



Crivitz Youth Inc. Martial Arts Program

What is Taekwondo?

Taekwondo is a modern Korean martial art influenced by ancient self-defense practices. The name Taekwondo literally translates from Korean to “*the way of the hand and foot*” in English. It is the most popular style of martial arts practiced in the US and is even an Olympic sport. Most people that see any martial arts will refer to it as Karate, but most likely what they are seeing is Taekwondo because of its vast popularity. There are hundreds of different styles of martial arts such as Karate, Kung Fu, Jui-Jitsu, Krav Maga, etc. These are all just different styles of martial arts, mostly derived from different regions and countries.

Taekwondo tends to focus more on the use of the legs, which are a much more powerful and longer weapon than the arms (which is the focus of Karate.)

What is taught in class?

We practice traditional Taekwondo, and class will vary from week to week giving a unique and fresh feel, although we continue to practice many moves and techniques over and over, so that they come quickly and naturally in a self-defense situation. A typical class consists of warming up and stretch time, practicing hand and foot techniques, working on forms (a pattern of specific moves practiced against an imaginary opponent), self-defense, one-step sparring, and usually ending class with either a cool down stretch or focusing on any area that specifically needs more work.

What can I expect to learn?

Taekwondo will teach the student discipline of mind and body. Benefits from the class will be core strength, stronger legs and arms, gaining balance, flexibility, confidence and staying calm in a self-defense situation. Also, how to react to difficult scenarios, evasive and offensive maneuvers, strict focus and most of all fun in an encouraging environment.

Rank and Testing:

Most martial arts have some form of ranking. Taekwondo uses a belt system to promote ranks. They are white, yellow, green, blue, red and black belts. There is a rank in between each belt level called a “stripe” that also has a test. A new student with no knowledge will start as a white belt and with time, effort, focus and skill can advance to black belt and beyond. Testing will happen outside of class at a pre-determined time once an instructor has deemed that the student is ready and able to perform all necessary curriculum. They are usually in 2 to 4 month intervals. A black belt rank will take at least 4 years to achieve.

Details:

Participants are responsible for acquiring their own uniforms:

- Pants and a white belt will cost around \$40 with tax and shipping. A good resource is centurymartialarts.com, but there are options available on Amazon as well. All other colored belts will be purchased through CYI as part of the testing fee.
- T-shirts with the CYI Martial Arts logo can be ordered at the CYCC front desk for \$20.00/shirt. CYCC needs a minimum of 12 shirts to place an order.