

# Taekwondo

A Beginner's Journey

## Mireu Martial Arts USA



[www.MireuMartialArtsUSA.com](http://www.MireuMartialArtsUSA.com)

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## Our School Name:

# MIREU MARTIAL ARTS

Pronounced **"Meet - Her"**  
[said quickly and confidently]



**MIREU 미르 (Korean Dragon '용/룡 (미르) - Yong/Ryong, In pure Korean, known as 'Mireu')**

Dragons in Korean mythology are mostly viewed as benevolent beings related to water and agriculture. Ancient texts sometimes mention sentient *speaking* dragons, capable of understanding complex emotions such as devotion, kindness, and gratitude.

Living in our agricultural state of Iowa we wanted our school to have strong values that welcomed everyone.

We have cultivated a community that develops unity amongst our students and others. It shows our devotion to teaching the art and radiates kindness and gratitude, which is why our name is so befitting.

## Taekwondo History

Taekwondo is an ancient Korean art of self- defense. Translated literally, this means “art of hand and foot fighting.”

- **Tae** means “to kick or smash with the feet,”
- **Kwon** refers to “punching or destroying with the hand or fist,”
- **Do** means “the way” or “the method.”

Taekwondo is a specialized form of self-defense and physical fitness for people of all ages and is as old as humankind. Its origins as a martial discipline go back to the beginning of human history because there has always been a need for self-defense. Since one of the strongest instincts is self-preservation, even primitive beings had to discover some pattern of defense against animals and against other human beings.

Today, anyone practicing Taekwondo, whether Korean or not, is proud of its over twenty centuries of history. Starting as a disciplinary exercise among a small band of determined aristocratic warriors it had spread to practically everywhere in the world. It is considered a sophisticated art among a countless number of students. The combination of traditionally proven techniques with updated concepts and forms has resulted in a means of self-protection unrivaled by any other form in the world.

Taekwondo is the technique of unarmed combat for self-defense that is an accumulation of well organized, deliberately styled forms intended to do the work usually accomplished by mechanical weapons.



*This mural painting, depicting two men practicing an early form of Taekwondo, was drawn on the ceiling of the Muyong Chong, a royal tomb of the Koguryo dynasty. The tomb in southern Manchuria is believed to have been built between 3 A.D. and 427 A.D. and was excavated by a group of archaeologists in 1935.*

## **What to Expect from Our School:**

- An Inclusive Community
  - We celebrate each other in all facets of life; ethnicity, age, physical abilities, and mental abilities.
  - We have special events throughout the year such as parties, movie nights, picnics, and more. We encourage everyone to join us so we can keep our community active and close. We'll post upcoming events on our announcement board and in newsletters.
  
- Hand Selected Instructors
  - Every member of our team has been handpicked for their attitude, skill, and sincere desire to help students gain the maximum benefit from our program.
  - Your instructing team will consist of full time teachers as well as additional part-time instructors. Get to know them!

- Programming to help the visual, auditory, reading, and tactile learners
  - Curriculum for each belt rank.
  - Manuals and videos are provided to help you practice at home.
    - The website is where you'll find ALL your programming!
  - Class time spent on learning and practicing technique with varying instructors and partners.
    - Mondays / Tuesdays: focus include Forms and Step Sparring practice.
    - Wednesdays / Thursdays: focus include Step Sparring and Free Sparring practice.
  - Instructors and higher belts are happy to answer questions and work with you before and after class.
    - Parents of child students are encouraged to not only ask questions and help their child, but participate in classes!
  
- Structured Class Outline [with FUN built in]
  - Arrive at the school.
  - Say hello to instructors by bowing and saying 단결 Dangyeol (meaning: Unity). Symbolizing unity amongst each other, unity with other martial arts students/schools, unity with the world has a whole.
  - Line up by belt color and seniority [when you joined the school; by age if you are family or started on the same date]
  - Beginning Class Ceremony
    - Salute flag by placing right hand on left chest.
    - Bow to instructor and say 단결 **Dangyeol**
  - Class activities
    - Typically, written on the dry-erase board at the front of the dojang.
    - Noting students should not be playing or distracting others.
    - Students should raise their hand to ask a question or use the restroom.
  - Closing Class Ceremony
    - Salute flag by placing right hand on left chest.
    - Bow to instructor and say 단결 Dangyeol
    - Thank the instructor in Korean by saying “감사합니다 **gam sa ham ni da**”

- Boost in self-confidence
  - Because we help each other and celebrate each other, you may find a higher level of self-confidence in yourself.
  
- Honing your Focus
  - Focus is a habit and helps students learn their techniques. Mireu uses three principles to teach focus:
    - **Focus your Eyes:** When being taught, focus on making and keeping eye contact with the instructor. When training, focus on your target.
    - **Focus your Body:** A focused posture is one where a student stands or sits with their chest spread and body motionless. This posture conveys attentiveness, respect, and pride.
    - **Focus your Mind:** No matter what is happening around you, focus on the instructor or the technique.
  
- Honest Feedback on Progressions
  - Instructors will give you honest feedback on your progress and give you suggestions on how to improve.
    - No one is expecting you to master your techniques overnight.
  - Attendance 2-3 times per week is ideal to create and maintain regular progress.
  - It will take approximately 2 months (depending on age, attendance, effort, and learning rate) to advance to the next belt level.
- Progression to Black Belt
  - It is a journey that could be 2-3 years. Being consistent in self-practice and coming to class will help make a seamless journey.
  
- Respect & Setting a Good Example
  - Be on time.
    - Students should arrive 10 - 15 minutes before class time.
  - Refer to instructors and black belts by their titles. We believe this sets a good example, the courtesy and respect for others, that we strive to instill in our students:
    - "Master, Mr., Mrs., and Ms." helps to reinforce respect in front of our students.
    - To earn respect and give respect are very much the same thing.
  - Bow to flags, instructors, and partners to show respect.

- Bowing (and Its Purpose)
  - Bowing is a form of body language in Asian countries.
  - A bow can be used to say "hello", "good-bye", "thank you", and "you're welcome". Bowing is also a way of showing courtesy and acceptance. The old saying goes: "when in doubt, bow!"
  - When two people bow to each other they are showing mutual respect. Bowing is a shared expression.
  - Traditionally, Tae Kwon Do students demonstrate respect by bowing to the flags before entering or leaving the training floor, to their instructors, and to their partners before and after each interaction.
  - It is a part of Tae Kwon Do to bow to fellow students and instructors whenever and wherever you see each other as well.
  - Bowing becomes a natural form of expressing the special relationship you have with your Tae Kwon Do peers.

### **How to Bow:**

- Stand at attention: head up, shoulders down, back straight, relaxed.
- Both feet together.
- Hands held straight at the sides of the body.
- Bend the head down to a 45 degree angle and bend deeply at the waist.
- When bowing, one's eyes look downward.



## **Student Expectations**

All Students: Please read the full Student Expectations on our website. It has everything you need to know about:

- Martial Arts Benefits
- Code of Conduct
- Home Rules [for child students]
- Dojang Rules
- House Chores [for child students]
- Community Volunteering
- The Five Tenants
- The Five Ethical Rules
- Promotion Pre-Testing Protocols
- Promotion Testing: General Guidelines

<https://www.mireumartialartsusa.com/student-expectations>

## **Parent Expectations**

Parents: Please read the full Parent Expectations on our website. The expectations are the same as the Student Expectations, but they also include our Parental Policy & Age Guidelines.

<https://www.mireumartialartsusa.com/parent-expectations>

## **Sharing Taekwondo**

- Share your excitement and enthusiasm with family and friends.
  - Even beginners can share their experience and excite others to join our community. Show them your uniform and belt, talk about class, talk about the community, and show them our website. We believe anyone can participate at our school.
  - The earlier family and friends begin their journey the easier it will be for them to train side by side with you.
- Applaud other students in class when they answer questions correctly, break boards, lead stretches, etc. + during PROMOTIONS!! We love to celebrate with each other.

**Thank you for being part of our School!**

**It's time for you to check out your White Belt Manual!!!**