



American Black Belt Academy



208 State Street, Oshkosh, Wi. 54901

Phone: 920-232-9700

Type of Martial Art:

Tae Kwon Do

Your Instructor's names:

Mrs. Sandra Swartwood

Appropriate Uniform:

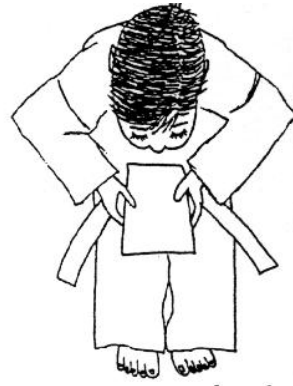
White Uniform with Tiger patch on chest.

Giving and receiving manner:

Always give and receive with both hands
While showing respect and appreciation.

Presentation at the Exam:

Walk up to the table with confidence,
Introduce yourself properly and hand in
Your exam sheets



Prope introduction:

**Make eye contact, say your name and
make**

Appropriate physical contact (shake hand,
high five, etc.). Always repeat their name
back and say: It's a pleasure to meet you.





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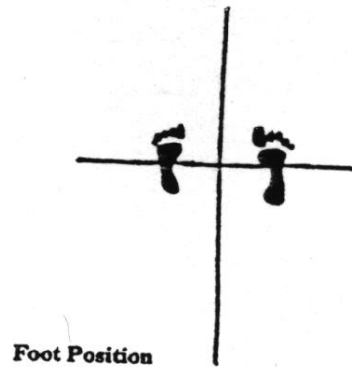


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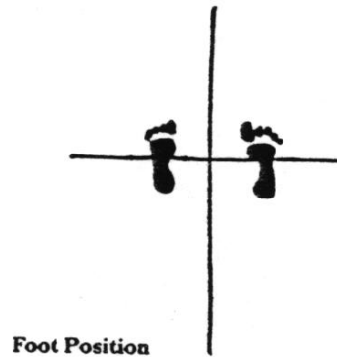
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Basic Positions

1). Ready Position (Joon Bee)



2) At Ease Position





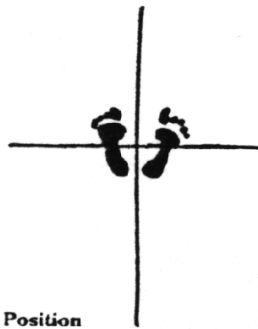
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3) *Attention position*



Foot Position



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Basic Positions

(continued)

4). Bow

*To show respect to teachers, elders and parents.
Bowing is the outward expression of this respect.*

- 1) *Feet together*
- 2) *Arms at your side*
- 3) *Bow at your waist*
- 4) *Keep you head down and your eyes toward the floor*

You do not look at the person you are bowing

*to because it is disrespectful.
Not looking at them shows the person
that you trust them.*

When to bow:

- 1) *Upon entering and leaving the training area.*
- 2) *Upon first seeing the Master Instructor*
- 3) *When beginning a workout with another student*
- 4) *To all the Black Belt instructors*
- 5) *To the display of flags at the beginning and end of class.*



Foot Position



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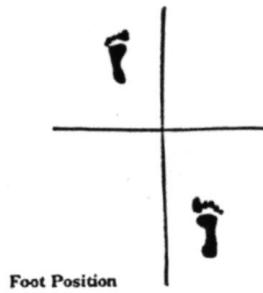


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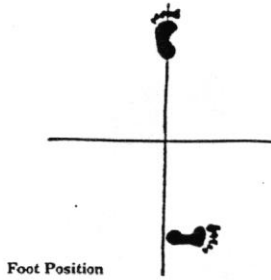
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Basic Stances

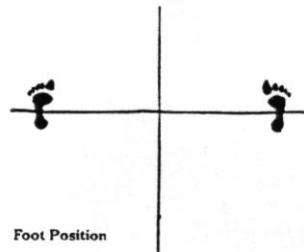
1) *Front Stance*



2) *Back Stance*



3) *Horse Stance*





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4) *Guarding Stance*

