Stop - Kalyeo

What to Wear For your first few classes you should wear comfortable clothing that allows free movement. We train barefoot so special foot wear is not needed. Don't wear jewelry as it can cause injury to yourself and other students. Before your first belt test you will need to purchase a uniform.

Safety equipment must be worn by anyone higher than gold belt (A list of equipment and pricing is available from your instructor). This includes: head protection, mouth guard, hand protectors, foot protectors and gender specific protection (groin protection for males and chest protection for females). Although it is not required that equipment be purchased from CA, for your convenience CA offers equipment available for purchase.

Belts Belts reflect a member's proven level of competence. In order to achieve their next rank, a student must demonstrate their proficiency in their current belt's techniques, to include basic moves, sparring and forms.

Generally, belt tests are held every 3-6 months (until students reach the higher belt levels). Students will be tested for knowledge of and their skill in specific forms, kicks, breaks and self-defense techniques. Students are encouraged to attend additional classes as testing dates approach. Testing fees vary by level.

Our belt progression is:

Little Dragons

- White with Gold Stripe
- White with Orange Stripe
- White with Blue Stripe
- White with Green Stripe
- White with Brown Stripe
- White with Red Stripe
- White with Black Stripe

All other Martial Arts

- White
- White with Gold Stripe
- Gold
- Purple
- Purple with Green Stripe
- Green
- Green with Brown Stripe
- Brown
- Brown with Red Stripe
- Red
- Red with Black Stripe
- Black

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Fees

- Monthly fees are paid in advance through automatic debit from a credit card or checking account on the 18th (or next business day) of the month.
- Cancellation or changes in the program require a written notification be delivered or received by the 10th of the month to the Martial Arts Program Manager (6151 Daylong Lane, Clarksville, MD 21029) and will be effective on the 18th of the following month. For example, you must cancel by August 10th in order to stop or change classes in September.
- Failure to participate in the program or make the monthly payment does not release you from the financial obligation.
- There are no credits or adjustments for time not used in the Martial Arts program.

Contact Information

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