

# **J PARK TAE KWON DO** **&** **OMEGA MMA**



## **BLACK BELT MANUAL**

MASTER HOON PARK

MASTER TOMMY CARPENTER

EDITED BY HUY NGUYEN

***“A Black Belt is a White Belt Who Never Gave Up”***

## **TABLE OF CONTENTS**

<b>GENERAL KNOWLEDGE</b>	
THE FIVE TENETS OF TAEKWONDO	PAGE 2
STUDENT ETIQUETTE	PAGE 2
STUDENT CREED	PAGE 3
HISTORY OF TAEKWONDO	PAGE 4
MEANING OF TAEKWONDO	PAGE 4
HISTORY OF GRANDMASTER J PARK	PAGE 5 / 6
<b>TESTING REQUIREMENT</b>	
FORM REQUIREMENT	PAGE 7
BOXING REQUIREMENT	PAGE 7
KICKING REQUIREMENT	PAGE 8
CARDIO REQUIREMENT	PAGE 8
BOARD BREAK REQUIREMENT	PAGE 9
SPARRING / GRAPPLING REQUIREMENT	PAGE 9
PHILOSOPHY REQUIREMENT	PAGE 9
PRE-EVALUATION SHEET	PAGE 10

## THE FIVE TENETS OF TAEKWONDO

Following recitation of the tenets, students then recite the student oath, as follows:

- Observe the tenets of Taekwondo.
- Respect instructors and seniors.
- Never misuse Taekwondo.
- Be a champion of freedom and justice.
- Help to build a more peaceful world.

The tenets of Taekwon-Do are:

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

*Knowledge for my mind. Honesty in my heart. Strength for my body.*

## STUDENT ETIQUETTE

Uniforms should be clean and your belt should be worn at all times. Belts must be tied in a square knot round side up. Students must bow when entering the Do Jang to show respect to other students, the instructor, and the flag. Students should not leave the Do Jang without permission of the instructor. No unsportsmanlike conduct will be permitted. Always face opposite from the instructor and the flag when adjusting your uniform. All Sparring must be controlled.

## STUDENT CREED

I will develop myself in a positive manner and avoid anything that will reduce my mental growth and my physical health.

I will develop self-discipline in order to bring out the best in myself and others.

I will use common sense before self-defense, and never be abuse of offensive.

WE ARE BLACK BELT SCHOOL! WE ARE MOTIVATED! WE ARE DEDICATED! WE ARE ON A QUEST TO BE OUR BEST!

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QUESTION: HOW MUCH TIME DOES IT TAKE THE AVERAGE PERSON TO EARN A BLACKBELT?

ANSWER: THE AVERAGE PERSON DOES NOT EARN A BLACKBELT

## A BRIEF HISTORY OF TAE KWON DO

Taekwondo has been developing with the 5000-year long history of Korea, being called by several different names in the course. In Korea, Taekwondo began as a defense martial art called "Subak" or "Taekkyon" and developed as a way of training the body and mind in the ancient kingdom of Koguryo, under the name of "Sunbae." In the Shilla period, it had become the backbone of Hwarangdo that aimed at producing leaders of the country.

In 1945, Korea became liberated from Japan and Tae Kwon Do became popular again. In 1945, Tae Kwon Do was introduced to the United States. The first world Tae Kwon Do championship was in Seoul, Korea, in 1973. Tae Kwon Do is an Olympic Medal sport in Sydney, Australia in the year 2000

## WHAT IS TAE KWON DO?

Let's take a closer look at the meaning of the word "Tae" "Kwon" "Do." It is composed of three parts as shown in the English spelling, though it is one word in Korean. "Tae" means "foot," "leg," or "to step on"; "Kwon" means "fist," or "fight"; and "Do" means the "way" or "discipline." If we put these three parts together, we can see two important concepts behind "Tae Kwon Do".

First, Taekwondo is the right way of using Tae and Kwon 'fists and feet,' or all the parts of the body that are represented by fists and feet. Second, it is a way to control or calm down fights and keep the peace. This concept comes from the meaning of Tae Kwon 'to put fists under control' [or 'to step on fists']. Thus Taekwondo means "the right way of using all parts of the body to stop fights and help to build a better and more peaceful world."

# Grand Master Jung Hwan Park

## THE PAST AND GRAND ACHIEVEMENT

Grand Master Park competed in the first National TaeKwonDo Championship competition ever held in Korea and arose as Champion of the Kyung-Pook Providence. In 1965 he was appointed Captain of the Korean National Team to compete against the champion Japanese team in Daegu City. During this period he also earned a black belt in Judo .

In 1966, while at Kyung-Pook University in Daegu City, he was awarded a Doctor of Veterinary Medicine. During this same time he joined the Korean Army as a lieutenant (ROTC).

## SOLDIER OF WAR

He was assigned as Tae Kwon Do instructor to the South Vietnamese Army in 1967. While serving in South Vietnam he was captured and became a prisoner of war of the Vietcong. However, young Lieutenant Park seized an opportunity to utilize his skills in TaeKwonDo and HapKiDo and managed to escape.

Upon returning home to Korea in 1969 Master Park was recognized as a National War Hero. He later published an autobiographical account of his Vietnam experiences entitled "Though the Jungle of Death".

## GRAND MASTER OF MARTIAL ARTS

Dr. Park began HapKiDo training in 1958. This training included three years of private lessons from the late Grand Master Yong-Sool Choi, the founder of modern HapKiDo. In 1970 he earned the sixth degree black belt. Eight years later he was awarded the seventh degree black belt from Grand Master Choi.

In 1972 Grand Master Yong-Sool Choi personally gave Dr. Park his blessing and official authorization to build a HapKiDo organization in America. Upon his arrival in the United States Dr. Park opened a school in New York City. Which he subsequently relocated to Florida.

The prestigious 9th degree black belt in Tae Kwon Do, which includes the title of Grand Master, was awarded to Dr. Park in 1995 by the world TaeKwonDo Federation (Kukkiwon).

In 1985 he founded the United States HapKiDo Association and World Traditional HapKiDo Federation. A year later he published a book entitled Traditional Tae Kwon Do with text and photographic instruction of this martial art, from white through blue belts. He later produced a series of instructional videotapes on HapKiDo.

## THE PRESENT

Presently Grand Master Park resides on the West Coast of Florida and presides over his schools, teaching his skills and knowledge to a wide variety of age groups. He frequently travels to branch schools located in Massachusetts, Maine, Connecticut, New York, South Carolina, Alaska, Florida and Puerto Rico conducting demonstrations and lending his expertise to much sought after seminars.

## TESTING REQUIREMENT

### POOMSAE(FORM) REQUIREMENT

<i>Form</i>
Beginner Taekwondo Form - Kibon 1
WT Taekwondo Form 2 - Taegeuk Ee Jang
WT Taekwondo Form 3 - Taegeuk SAM Jang
WT Taekwondo Form 4 - Taegeuk SA Jang
WT Taekwondo Form 5 - Taegeuk OH Jang
WT Taekwondo Form 6 - Taegeuk YUK Jang
WT Taekwondo Form 7 - Taegeuk Chil Jang
WT Taekwondo Form 8 - Taegeuk Pal Jang
J PARK Traditional Form - Ba Sai (Pal-Sek)
WT Taekwondo Black Belt Form 1 KORYO
WT Taekwondo Black Belt Form 2 - KEUMGANG
WT Taekwondo Black Belt Form 3 - TAEBAEK

### BOXING REQUIREMENT

Testers are required to understand and execute all boxing level from white belt to red belt.



## KICKING REQUIREMENT

<b>Beginner Level Kicking</b>				
Front	RoundHouse	Crescent	Sweep	Skip Hook
Jump Front	Roundhouse x2	Crescent > Sweep air	Sweep 2x air	Skip Hook > Roundhouse x2
Jump Front (switch)	Reverse Step Roundhouse	Reverse Step Crescent	Sweep (switch)	Spin Hook (basic)
Jump Front (switch)	Spin Roundhouse	Spin Crescent	Sweep > Spinning Sweep	Spin Hook
<b>Advance Level Kicking</b>				
Jump Front (switch)	Spin Roundhouse (switch)	Spin Crescent (switch)	Spin Crescent > switch > Spin Hook	Spin Hook (switch)
Advance Level Kick with forward movements.				
More Advance Combos:	Roundhouse > Spin Round House > Spin Hook		Flying Sidekick	
	Spin Roundhouse > switch > spin crescent		Spin Roundhouse > Spin Sweep	
Super Jump Front	540 Roundhouse			360 Spin Hook

## CARDIO REQUIREMENT

Testers must be able to perform under intense physical challenge to show perseverance and maintain an indomitable spirit.

## BOARD BREAK REQUIREMENT

Tester must be able to demonstrate technique, power, control, and accuracy - with the following condition:

- Hand strike technique
- Speed break technique
- Flying / Jumping technique
- Spinning technique
- Expert level technique

## SPARRING / GRAPPLING REQUIREMENT

Tester must be able to medium-contact spar with against one or multiple opponents. Test must be able to demonstrate the ability to stay calm and maintain control under pressure.

## PHILOSOPHY REQUIREMENT

Testers must understand the meaning and purpose of Taekwondo.  
Testers must understand the purpose of Taekwondo Blackbelt.  
Testers are required to perform a Blackbelt speech at testing.  
( 1 page (minimum) essay must be turned in prior to test day)

## PRE-EVALUATION REQUIREMENT

In order to be tested, applicants must pass an pre-evaluation provided by the instructor. (PAGE 10)

# PRE-EVALUATION SHEET

APPLICANT (FULL NAME): \_\_\_\_\_  
 BELT LEVEL: \_\_\_\_\_ AGE: \_\_\_\_\_  
 OVERALL TIME OF TRAINING (CURRENT BELT): \_\_\_\_\_

----- INSTRUCTOR ONLY -----

Instructor's name: \_\_\_\_\_  
 Date of evaluation: \_\_\_\_\_

REQUIREMENT	CHECK ONE		Comment
	Satisfactory	Unsatisfactory	
Form (Poomsae)	Satisfactory	Unsatisfactory	
Kicking Techniques	Satisfactory	Unsatisfactory	
Boxing Techniques	Satisfactory	Unsatisfactory	
Board Break Techniques	Satisfactory	Unsatisfactory	
Sparring Skill	Satisfactory	Unsatisfactory	
Training time	Satisfactory	Unsatisfactory	
Philosophy Understanding	Satisfactory	Unsatisfactory	

Instructor's signature: \_\_\_\_\_

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