

Tae Kwon Do for Kids and Adults

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BY

C. J. Glassberg

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Tae Kwon Do For Kids and Adults
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Tae Kwon Do was first practiced in Korea as far back as about 50 B.C. Tae Kwon Do is a national art in Korea. Tae Kwon Do means the art of kicking and punching. Tae means to kick, Kwon means fist and Do means discipline. Tae Kwon Do is the most practiced martial art in the world.



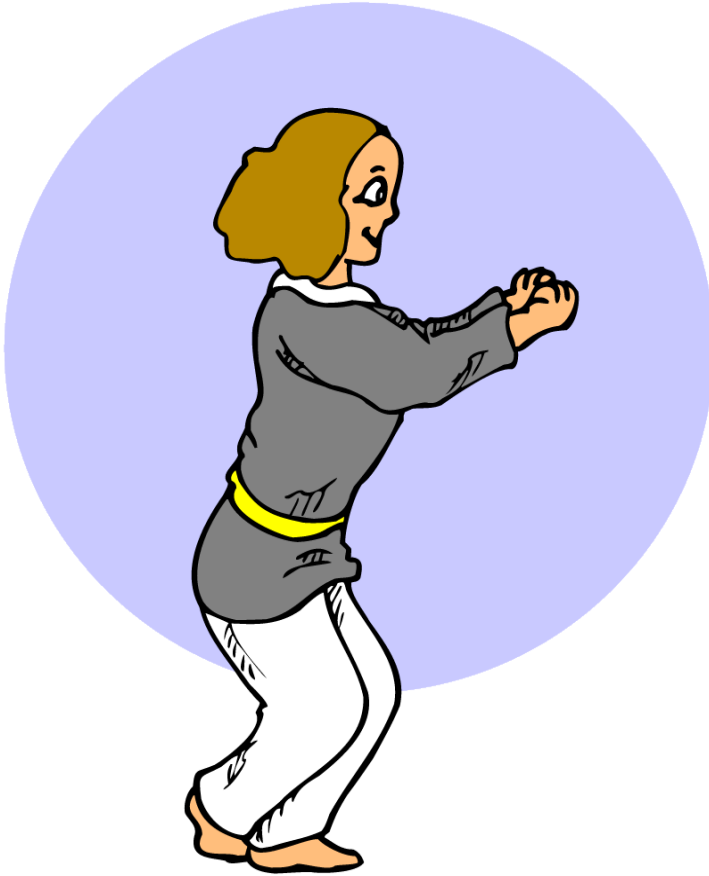
Tae Kwon Do is a Korean martial art that has many benefits. The martial art teaches discipline, self respect, how to focus, breathing, to be courteous, self control, coordination, how to multitask, balance and to relieve stress to kids and adults. Doing Tae Kwon Do is a very fun and exciting exercise because you always learn new techniques such as hand, feet, elbow, knee strikes and different stances.



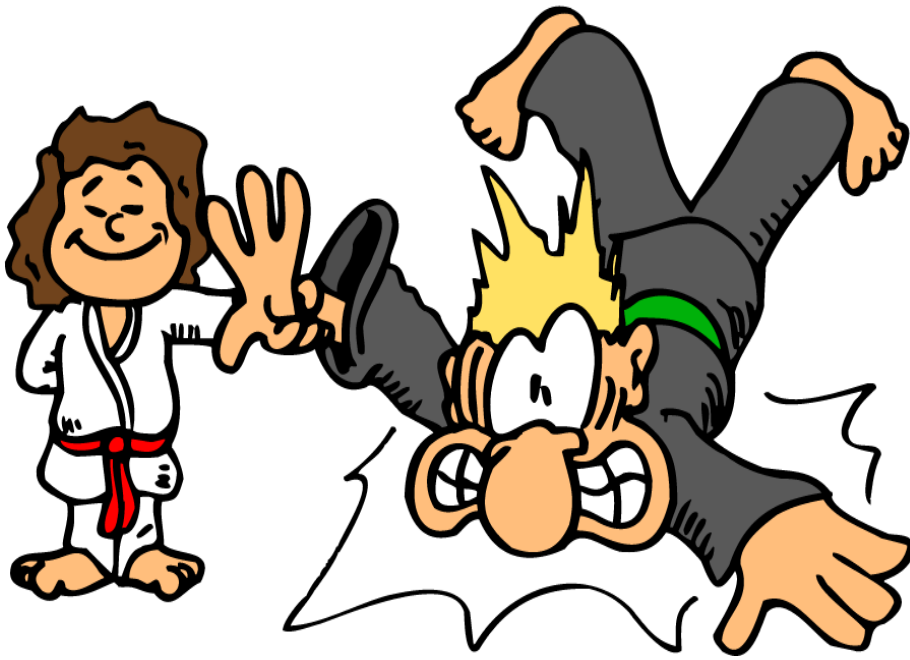
Tae Kwon Do has many quick and powerful kicking techniques.



You learn forms which are called poomse.



You also learn self defense techniques for real
life dangerous situations.



You wear a Korean uniform which is called a Do bok. Tae Kwon Do has different colored belts. The belts represent the different stages of life and the belts have different meanings. The belts are White, Yellow, Purple, Orange, Green, Senior Green, Blue, Senior Blue, Brown, Senior Brown, Red, senior Red, Danbo and Black belt. To test for your black belt you need to know your poomse's from green belt through danbo belt and all of the techniques that you have learned. When you get your black belt you can take a test to become an instructor. When you start Tae Kwon Do you begin as a white belt. It takes your whole life to reach ninth degree black belt, the highest level in Tea Kwon Do. That's the ultimate goal to reach.



To get your eighth and ninth degree belts you have to be voted by the Tae Kwon Do Federation. At every belt level you learn new techniques. To advance to the next belt level you take a test every two months in front of judges and if your techniques are good you will pass. You start to break boards at blue belt level as part of your testing techniques.



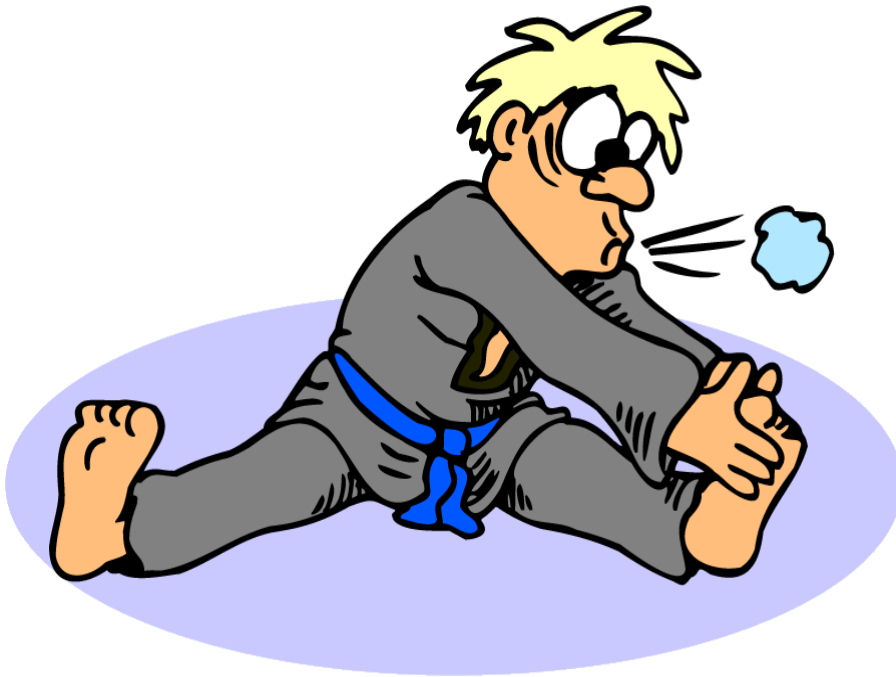
To get your new belt and certificate there is a belt ceremony that you go to. The instructors and the judges of the Tea kwon Do Federation present you with your new belt and certificate.



The children get a trophy, their new belt and their certificate. The adults get their new belt and a certificate. Classes for children is about 45 minutes long and adult classes are 55 minutes long. The Korean discipline center is called a Do jang. Before you enter and leave the Do jang you bow. When you walk on and off the matt you also bow. When you begin class you line up by belt rank. Then you salute the flag and bow to your master.



Next you stretch. Stretching important because it helps you by being limber, to prevent injuries and it also helps you to perform your techniques a lot easier.



Then you do warm up drills. By doing warm up drills you warm up your muscles. You learn your testing techniques two days a week. In class you do hand and kicking drills on various targets. By kick and punch at the targets it will help you to focus. It will also help you with speed and accuracy. When you kick or punch at the targets you yell. Yelling will help you to relieve stress and to maximize focus.



The other two days of the week you do sparing against other students. Sparing is very safe because you don't do your techniques at full power.

You wear protective equipment such as mouth guard, groin protector for males, chest protector, arm and feet pads and also head protector. Sparing helps you with your techniques against a moving opponent. It also helps you to quickly defend yourself and immediately counter attack your opponent. When class ends you line up and salute the flag and bow to your instructors. Then you bow to your master and you bow to your class mates by belt color. Tae Kwon Do takes a lot of dedication and hard work. To get better at Tae Kwon Do you need to practice at home and at the Do jang.



I have been doing Tae Kwon Do for two years. I have a disability called Hyper Attention Deficit Disorder. By going to Tae Kwon Do the martial art has helped me to concentrate. I am currently a Senior Red belt. I have finally found a fun and exciting hobby. The martial art has taught me a lot. I wrote this book because I wanted to explain a little what Tae Kwon Do is about. I go to Tae Kwon Do three nights a week. I believe that parents and children should join because people need exercise and to stay active to live a long and healthy life. I believe that parents should enroll their children in Tae Kwon Do or any other martial arts because discipline will be good for them. Kids will learn how to focus on their school work and on their home work. I believe that adults should also do Tae Kwon Do because discipline will be good for them. Adults will learn how to focus at work and focus at every day challenges.

Adults and children who study the Korean martial art will learn some basic Korean words and numbers. When you do Tae Kwon Do you will meet new people. Every year kids are either raped, abducted and abused. Every year people either get robbed, killed and sexually assaulted. I believe that adults and children should learn self defense so they can defend themselves to get away if a dangerous situation occurs. You may never need to use self defense but it is a good tool to learn if it ever occurs. Tae Kwon Do helps teach you to be self confident. Parents who are looking for something for their Kids who have A. D. D should understand that Tae Kwon Do and the many other martial arts would help them.

The Olympics

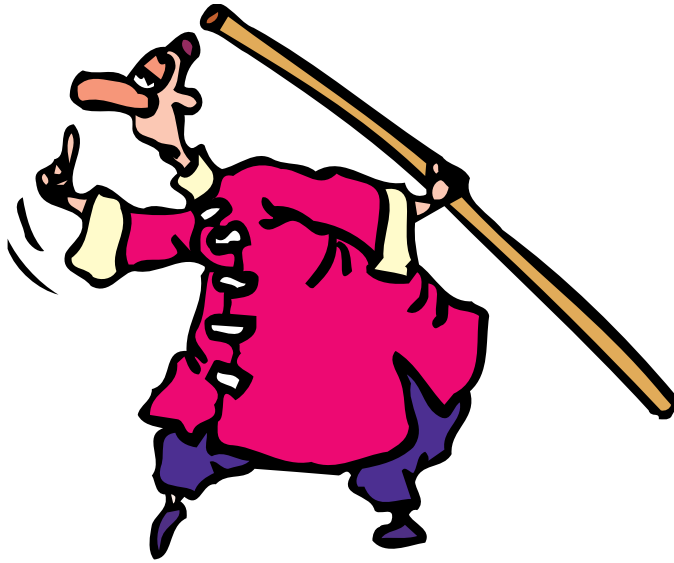
The Olympics for Tae Kwon Do is every 4 years. In the Olympics athletes are put in different weight classes and the names are Fin, Bantam, Feather, Fly, Light, Welter, Middle and Heavy. The ring size and domination championships and Olympic competition for the contest area measures 26 feet square (8 meters). The outer boundary measures 39 feet square (12 meters). The surface for the competition area must be flat and must have approved WTF foam padding or wood. The people that supervise competitions are four judges, two jurors, one time-keeper and one recorder. They must be certified by the WTF.

The techniques that will score points are foot attacks to the head and the front part of the body. Also the sides of the body. Hand attacks will score points as long as you strike the front part of the body with a closed hand. Also the sides with a closed hand. Open hand techniques are not allowed. You will not be awarded points if the contestant completes an attack and loses his balance, the competitor holds the opponent during an attack, the competitor attacks during a clinch. Hand attacks to the face are not allowed. You will be disqualified if you don't have good hygiene. You must have a neat and clean uniform.

Yes Master!



No No Don't Mess With Me!



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Hi Ya!



