

Kentucky Taekwon-Do Club



2024 10th Gup

Requirements

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10th Gup Requirements

There are no requirements for 10th gup. This is the starting place for all newcomers. So welcome to Kentucky Global Taekwondo and I look forward to our journey together. In this booklet you will find a short bio of me and general information. Please email me or ask directly any questions you may have. Uniforms are not mandatory until your 3rd month with us.

Master Instructor

Kenneth Robert Farrell

I received my first degree black belt in Moo-do-kwan 1985.

My second degree was in World Taekwon-Do 1986. My Instructors name was John Sung Woo Downing.

I began training in International Taekwon-Do, January 1987. ITF 3rd Dan March, 1989

I obtained a 4th Dan in 1993 from the ITF.

I started teaching as an assistant instructor for the Cape May, New Jersey Recreation Department in 1983.

Total years teaching in N.J. in the towns of Cape May and Rio Grande would be 18 years.

An additional 9 years teaching at the Clayton Taekwon-do Club. In Clayton N.C.

Teaching in Pilot View Kentucky since February 2021.
Became a member of GTF January 2018.

Ken Farrell

ITF 4th Dan April 19th, 1993

USTC 5th Dan August 3rd, 1998

USTC 6th Dan December 5th, 2005

USTC 7th Dan September 14th, 2012

GTF 6th Dan April 4th, 2018

Bible and Not

"Do unto others as you would have them do unto you"

- Love is patient and kind;
- love does not envy or boast;
- It is not arrogant or rude.
- It does not insist on its own way;
(Narcissist) - They need and seek too much attention
And want people to admire them.
- It is not irritable or resentful; (life can be cruel; get on with it)
- It does not rejoice at wrongdoing,
(Sadistic) – seeks pleasure and enjoys the destruction
of other people through physical or verbal abuse.
- But rejoices with the truth. (Honest Speech)
- Have a vision. Set short term goals to achieve the vision.
- Life is a journey. Make it happen. Enjoy the ride.
- Never be satisfied with who you are now, but aim higher and
become more than you are today.
- And let him who has no sword sell his robe and buy one.
- The meek shall inherit the earth. (Be a weapon and don't be afraid.
Network with like minded people).
- God does not want us to be shy, weak, and agreeable, but
"Warriors" bridled with the authority of Love, sensibility, wise
discretion, and good judgment.

Pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements. It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, a pattern can be compared with a unit tactic or a word, if fundamental movement is an individual soldier's training or alphabet. Accordingly, pattern, the ledger of every movement, is a series of sparring, power, feats and characteristic beauty. Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

- Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.
- Correct posture and facing must be maintained at all times.
- Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
- The exercise should be performed in a rhythmic movement with an absence of stiffness.
- Movement should be accelerated or decelerated accordingly.
- Each pattern should be perfected before moving to the next.
- Students should know the purpose of each movement.
- Students should perform each movement with realism.
- Attack and defense techniques should be equally distributed among right and left hands and feet.

Student / Instructor Relationship Rules

Student: (Jeja)

- Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.
- A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the do jang. An instructor can afford to lose this type of student.
- Always set a good example for lower ranking students. It is only natural they will attempt to emulate senior students.
- Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods.
- If an instructor teaches a technique, practice it and attempt to utilize it.
- Remember that a student's conduct outside the do jang reflects on the art and instructor.
- If a student adopts a technique from another do jang and the instructor disapproves of it the student must discard it immediately or train at the gym where the technique was learned.
- Never be disrespectful to the instructor. Though a student is allowed to disagree with the instructor, the student must first follow the instruction and then discuss the matter later.
- A student must always be eager to learn and ask questions.
- Never betray the Instructor.

A Students Character

Gratitude – It's when you feel thankful for the good things in your life. This could be often take for granted, like having a place to live, food, clean water, friends, and family. Gratitude is taking a moment to reflect on how lucky you are when something good happens, whether it's small or big.

Humility - is an appreciation of oneself, one's talents, skills, and virtues. It is not meekness or to think lowly of oneself, but to appreciate others' worth as important.

Respect - a formal expression or gesture of greeting, esteem, or friendship. To show regard or consideration for someone or something that is good, valuable, important, etc. It is earned, gained or won.

Discipline – The ability to keep working at something that is difficult, that is done regularly as a way of training yourself to do something or to improve your behavior.

Attitude - a relatively enduring and general evaluation of an object, person, group, issue, or concept evaluations of target objects and are often assumed to be derived from specific beliefs, emotions, and past behaviors associated with those objects.

Gichin Funakoshi: November 10, 1868 – April 26, 1957) was the founder of Shotokan karate-do, perhaps the most widely known style of karate, and is known as a "father of modern karate" and General Choi Hong Hi's Instructor.

The **General said** that "serious students of Taekwon-Do should be the eternal **teacher** who **teaches** with the body when young, with words when **old**".

Do-jang Regulations

- Smoking is prohibited.
- Refrain from vulgarity and idle chatter.
- Alcoholic beverages, soft drinks or food is not allowed in the do-jang.
- Wearing shoes on Do-jang floor is prohibited.
- No one is allowed to teach without the instructor's permission.
- No one is allowed to leave class without the instructor's permission.
- Official do-bok must be worn during test, competitions and any class deemed necessary.
- Bow upon entering and exiting the do-jang.
- Bow to the instructor at a proper distance.
- Bow to the instructor before and after training.
- Recite the student oath.
- Recite the tenets of Taekwon-Do.
- Feet must be clean before stepping onto do-jang floor.

Uniform and appearance regulations

- Students are required to wear t-shirts.
- T-shirts must be tucked under do-bak pants.
- Do-bak must have all Federation logo's sewed on.
- Uniform must be hemmed.
- Folding selves is not acceptable.
- Do not cut belt.
- Do not dye uniform and belt.
- Student shall not alter their uniform once given to them by their Instructor in any fashion.
- All students must present themselves to the instructor for uniform inspection.
- Do not wear a dirty uniform to class.
- Belt rank can only be worn with uniform.
- No jewelry of any kind is to be worn during class. i.e. watches, necklaces, bracelets, etc...
- Keep finger and toe nails cut.
- Keep your hair out of your eyes.

Student Oath:

- 1) I shall observe the tenets of Taekwon-Do.
- 2) I shall respect the instructor and seniors.
- 3) I shall never misuse Taekwon-Do.
- 4) I shall be a champion of freedom and justice.
- 5) I shall build a more peaceful world.

Tenets:

Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit

