



TUESDAYS & THURSDAYS

Adolescents & Adults (12 & up)
5:15-6:15pm

Children (7-12years old)
4:15-5:15pm



TAEKWONDO TERMINOLOGY

Master: Kwan Jang Nim

Instructor: Sa Bum Nim

Thank you: Gamsa Hamnida

Attention: Charyut

Bow: Kyung Neh

Ready: Joon Bi

Begin: Sijak

Stop: Geu Man

Yell: Ki Hop

School: Do Jang

Uniform: Do Buk

Belt: Ti

Blocking: Makki

Kicks: Chagi

Punching: Jireugi

Forms: Poomse

1-Step Sparring: Hoshinsul

TRADITIONAL MARTIAL ARTS

- Aid in Stress Management
- Promote Self-Esteem & Confidence
- Decrease Aggression
- Help Manage Weight
- Improve Concentration
- Lower Anxiety
- Increase Self-Reliance & Optimism

NUMBERS

- | | |
|----------------|-------------------|
| 1. Hana | 20. SeuMool |
| 2. Tul | 21. SeuMool Hanna |
| 3. Set | 22. SeuMool Tul |
| 4. Net | 23. SeuMool Set |
| 5. Tasot | 24. SeuMool Net |
| 6. Yosot | 30. Soreun |
| 7. Ilgob | 40. Maheun |
| 8. Yudol | 50. Sheen |
| 9. Ahop | 60. YeSoon |
| 10. Yeol | 70. IlHeun |
| 11. Yeol Hanna | 80. YuDoon |
| 12. Yeol Tul | 90. AHeun |
| 13. Yeol Set | 100. Bak |



INTUITION WELLNESS CENTER

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TAEKWONDO WELLNESS

TO ENROLL OR LEARN MORE

520-333-3320

www.IntuitionWellness.com

www.TKDwellness.com



TAEKWONDO WELLNESS

Taekwondo Wellness is not only a sport but a discipline that promotes healthy living through training the body and mind. Taekwondo strengthens the body through rigorous physical exercise and cultivates the mind through the teaching of its philosophy and core principles: Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

TAEKWONDO HISTORY

Taekwondo is a 2000-year long Korean martial art. Early in its history, Taekwondo was primarily a defense martial art, training body and mind, but later became an intricate part of producing leaders in Korea's ancient kingdoms.

Today, Taekwondo has spread to nearly every country in the world and has become a recognized Olympic sport. The World Taekwondo Federation (WTF) is the international federation governing body for the sport of Taekwondo and it reports that a total of 188 member nations are part of this federation. Kukkiwon is the world Taekwondo Headquarters certifying black belts and globalizing the art of Taekwondo.

CORE PRINCIPLES

Courtesy: Behavior that demonstrates consideration, cooperation, respect, and generosity.

Integrity: Honesty with self and others, trustworthiness, and incorruptibility.

Perseverance: Determination, steadfastness, persisting in spite of difficulties.

Self-Control: Self-discipline and appropriately responding to one's emotions.

Indomitable Spirit: Unconquerable courage, a 'yes, I can' attitude. Courage.

TAEKWONDO BELT SYSTEM

Taekwondo rank is represented by different colored belts practitioners wear beginning with white belts, beginner students, going all the way up to black belt, advanced students. The concept of color belts stems from the idea that the color white represents purity or birth while the color black represents maturity and mastery.

MEET THE INSTRUCTOR

Dr. Yoendry Torres, a licensed psychologist and 4th dan black belt in Taekwondo. He developed this merging of two arts, martial arts and psychotherapy, and has been the lead instructor for Taekwondo Wellness Programs since 2010. Dr. Torres co-founded Intuition Wellness Center, PLLC in Tucson, AZ where he also provides other psychological services.



DOJANG RULES

1. No food, beverage, or chewing gum.
2. No profanity or horseplaying.
3. No jewelry shall be worn.
4. Bow when entering and leaving the Dojang to demonstrate respect to the instructors and fellow students.
5. Show respect: Students will respond "Yes/No, Sir, or Ma'am" in conversation with instructors, stand respectfully and address them by their proper title.
6. If students are late for class, they should ask permission to enter class.
7. Do not face the Instructor, higher belts, or flags when tying belt or fixing your Do Buk (uniform).
8. Students are encouraged to participate in class enthusiastically; however, they are to avoid unnecessary conversation.
9. A clean Do Buk and good hygiene is imperative in each class as a reflection of the student's pride.
10. All belts should be tied to hang evenly, as one side represents the mind and the other represents the body.
11. Telephone or email the office if you will be unable to attend class.
12. Maintain discipline and know the tenets of the art.
13. Students may not engage in free sparring without all proper gear and direct supervision of an instructor.
14. Report all injuries to the Instructor.

TAE

TAE - strike with foot

KWON

KWON - strike with hand

DO

DO - art or way of life