

# **UNIVERSITY OF VERMONT Taekwondo Student Manual**

**Welcome to UVM Taekwondo!** By joining this club, you are participating in one of the oldest and most vibrant clubs on campus. We engage in a wide variety of Taekwondo-related activities, as well as social events and group outings. You can plan on having a good time, meeting some new friends, and getting the best Taekwondo training available.

## **What To Know Before Your Very First Class:**

- Taekwondo is organized fun!
- Don't worry about not knowing what to do. You will be instructed on what to do and how to do it. No one is perfect on their first day. Follow along to the best of your ability.
- If you are experienced in Taekwondo or another martial art, be prepared to empty your cup. Things will be different. Even things that are the same may be different.
- You will need to sign up on the Lynx and fill the Agreement to Participate form (<https://clubs.uvm.edu/organization/taekwondo-club>) before your first class. It is very easy; you will need to have your insurance card to complete the form.
- Wear comfortable, loose-fitting clothing.
- There are some costs involved: a uniform, sparring gear, and promotion fees (if you want to progress). These fees are modest, and we will let you know well in advance.

## **Why We Do Taekwondo:**

People do Taekwondo for a variety of reasons. Here a few common ones:

- To get in better shape
- Fun!
- Self-defense
- Great people!
- Self-discipline and self-confidence
- Flexibility
- Leadership training
- Individual and team sport in the same activity
- Physical and mental challenge

**School Rules:**

1. Bow when entering and leaving the dojang
2. Bow to instructor when the instructor enters the dojang
3. Address all black belts by title and last name or Sir/Ma'am/Ind/Mx or by their preferred pronouns
4. Respect fellow students and instructors. Do not speak when the instructor is speaking
5. Obey instructors promptly, and if you have questions be respectful
6. Arrive on time for class
7. Arrive prepared for class
8. Keep the dojang clean and free of obstructions
9. Be safety conscious at all times
10. Memorize and practice the school rules

**5 Tenets of Taekwondo:**

1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable spirit
5. Self control

## **Taekwondo Club Organization and Structure**

### **Club Officers:**

#### *President*

The Club president is responsible for all operations of the UVM Taekwondo club, and is responsible for the support and monitoring of all delegated tasks. They are held to the highest expectations and serve as a role model and representative for the club and University. The president is the first of two people authorized to sign paperwork for the club for any reason.

#### *Treasurer*

The club treasurer is responsible for the fiduciary side of the Taekwondo Club. All income and expenditures related to the club must be processed through the treasurer. The treasurer is the only other club member who is authorized to sign paperwork for the club for any reason.

#### *Secretary*

The club secretary is responsible for assisting the president and treasurer by doing tasks that require club signer clearance but that aren't related to tournaments other than UVM. This includes gear order, overseeing supporting club officer roles, and assisting with the UVM tournament by setting up the catering, judge gifts and helping with organizing.

#### *Tournament Coordinator*

The tournament coordinator is responsible for handling the little details involved in tournament planning so that the club signers don't have to. They are in charge of making room assignments, itineraries, packing lists, and keeping things running smoothly while on the road.

#### *Social Media Coordinator*

The social media coordinator helps with promoting the club. This includes tasks such as maintaining and organizing social media platforms like Facebook and Instagram, while also promoting the club and events to the rest of campus. They also communicate with UVM Bored about events, help design posters when necessary, and assist in the overall promotion of the club.

#### *Social Events Coordinator*

The event coordinator helps plan monthly events (at least one event each month) for team bonding. This includes organizing rides, hosts, food, and anything else necessary for the event. In the past, the club has done hikes, Get Air trips, game/movie nights etc.

### *Fundraising Coordinator*

The fundraising coordinator helps with running fundraising for the club. They plan at least two fundraisers per semester, such as holding a boba night or a board breaking fundraiser. This includes organizing rides, hosts, food, and anything else necessary for the event.

### *Faculty Club Advisor*

The club advisor is responsible for advising the president and treasurer in relation to the University policies, as well as duties and expectations of their roles. The club advisor serves as a permanent link between the club and the University. Decision-making is done by the executive officers, except in situations where the decision is contrary to University policy. Master Instructors may also serve in an advisory capacity to the Executive Committee regarding the duties and expectations of their roles as needed. The club advisor is currently Dr. Adam Shafritz.

## **Instructional Staff:**

### *Chief Instructor/ Head Coach*

The role of the chief instructor is to provide quality Taekwondo training and official Taekwondo rank recognition for the club. The chief instructor certifies all class instructors, and is responsible for all aspects of Taekwondo / Martial Arts training activities.

## **Grandmaster Ernest Hart**

Grandmaster Hart is the Chief Instructor/Head Coach for UVM Taekwondo. In addition, he works full time as a Consulting Teacher (Special Educator). He started his Taekwondo journey at UVM back in 1991 and has been with the club ever since. He currently holds a 7th degree black belt from Kukkiwon—World Taekwondo Headquarters—and is a certified Master Instructor. Grandmaster Hart also holds national level coaching and referee certification. Taekwondo is about helping people grow and to achieve their potential, whether it be in competition, in training, or in general. He continues to train and learn regularly, including attending the Kukkiwon Master Instructor Course and the International Hapkido Summit in 2022.

### *Instructors*

The instructors are black belt level persons certified by the chief instructor to teach Taekwondo. These instructors may be current students, alumni, or special guests under the direct supervision of the chief instructor.

## **Master Rachel Czar**

Master Rachel Czar is a 5th Degree Black Belt. She started Taekwondo in 2001 and joined UVM Taekwondo in 2013. She started teaching in 2014 and also obtained her National Referee Certification that year. In 2022, she completed the Kukkiwon International Master's course and was awarded 3rd Class International Taekwondo Master.

## **Master Jaime Schulte**



Master Jaime Schulte is a volunteer Assistant Coach/Instructor for UVM Taekwondo and has been connected with the club since the fall of 1994, when he started as a white belt and a sophomore. He now has a 5th degree black belt from the Kukkiwon. In 2010, he became an internationally certified referee and has since officiated many competitions globally. In 2019, he was one of seven Taekwondo referees representing the United States in the referee selection process for the 2020 Olympic Games. He has been Referee Chair of the Eastern Collegiate Taekwondo Conference since 2009 and a Director since 2010. Master Schulte has also been Referee Vice Chair or Co-Chair of the National Collegiate Taekwondo Association since 2017. He believes that the best Taekwondo experiences are found in the collegiate realm and continues to appreciate what it has done for him and so many others.

## **Master John Schmidt**

Master Schmidt started his Taekwondo career in 2006 under the guidance of Master Matthew Winters at Gentle Dragon Taekwondo in Montpelier, VT. In 2011, as a freshman at UVM, he joined the Taekwondo club where he continued to hone his skills. He has been an instructor with the club since his senior year, sharing his knowledge and passion for the sport with others. In 2017, Master Schmidt attained master rank under Grandmaster Hart and began refereeing at ECTC tournaments.

## **Ms. Natalie Tolley**

Ms. Tolley is a 3rd Dan black belt. She first started doing Taekwondo in 2005, and joined the UVM Taekwondo club in 2016. She served as the club's Social Media Coordinator in 2019-2020 and started teaching for the club in 2021. In the fall of 2022, she was promoted to 3rd Dan.



## **Ms. Katy Czar**

Ms. Czar started as a white belt at UVM Taekwondo in 2015, and has remained an active member since. She was elected treasurer of the club in 2017 and became President the following year. In 2017, she also won bronze at NCTA in sparring. In 2018, she was promoted to 1st Dan and began teaching the following year. In 2020 she was promoted to 2nd Dan and received her referee certification in both sparring and poomsae. In 2024, she was promoted to 3rd Dan.

### *Assistant Instructors*

## **Ms. Olivia Peterson**

Ms. Olivia Peterson first started taekwondo in 2007 at Blue Wave Taekwondo under Master Stephen Hopkins and Grandmaster Blais in Hanover, NH. She took a break from taekwondo from 2013-2020 and started back up again as a freshman at UVM. She was elected treasurer in 2022 and became president in 2023. In 2023, she was promoted to 1st Dan, and obtained her referee certification from AAU in 2024.

## **Mr. Logan Mohn**

Mr Mohn started practicing Taekwondo as a white belt in 2021. He held roles in club leadership as Treasurer in 2023/2024 and President from 2024/2025. After receiving his black belt at the end of the summer of 2024, Mr Mohn continues to support UVM taekwondo as an assistant instructor and referee at tournaments.

## **Taekwondo History/Facts/Information**

### **A brief history of Taekwondo:**

Taekwondo is a Korean unarmed martial art and currently one of the most widely practiced in the world. The Kukkiwon World Taekwondo Headquarters has registered 20 million black belt holders since its founding in 1972. However, the roots of Taekwondo can be traced back to post World War II in the modern era. There are a great many connections with older martial arts styles in Korea but these connections are not clearly defined. Taekwondo is not only kicking and punching, but also a way of living. Taekwondo is an international sport with many different competitions including a World Championship for Taekwondo forms. Taekwondo sparring is an Olympic sport with full medal status.

### **A brief history of the UVM Taekwondo Club:**

- 1987 – Living and Learning Taekwondo program started by J.T Shields
- 1990 – Taekwondo Club recognized by Student Government Association (SGA)
- 1994 – First UVM Taekwondo promotion to Master Instructor (Master J.T Shields)
- 1996 – Mr. Ernest Hart takes over as Chief Instructor
- 2000 - Mr. Hart promoted to Master Instructor
- 2004 – Living Learning Taekwondo program ends
- 2007 – Master Hart earns silver at the US National Championships in poomsae  
Mr. Schulte promoted to Master Instructor
- 2008 – Master Hart promoted to Senior Master Instructor
- 2010 – UVM Taekwondo celebrates 20<sup>th</sup> anniversary. Major curriculum changes occur,  
including adoption of the Kukkiwon standard at all rank levels  
Master Schulte promoted to International Referee

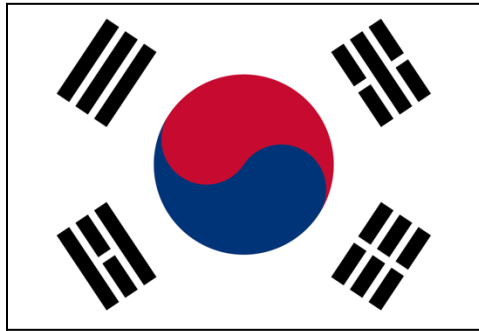
## The Multiple Components of UVM Taekwondo

### **The Flags:**

We hang the flags in the dojang out of respect for the country where Taekwondo originated and to show respect to the country that we live in. The flags are hung so that when we stand between the flags facing the class, the U.S. flag is on our right, and the Korean flag is on our left. Pursuant to U.S. flag code, the U.S. flag should be hung in a position of superiority (higher and/or to the right) whenever it is displayed. To hang the flags in the vertical position, the Korean flag is simply turned 90 degrees clockwise. The U.S. flag is hung so that the stars remain in the upper left hand corner.

### **Symbolism of the flags:**

The Korean flag (Taegukgi) consists of a white background with a red/blue circle in the center and 4 trigrams in black on the corners.



The circle represents the concepts of Um and Yang and is called Taeguk. Um and Yang are similar to the Chinese concepts of Yin and Yang. These are opposites, such as light/dark, fire/water, and others, but also represent two sides of the same thing. The trigrams, moving clockwise from the upper left are: Heaven, Water, Earth, and Fire.

The U.S. flag consists of a blue background with 50 stars in the upper left hand corner and 13 stripes for the remainder of the flag. The 50 stars represent the 50 states, and the 13 stripes represent the 13 original colonies. The colors red, white, and blue also have significance. Red symbolizes courage, and the blood shed for freedom. White represents purity. Blue represents liberty and justice.



The flags should be treated with proper respect when putting them up and taking them down. At no time should the flag be allowed to make contact with the ground and the U.S flag should be folded properly.

### **Taekwondo Belt System:**

*White Belt* – Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo

*Yellow Belt* – Signifies the Earth from which a plant sprouts and takes root as the Taekwondo foundation is being laid

*Green Belt* – Signifies the plant's growth as the Taekwondo skills begin to develop

*Blue Belt* – Signifies the Heaven, toward which the plant matures into a towering tree as training in Taekwondo

*Red Belt* – Signifies danger, cautioning the student to exercise control and warning the opponent to stay away

*Black Belt* – Signifies the opposite of white, therefore, signifying the maturity and proficiency in Taekwondo

### **Taekwondo Poomsae:**

Poomsae (forms/patterns) are an important part of Taekwondo practice. Forms demonstrate timing, balance, rhythm, and precision of technique. Poomsae practice and competition, while strenuous, does not carry the same level of injury potential as sparring. For the competitor, there are poomsae competitions up to the World Championship level. For those not interested in sparring competition, poomsae practice provides an opportunity for challenge and success measured by a concrete standard.

The UVM Taekwondo Club currently practices the Taeguk series of forms, though instructors have been trained in ITF as well. Taeguk forms are what we use in the majority of the competitions that we attend, and currently is the most standardized form series. We maintain links to the most up-to-date information on poomsae from the highest level sources. In addition, the club has nationally experienced and successful poomsae referees and competitors.

### **Taeguk 1: White – Yellow Belt (10<sup>th</sup>-8<sup>th</sup> Gup)**

#### *Taeguk Il-Jang*

It is pronounced “Tay-guhk Ill-jaahng” and has 18 movements

Represents the symbol of “Keon,” one of the 8 Kwaes (divination signs), which means the “heaven and yang.” As the “Keon” symbolizes the beginning of the creation of all things in the universe, so does Taeguk Il-Jang in the training of Taekwondo.

## **Taegeuk 2: High Yellow Belt (7<sup>th</sup> Gup)**

### *Taegeuk Ee- Jang*

It is pronounced “Tay-guhk ee-jaahng” and has 18 movements

Symbolizes the “Tae,” one of the 8 divination signs, which signifies the inner firmness and the outer softness.

## **Taegeuk 3: Green Belt (6<sup>th</sup> Gup)**

### *Taegeuk Sam – Jang*

It is pronounced “Tay-guhk sahm-jaahng” and has 20 movements

Symbolizes the “Ra,” one of the 8 divination signs, which represents “hot and bright.” This is to encourage the trainees to harbor a sense of justice and ardor for training.

## **Taegeuk 4: High Green Belt (5<sup>th</sup> Gup)**

### *Taegeuk Sa – Jang*

It is pronounced “Tay-guhk sah-jaahng” and has 20 movements.

Symbolizes the “Jin,” one of the 8 divination signs, which represents thunder, meaning great power and dignity.

## **Taegeuk 5: Blue Belt (4<sup>th</sup> Gup)**

### *Taegeuk Oh – Jang*

It is pronounced “Tay-guhk oh-jaahng” and has 20 movements

Symbolizes the “Son,” one of the 8 divination signs, which represents the wind, meaning both might force and calmness according to its strength and weakness.

## **Taegeuk 6: High Blue Belt (3<sup>rd</sup> Gup)**

### *Taegeuk Yook – Jang*

It is pronounced “Tay-guk Yook-jaahng” and has 19 movements

Symbolizes the “Kam,” one of the 8 divination signs, which represents water, meaning incessant flow and softness.

## **Taegeuk 7: Red Belt (2<sup>nd</sup> Gup)**

### *Taegeuk Chil –Jang*

It is pronounced “Tay-guhk Chil-jaahng” and has 25 movements

Symbolizes the “Kan,” one of the 8 divination signs, which represents the mountain, meaning ponder and firmness.

### **Taegeuk 8: High Red Belt (1<sup>st</sup> Gup)**

*Taegeuk Pal –jang*

It is pronounced “Tay-guk Pahl-jaahng” and has 27 movements

Symbolizes the “Kon,” one of the 8 divination signs, which represents “Yin” and Earth, meaning the root and settlement and also the beginning and the end. This is the last of the 8 Taegeuk poomsae, which may enable the trainee to undergo the Dan promotion test.

Source: [http://www.wtf.org/wtf\\_eng/site/about\\_taekwondo/poomsae.html](http://www.wtf.org/wtf_eng/site/about_taekwondo/poomsae.html)

### **Taekwondo Sparring:**

Kyorugi (sparring) is at the core of Taekwondo, and is a main distinction between other martial art styles. It consists of punches to the body as well as kicks to the body and head. In practice and competition sparring, a wide variety of padded safety equipment is worn, with the idea of using a more realistic level of power with strikes.

The UVM Taekwondo Club currently practices the WT style of competition Kyorugi. In class, we operate on a modified rule set, using the concept of “promise sparring.” Partners are allowed to mutually lower the contact threshold to a level commensurate with their experience and comfort level. Under no circumstances are students allowed to spar under full WT adult rules without instructor permission and direct supervision. We maintain links to the most up-to-date information on sparring. In addition, the club has nationally and internationally certified referees and coaches, as well as competitors.

### **Taekwondo Self-Defense:**

At UVM Taekwondo, we teach a variety of concepts and techniques from different martial arts styles for purposes of self-defense, in addition to the methods for avoiding a dangerous situation. This eclectic blend of concepts, methods, and techniques speaks to what we hold as a core belief in effective self-defense.

### **Taekwondo Travel and Competition:**

As you travel for Taekwondo competition, here are a few things to keep in mind:

- First and foremost, this is a University-sponsored activity. Please conduct yourself in a manner that promotes a positive image of the University in the larger community at all times.

- Second, this is a Taekwondo activity. While it is not a practice, the same standards of behavior hold in the competition environment. It's OK to compete hard and get excited, but at the same time be respectful of your teammates, other teams, and the coaches and staff.
- Third, all of the officials are volunteering their time for this event. While there are a number of very experienced referees, for some this is their first time judging. Expect that people will make mistakes. Respond from a place of understanding and kindness. We strive for the best quality event, but it is a learning event for all.
- Last, you may win, and you may lose. You may not get to finish your bracket due to time constraints. It's all good. It's very hard to not get frustrated when things don't work out as planned, especially after putting in lots of hard work. It's hard when you don't perform as you expected. Getting frustrated is OK, but be mindful of how you show that frustration. Instead, celebrate the little successes and let the little challenges and frustrations inspire you for training for the next event.

### **Taekwondo Vocabulary:**

#### White Belt/Yellow Belt (10<sup>th</sup>/7<sup>th</sup> Gup)

| <b>English</b> | <b>Korean</b>    | <b>Korean Pronunciation</b> |
|----------------|------------------|-----------------------------|
| School         | Dojang           | Doe-Jaahng                  |
| Attention      | Charyut          | Cheh-ree-yut                |
| Bow            | Kyung-nae        | Kyung-nae                   |
| Thank you      | Kahm Sa Hamnidah | Kam Sa Hahm Ni Da           |
| One            | Hana             | Ha Na                       |
| Two            | Dul              | Dool                        |
| Three          | Set              | Set                         |
| Four           | Net              | Net                         |
| Five           | Dasot            | Da Sot                      |
| Six            | Yasot            | Yah Sot                     |
| Seven          | Ilgop            | Il Gohp                     |
| Eight          | Yodul            | Yo Duhl                     |
| Nine           | Ahop             | Ah Hope                     |
| Ten            | Yul              | Yuhl                        |
| Low            | Arae             | Ah Ray                      |
| Middle         | Momtong          | Mohm Tong                   |
| High           | Ulgol            | Uhl GUI                     |
| Block          | Makki            | Mahk Kee                    |

|                      |              |                 |
|----------------------|--------------|-----------------|
| Punch                | Jireugi      | jheer-ru-gi     |
| Stance               | Seogi        | Soug-Gee        |
| Front Kick           | Ap Chagi     | Ahp Cha-Gi      |
| Side Kick            | Yop Chagi    | Yohp Cha-Gi     |
| Back Kick            | Dwit Chagi   | Dwi Cha-Gi      |
| Round Kick           | Dollyo Chagi | Dohl yul Cha Gi |
| Jumping              | Tdwimya      | Dwim-Yah        |
| Ready Stance         | Jumbi        | Joon-Bee        |
| Forward/Short Stance | Apseogi      | Ahp-Sou-Gee     |
| Front/Long Stance    | Apkubi       | Ahp-Koo-Bee     |
| Form                 | Poomsae      | Poom-Say        |
| Sparring             | Kyorugi      | Kor-Roo-Gee     |
| Self Defense         | Hosinsool    | Ho-Sin-Sool     |
| At Ease              | Shiot        | She-Oh          |
| Begin                | Shijak       | She-Jahk        |
| Turn                 | Dorah        | Doh-Rah         |
| Yell                 | Kiyap        | KEE-YAP!!       |
| Uniform              | Dobok        | Doh-Bohk        |
| Instructor (1-3 Dan) | Kyosanim     | Kyo-Sa-Nim      |
| Master (4-6 Dan)     | Sabumnim     | Sah-Bu-Nim      |
| Senior/Chief Master  | Chungsanim   | Chung-Sah-Nim   |
| Grandmaster (7-9)    | Kwanjangnim  | Kwan-Jaah-Nim   |

### Green Belt and Above

|                   |                           |                                     |
|-------------------|---------------------------|-------------------------------------|
| Hook Kick         | Gulgi Chagi               | Gul-Gi Cha-Gi                       |
| Spinning          | Dolmyo                    | Dohlm-Yo                            |
| Reverse Hook      | Bandae Gulgi              | Bahn-Day Gul-Gi                     |
| Crescent Kick     | Bandal Chagi              | Ban-Dahl Cha-Gi                     |
| Downward/Axe Kick | Naeryo Chagi              | Nayr-Yo Cha-Gi                      |
| Flying Kick       | Nalla Chagi               | Nahl-Lah Cha-Gi                     |
| Scissor Kick      | Kawi Chagi                | Ka-wee Cha-Gi                       |
| Vertical Kick     | Sewo Chagi                | See-Wo Cha-Gi                       |
| Double Kick       | Ee-Jung Chagi             | Ee-Jaahng Cha-Gi                    |
| Consecutive Kick  | Yungseuk Chagi            | Yung-sook Cha-Gi                    |
| Combination Kick  | Honhap Chagi              | Hon-Hap Cha-Gi                      |
| Left              | Wen                       | Wen                                 |
| Right             | Oreun                     | Oh-Reun                             |
| Cat Stance        | Beom Seogi                | Bohm Sou-Gee                        |
| Spear Hand        | Pyonsonkeut Sewo Tzireugi | Pyon-Son-Kut See-Wo<br>Tseer-Reu-Gi |

|                   |                 |                    |
|-------------------|-----------------|--------------------|
| Elbow Strike      | Palkup Chigi    | Pal-Kup Chi-Gi     |
| Knee Strike       | Mureup Chigi    | Moo-Reup Chi-Gi    |
| Back Fist         | Deungjumeok     | Deung Joo Meok     |
| Double Knife Hand | Sonnal          | Saw Nal            |
| Single Knife Hand | Hanssonal       | Han Saw Nal        |
| Ridge Hand        | Hanssonal Chigi | Han Sohn Nal Chigi |
| Fist              | Jumeok          | Joo Meok           |
| Spreading Block   | Hecho Makki     | Hech-o Mahk-Kee    |

### Sparring

|                    |         |               |
|--------------------|---------|---------------|
| Blue               | Chung   | Chung         |
| Red                | Hong    | Hong          |
| Break              | Kalyeo  | Kal-Yoh       |
| Stop               | Keuman  | Koh-Mahn      |
| Resume             | Kyesok  | Kay-Sook      |
| Stop Clock         | Shigan  | She-Gaan      |
| Full-Point Penalty | Gamjeom | Gam-Jaam      |
| Medical Time Out   | Kye-shi | Kay-shee      |
| (Color) Wins       | Seung   | (Color) Seung |