

Welcome to **Strike!**

We believe in fostering a culture of continuous improvement, encouraging our students to set ambitious goals (**Strive**), diligently work towards physical and mental development (**Strengthen**), and ultimately achieve success on and off the mats (**Succeed**).

At Strike Taekwondo, we are dedicated to not only imparting exceptional martial arts skills but also creating an environment that allows our students and their families to live their best lives.

What Is **Taekwondo**?

Taekwondo is a Korean martial art that is continuing to rise in popularity. The literal translation of Taekwondo can be broken into three words. ‘Tae’ meaning foot or kick, ‘kwon’ meaning fist or punch and ‘do’ meaning the way of. So, Taekwondo can be translated to ‘the way of the foot and fist’.



The Five Tenets of **Taekwondo**

A tenet is a guiding principle or a core belief that is held by a group of people. Even though these can vary amongst different Taekwondo schools, there are five key tenets that are essential in all:

Courtesy: This is about showing respect and having good etiquette to other people. For example, helping someone pick up things they may have dropped.

Integrity: When you are able to determine what is right or wrong. Standing up for what is also ethically correct. Having strong moral principles is also important in this tenet. An example of showing integrity would be to not betray someone’s trust.

Perseverance: This is about the drive inside of you when you may be overcoming a struggle that may make you feel like you want to quit. The willingness to overcome adversity is perseverance. An example of this could be when you are struggling to do a technique, but you carry on trying till you can do it. This can apply to life in general too.

Self-Control: Having the ability to control both your emotions and actions. Making sure that you have both a pure mind and body will allow you to keep your emotions in check. No matter how difficult the situation, self-control is vital. For example, you may be sparring and not getting your way, you must learn from the mistakes you made and stay calm.

Indomitable Spirit: This refers to the belief you have in yourself when standing up for your beliefs. Having the courage and will to overcome failure and ultimately succeed. For example, you may have been on a losing streak in a few Taekwondo tournaments. But to have the belief in yourself and your skills you will keep going until you start to succeed.

All of these tenets are crucial values in Taekwondo.
All students strive to apply these tenets to their Taekwondo training, but also to life in general!

Courtesy To be kind and respectful	Integrity To be honest	Perseverance Doing something even if it is hard	Self-control Controlling yourself physically and staying focused	Indomitable Spirit To never give up!
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Benefits of Taekwondo

There are many benefits of training in Taekwondo. We will go through some of the key benefits:

- Learn how to defend yourself- Taekwondo has been developed from forms of martial arts that were trained by soldiers specifically for war! This martial art will teach you how to defend yourself in different circumstances. Teaching you how to block and defend any attacks thrown your way, but also how to attack if needed.
- Improve your strength and stamina- It can be physically demanding at times! But through constant and active training, the stronger and fitter you will become!
- Improve your self-confidence- When learning new techniques and gradually becoming a better martial artist. Taekwondo will increase your self-confidence. As you learn more about yourself and become more confident in your abilities.
- Improve your mental health- Regular training can help to reduce stress you may have and uplift your spirits by providing you a way of expressing yourself through the martial art. It can help combat depression and anxiety.
- Feel a part of an amazing community- We at Strike are one big family! You can always count on our team and students to welcome you or your child(ren) into our classes. Everyone is kind to one another and always helping each other get better at the art. Making you always feel a part of something bigger than yourself and welcomed to every class!

Importance of Structure

Structure is very important! Having a routine and structure develops discipline and creates good habits such as exercising and eating healthy. This is why the belt system at Strike Taekwondo makes it easy to track progression and easy to understand! Below are some details about our belt structure. If you have questions regarding our curriculum or what exactly we teach at each belt, get in touch with us at our front desk and we would be happy to share our curriculum book!



Our Belt System

Our belt system is based on a progressive loading system! Students of any level are able to start with us and for beginners, it is always scary as they are unsure of what to do and what to expect and that is okay! Our system will ease students into the program in a way that will not only build the life skills but also improve their Taekwondo skills and overall strength!



Counting 1-10 in Korean

1-Hana 2-Dul 3-Set 4-Net 5-Daseot 6-Yeoseot 7-Ilgop 8-Yeodeo 9-Ahop 10- Yeol
Attention sir/ma'am – Charyeo Respect sir/ma'am – Kyungnye

12 Life Skill Kids!

At Strike Taekwondo, of course we learn to punch, kick, jump, and roll, we also have a unique program for our kids under 8 years old! This is our life skills program in which we explain to kids in a way they understand each of the values below! In a typical class, an instructor will talk to the class about one skill, lets use “Focus” for example, and explain to the kids it means to pay attention by using their eyes to see, ears to listen, and mind to think. The benefits of focus are explained to the kids followed by the instructors reinforcing it during the class.

Depending on the skill we are working on, we will move forward after going over it for 1-2 weeks. Once students are able to show us these skills in class, we will pass on the respective badge to the student or parent if present and let the students know that once the parents see you doing this at home, you earn that badge and display it on your uniform. Parents! Feel free to decide on when to give these badges to the kids at home, if the kids are showing that skill with each their siblings and or other family members they can earn it.



End of class:

As a Strike Student, I will live by the principles of Taekwondo:
Courtesy, Integrity, Self-control, Perseverance, and Indomitable Spirit!



Core Taekwondo

Our Core Taekwondo program is based on the traditional art and Olympic sport of Taekwondo!

Students of any level are able to start with us, and for beginners, it is always scary as they are unsure of what to do and what to expect, and that is okay! Our progression-based curriculum will allow students to develop a strong base and true confidence in their abilities. Beginning with the foundational principles of Taekwondo, we guide each student through a structured belt system that emphasizes not just physical skills but also mental fortitude and discipline. As students progress through the belts, they will not only have mastery over their body but also cultivate a resilient spirit that goes beyond the training mat. Our experienced instructors are committed to providing guidance and support, ensuring that every step of our student's Taekwondo journey is a rewarding and empowering experience.

Every belt symbolizes a significant achievement in your child's journey towards realizing their fullest potential, as they strive for goals, strengthen their mind and body, and achieve success!

Tracking Progress

For students to progress to their next belt, they need to pass our quarterly (every 3 months) belt testing. Students are expected to display their belt curriculum with confidence and power! To track each student's progress, we have a stripe system in place.

Students are expected to have 5 stripes on their belt to be able to test. They will need their yellow, green, and blue curriculum stripes as well as a red and black stripe. Red stripes are given after students have gone through a pre-test which is typically done in the last 2 weeks leading to belt testing. The black stripe is earned when students are displaying the 5 tenets of Taekwondo: courtesy, integrity, self-control, perseverance, and indomitable spirit.