

Frequently Asked Questions

About Club Practices

Q: Where and when are UMBC Taekwondo Classes?

Q: Who is Master Ryan?

Q: What should I wear to Taekwondo practice?

Q: What should I bring to Taekwondo practice?

Q: I looked at the schedule for Taekwondo classes, and it conflicts with my school classes. Can I still join?

About Taekwondo, Club, and Club Rules

Q: Who are the club officers?

Q: Why do I have to provide Insurance information to the UMBC Club Sports Department?

Q: Do I have to buy a taekwondo uniform? Where do I get one?

Q: What is a Belt Test? When do they happen?

Q: I am new to UMBC Taekwondo but have done Taekwondo in the past. Can I start at the belt I currently have, or do I need to start as a white belt again?

Q: Can I use the belt I have in another martial art, or do I need to start over?

Q: I am new to all Martial Arts and have no experience; can I still join?

Q: Is there a registration fee for joining UMBC TKD?

About Alpha Academy

Q: What is Alpha Academy? Is UMBC Taekwondo a part of Alpha Academy?

Q: Where and when are UMBC Taekwondo Classes?

UMBC Taekwondo Club practices take place in Fitness Studio 130 B of the RAC (the fitness studio at the back of the RAC once you enter):

Tuesday: 7:10–8:30 pm (Studio B)

Wednesday: 7:10–9:30 pm (Studio B with Master Ryan)

Thursday: 7:10–8:30 pm (Studio B)

Q: What should I wear to Taekwondo practice?

Generally, you should wear Taekwondo pants with a plain T-shirt and your belt (if you have one). Basketball shorts and sweatpants are also acceptable. Your attire generally doesn't matter as long as you can make wide movements comfortably.

If you have a Taekwondo Uniform, you are *welcome* to wear it, but you are not *required* to wear it unless you are testing for a higher belt. If you have a taekwondo belt, then you are *required* to wear it. If you don't own one, then don't worry about it.

Q: What should I bring to Taekwondo practice?

It is recommended that you bring a water bottle. The RAC has water fountains that you can drink from during water breaks, but the water pressure can be inconsistent.

During the winter, or if you don't want to walk around in sweaty clothes after practice, it is also recommended that you have two sets of clothing. One set for practice, and one set for before/afterwards.

Sometimes we will spar in class; in those cases, bring your sparring gear *if you own it*. If you don't have your own gear, we have limited sparring gear that you can borrow for the class. You DO NOT have to bring sparring gear to every class; we will tell you in advance if you need that.

Additionally, there are cubbies where you can store your things, so don't be afraid to bring your backpack, jacket, etc.

Q: Why do I have to provide Insurance information to the UMBC Club Sports Department?

Taekwondo is a sport that could potentially cause injury, so for liability reasons, UMBC Club Sports makes all people who attend club practices provide insurance information in case they get injured while at one of the practices or club events.

Q: Do I have to buy a taekwondo uniform? Where do I get one?

We sell full uniforms (tops, bottoms, and a white belt) for a set price. Talk to the CLUB TREASURER for more information. **YOU ARE NOT REQUIRED TO BUY A UNIFORM UNLESS YOU ARE BELT TESTING** and don't already have one.

Q: What is a Belt Test? When do they happen?

A belt test is an event where your skills are reviewed by Taekwondo Masters to determine if you can move up a belt rank. They happen once or twice a semester, and you will need to get the Student instructor's or Master Ryan's permission to test.

Q: I am new to UMBC Taekwondo but have done Taekwondo in the past. Can I start with the belt I currently have, or do I need to start as a white belt again?

The short answer is yes; you can start from where you left off. When you join, we will evaluate your skill level to gauge where you are and how we can best teach you. We will NOT force you to step down any belt ranks. We WILL enforce belt standards for belt tests, however.

For example, if you were a 2nd Dan black belt but stopped doing Taekwondo when you were 13 and decided to pick it up again at UMBC, you would join as a 2nd Dan black belt. As with all students, your training will be relative to your current skill level, and we will do our best to help you get back to where you left off. You will be unable to test for 3rd Dan, however, until you reach the 3rd Dan standard.

Q: Can I use the belt I have in another martial art, or do I need to start over?

With respect to Taekwondo as its own martial arts tradition, if you are new to *Taekwondo*, we require that you start off as a white belt. While Taekwondo is related to and has similar movements to other martial arts, such as Karate and Kung Fu, there are differences in the principles and focus of each.

Q: I am new to all Martial Arts and have no experience; can I still join?

You can absolutely join the UMBC Taekwondo Club with any amount of experience, including no experience! We will teach you everything you need to know, and there is certainly no minimum experience requirement.

Q: What is Alpha Academy? Is UMBC Taekwondo a part of Alpha Academy?

Alpha Academy is a revered Taekwondo studio located in Columbia, Maryland. Alpha Academy provides high quality instruction and a connection to the World Taekwondo Federation. UMBC Taekwondo functions independently as a Taekwondo organization, but we partner with Alpha Academy Taekwondo Studio for their Taekwondo and leadership expertise.

Attached below is the official Alpha Academy schedule for 2023-24. These are times in which Alpha Academy conducts Taekwondo practice in addition to a newly implemented cross-training program designed to enhance strength, endurance, agility, speed, flexibility, and coordination. Alpha classes are open to **fully registered UMBC Taekwondo Club members** during the times school is typically not in session (summer and winter months).

Additional questions or inquiries regarding Alpha Academy (proper attire, transportation, etc.) can be directed to the club officers. At this time, the cross-training portion is not being implemented; however, regular practice times are still ongoing.



2023 Schedule

9147 Red Branch RD suite B, Columbia, MD 21045 | 410-997-3777 | info@iloveateam.com

Alpha Academy - Taekwondo Schedule

	MON	TUE	WED	THU	FRI	SAT
Demo Training						TBD
Alpha Taekwondo		5:00 - 6:00PM		5:00 - 6:00PM		10:00 - 11:00AM
A-TEAM		6:00 - 8:00PM		6:00 - 8:00PM		11:00AM - 2PM

Alpha Academy - Cross-Training Schedule

	MON	TUE	WED	THU	FRI	SAT
ASHW Cross-Training	4:30 - 5:00PM		4:30 - 5:00PM		4:30 - 5:00PM	
Cross-Training (Session 1)	5:00PM - 5:45PM		5:00PM - 5:45PM		5:00PM - 5:45PM	
Cross-Training (Session 2)	5:50 - 6:35PM		5:50 - 6:35PM		5:50 - 6:35PM	
Cross-Training (Session 3)	6:40 - 7:25PM		6:40 - 7:25PM		6:40 - 7:25PM	

* Schedule is tentative and subject to change without advanced notice

Q: I looked at the schedule for Taekwondo classes, and it conflicts with my school classes. Can I still join?

Of course, you can still join! We do not have a minimum attendance requirement for club participation. Just come when you can! We don't have an attendance requirement for belt testing either; however, you still need Master Ryan's and the Student Instructor's approval before signing up for a belt test. Come whenever you can, but know that it is much easier to learn and advance when you attend consistently.

Q: Is there a registration fee for joining UMBC TKD?

Yes, there is a registration fee for joining UMBC Taekwondo. As of this academic year, we are instituting semesterly **\$10 club dues** due to the need for new equipment and increased expenses in regards to competition. The goal is that this will help make our practices more efficient and ensure that everyone gets the most out of training with us. Club dues are to be collected on the 19th of September so that everyone has time to adjust to their class schedules and decide whether UMBC Taekwondo fits into their plans for the semester.

Q: Who is Master Ryan?

Master Ryan is a 6th degree Taekwondo Master from Alpha Academy who volunteers his time to come and teach the Wednesday night class at UMBC Taekwondo. He is a Taekwondo Master from Alpha Academy who teaches and oversees UMBC Taekwondo.

Q: Who are the club officers?

As of 2023-2024, the club officers are:

President - Jamal Collins

Vice President - Jesse Alkon

Secretary - Kim Christian

Public Relations Officer - Chris Abangma

Student Instructor - David Cosio

Sparring Coach - Dave Djachechi

Treasurer - Isabelle Person

Officers will all have yellow names on Discord.