

UVM Taekwondo Student Manual

Welcome to UVM Taekwondo. By joining this club, you are participating in one of the oldest and most vibrant clubs on campus. We engage in a wide variety of Taekwondo related activities, as well as social events and group outings. You can plan on having a good time, meeting some great new friends, and getting the best Taekwondo training available.

Things to know before you start your first class

1. Taekwondo is organized fun.
2. You will be told what to do, how to do it, and where to do it. Don't worry about not knowing what to do. No one is perfect on their first day. Follow along to the best of your ability.
3. If you are experienced, either in Taekwondo or another martial art, be prepared to empty your cup. Things will be different. Even the things that are the same may be different.
4. You will need to sign up on the Lynx club sports system before your first class. It's easy, and we can help before class starts. Show up early.
5. Wear comfortable, loose fitting clothing.
6. There are some costs involved, namely a uniform, sparring gear, and promotion fees if you want to progress. These fees are modest, and we will let you know well in advance.

Why we do Taekwondo

People do Taekwondo for a variety of reasons. Here are a few more common ones:

- Get in better shape
- Fun!
- Self-defense
- Great people!
- Self-discipline and self-confidence
- Flexibility
- Leadership training
- Individual and team sport in the same activity.
- Physical and mental challenge.

A brief history of Taekwondo

Taekwondo is a Korean unarmed martial art and currently one of the most widely practiced in the world. The Kukkiwon World Taekwondo Headquarters has registered 20 million black belt holders since its founding in 1972. However, the roots of Taekwondo can be traced back to post World War II in the modern era. There are a great many connections with older martial arts styles in Korea, but these connections are not as clearly defined. Taekwondo is not only kicking and punching, but also a way of living. Taekwondo sparring is an Olympic sport with full medal status. There is also a World Championships for Taekwondo forms.

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JS Bruner



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The Art of Ho-Am TaeKwonDo Student Manual ,2009 **The Art of Ho-Am TaeKwon Do** ,2007 **TaeKwonDo Komi Te** Mark Stephen,2019-02-06 BeALERT Martial Arts TaeKwonDo Komi Te student training manual This is not a stand alone how to manual It is designed to be used in conjunction with a trained instructor **Oh Ryung Hon Taekwondo New Student Manual** Grandmaster Reed,2017-01-11 New student orientation manual of Master Amy Reed s Black Belt Academy For enrollment process Oh Ryung Hon Taekwondo New Student Orientation Manual Amy L. Reed,2013-05 New student sign up and introduction manual Oh Ryung Hon Taekwondo Black Belt Training Manual and Workbook Amy Reed,2014-08-12 This manual is a study guide for the black belt student of Oh Ryung Hon ORH and is to be used in conjunction with classroom training at a certified school of ORH Taekwondo The material includes the forms weapons material and the mixed martial arts curriculum that is required of a black belt student of ORH The mixed martial arts material includes but is not limited to the samples presented in this training guide Students are encouraged to take notes and record lessons when new material is presented for a complete training reference **A Student Instructor Manual for Adapted Tae Kwon Do** Ernest Mitchell Howard,2003 *Tae Kwon-do* Michelle McNally,2010

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