



*The ORIGINAL Since 1973*

# Martial Arts & Fitness



**Welcome to the Family!**

## **Adult Information Packet and Training Manual**



Dragon Gym Martial Arts & Fitness – 267 S. Whitford Rd., Exton, PA – 610-363-7575

[www.dragongym.com](http://www.dragongym.com)



Dear Student,

Congratulations and welcome to the Dragon Gym Family!

Founded in Exton over 40 years ago, Grand Master Goh opened Dragon Gym with little more than a vision and a burning desire to bring the Martial Arts lifestyle to the western world. We are now one of the oldest and largest schools in America. The school is currently owned and operated by Lawrence Beck, Chris Taylor and myself. We have training together in Traditional Martial Arts since childhood and have now dedicated ourselves to serving the community by spreading the benefits of martial arts in this modern era.

Most frequently I find students come to our Dojang for the development of physical fitness, self-discipline, and self defense skills for which Martial Arts are well known. Allow me to summarize nature of our program.

Our students learn the process of goal construction, how to create and attain achievable, valuable goals. Our methodical and interesting approach cultivates an overall mindset of goal orientation and provides an evenness of temperament, a unique state of emotional control that is absolutely essential for the attainment of ones greater physical, professional and personal goals.

**Our students *know how to succeed*.** Our philosophy affirms and fosters the values of patience, wisdom, respect, civic mindedness and, most importantly, the primacy of the family. Our students will enjoy a level of health and fitness that will lead to a sound and strong body.

This manual contains background information for our martial arts; however, pay close attention to the first section. It will describe and set you on the path to success during your first couple weeks of training.

Sincerely,

Master Somnath Sikdar

## THE INS AND OUTS OF JUST STARTING OUT

Since you are just starting out here, we would like to make your experience as positive as possible. You have made an investment in yourself, your health, and your future. We want to do everything we can to guide you to success on your journey. When you are beginning, there are a few things that will immediately get you moving in the right direction. We will outline these for you and at the same time help you understand the benefits of participating in martial arts in general.

**First things first:** now that you have taken a step in the right direction, make one, single, simple commitment: SHOW UP. Make a promise to your self to *come to class*. Classes meet six times per week, commit to attending class at least 9 times during the next 6 weeks. This is the most important single element in predicting your future success. *Just show up*. At the beginning, 75% attendance is an excellent target as you integrate martial arts into your life. Consistency is an element of discipline, and discipline is a quality you will find dramatically improved by martial arts and / or fitness training.

**Second:** drink water. I know that this sounds overly simple but you are adding physical activity to your life and your body requires more water to sustain your ability to train and recover. A good general rule of thumb is to bring a bottle of water to class and finish it before you are done training or immediately afterwards. Aside from this being a basic and important component of nutrition, sticking to this rule again contributes to the development of basic discipline. Increasing your intake of clean water is the very first part of a healthy sports diet that will support performance, fat loss, and muscle gain.

**Third,** honestly evaluate your fitness level. If your fitness or body composition are what brought you here, then get specific—find out your exact weight and body fat percentage. If you are interested in re-shaping your body; have an instructor show you some common ways of testing basic strength such as pull-ups. Knowing where you are is going to be vital when you start to set goals. We will go over goal setting and avoiding plateaus.

**Finally,** be sociable. You will find your instructors and fellow students to be polite, friendly, and ready to help. The atmosphere at Dragon Gym is one of the factors experienced students will cite when asked about the benefits of training here. One of the most common questions asked will be about the different classes and it is best to ask those who have trained in them. Interact with as many students as you can, your goals brought you to Dragon Gym, but the friendships you develop will keep you here.

I believe that the few concepts outlined here will ensure that you start out headed in the right direction and experience the benefits of martial arts training. The Dragon Gym has a special atmosphere we want you to enjoy—so come to class regularly, drink your water, make a few friends, and find the class that will help you make positive changes in your mind and body!

Wishing you strength and health,

Somnath Sikdar  
President, Dragon Gym Martial Arts & Fitness

## FIRST, A CONVERSATION ABOUT DIET

You've decided to make the commitment to your physical fitness, mental discipline and the ability to defend yourself; however, a mismanaged diet can sabotage your progress.

While food journals seem like "eating with homework," there is actually a lot more to it. What you put in your body should act as nourishment, medicine and fuel. By writing down what you are consuming, you can track a realistic picture of what to expect from your body.

Years ago people ate whole foods, animal proteins, colorful fruits and veggies and plenty of fiber all from natural food sources. They ate like this because they had to do manual labor during the day and lived off their land to survive. Before you remind me that this is not 100 years ago, let me make my point. Just because our society does not function like it did 100 years ago, does not mean that your mentality on food should change.

Eat when you are hungry. Don't starve yourself; just eat better foods.

Now before you throw this packet on the floor and decide you are not eating "tree bark" just because you started martial arts lessons, let me clarify a few things.

1. You have to choose that eating healthy is much more important than eating foods that fulfill a guilty pleasure. You are not denying yourself; you are choosing something else is more important, YOUR HEALTH!
2. Tracking your food intake allows for you to see what works and what does not. Be faithful to documenting every day.
3. Everyone has a "cheat meal". Do not beat yourself up about it or let yourself get off track. Just course correct and get back to the plan. Try to follow less healthy meals with lots of water, green tea and a walk to limit the effects it has.
4. Stay positive. This is all about you...your health...your success...and creating a sustainable lifestyle. I promise you, when you clean up your diet you will feel fantastic and accelerate your progress.

**On the next two pages, we've laid out an ingredient list and a food-tracking sheet. These are suggestions and guidelines for you to start a healthier approach to eating. Over the next two weeks I want you to use the tracking sheet and write down every thing, every single thing, that you consume. If you can make major changes right away, that's great. If not, that is also good, it will give us a good baseline from which to make changes.**

**Remember, write down everything you eat over the next two weeks. Make copies of the tracking sheet or just use a notebook.**

# "WHAT SHOULD I EAT?"

Actually, the question is more like "Can I eat this..."

Followed by us saying "No" or "It depends".

Here's a basic list of ingredients and guidelines for you to follow.

## **Elimination / Reduction of the following:**

- Dairy
- Nuts
- Alcohol
- Grains

## **What you should eat:**

### **Vegetables - 2 or more servings per meal**

Alfalfa sprouts • Artichokes • Arugula • Asparagus • Bean sprouts • Beets • Bell peppers • Bok choy • Broccoli • Brussels sprouts • Cabbage (red or white) • Carrots • Cauliflower • Celery • Chard • Collard greens • Cucumber • Dandelion greens • Eggplant • Endive • Ginger • Green beans • Green peas • Greens (beet, collard, dandelion, kale, mustard, turnip) • Hot peppers • Jerusalem artichokes • Jicama • Kale • Kohlrabi • Leeks • Lettuce (any) • Malanga • Mushrooms • Okra • Olives • Onions • Parsley • Pimientos • Radicchio • Radishes • Rhubarb • Rustabaga • Salsa • Sauerkraut • Scallions • Snow peas (no sugar) • Spinach • Squash leaves • Stir-fry vegetables (no sauce) • Taro root, 1/4 cup • Tomatoes (fresh) • Tomato paste, 2 tbsp. • Water chestnuts • Watercress • Zucchini

### **Fruit - No More than 2 servings per day**

• Apple • Apricots, 4 medium • Banana • Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup • Cantaloupe • Casaba melon • Cherries, 12 large • Currants, 3 tbsp. • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, 3/4 cup • Grapefruit • Grapes • Guava • Honeydew melon • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon • Lime • Loganberries, 3/4 cup • Loquats • Lychees, 7 • Mandarin orange • Melon balls • Mulberries, 3/4 cup • Nectarine • Orange • Papaya, 1/2 medium • Passion fruit • Peach • Pear • Pineapple, 1/2 cup • Plum • Pomegranate, 1/2 small • Raisins, 2 tbsp. • Sharon fruit • Starfruit • Tangelo • Tangerine

### **Protein - 6-8 Oz per meal for men and 4-6 Oz per meal for women**

• Canned tuna, salmon or sardines (packed in water) • Chicken or turkey (without skin) • Eggs (1-2) • Egg whites (3-4) • Lean veal • To f u • Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.) • Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.) • Veggie or garden burger (grain-free)\* • Whey Powder Protein Shake

Let us know if you have any questions about constructing meal plans with this ingredient list!



**DAILY FOOD INTAKE TRACKING SHEET**

Today's Date: \_\_\_\_\_

Total Sleep from previous night: \_\_\_\_\_

<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>▪ 8oz Room Temp Water w/ Lemon</li> <li>▪ 1 Serving of Fruit</li> <li>▪ 1 Serving of Protein</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ Any other intake:</li> </ul>	<p><b>MID MORNING SNACK</b></p> <ul style="list-style-type: none"> <li>▪ 8oz Water</li> <li>▪ 1 Serving Fruit</li> <li>▪ Protein Shake</li> <li>▪ Any Other Intake</li> </ul>
--	---

Morning Stimulants/Supplements/Vitamins:

\_\_\_\_\_

<p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>▪ 16oz Water</li> <li>▪ 1 Serving of Good Fat</li> <li>▪ 1 Serving of Protein</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ Any other intake:</li> </ul>	<p><b>MID DAY SNACK</b></p> <ul style="list-style-type: none"> <li>▪ 8oz Water</li> <li>▪ 1 Serving Vegetable</li> <li>▪ Protein Shake</li> <li>▪ Any Other Intake</li> </ul>
---	---

Afternoon Stimulants/Supplements/Vitamins:

\_\_\_\_\_

<p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>▪ 16oz Water</li> <li>▪ 1 Serving of Fruit</li> <li>▪ 1 Serving of Protein</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ 1 Serving of Vegetables</li> <li>▪ Any other intake:</li> </ul>	<p><b>LATE NIGHT SNACK</b></p> <ul style="list-style-type: none"> <li>▪ 8oz Water</li> <li>▪ Protein Shake</li> <li>▪ Any Other Intake</li> </ul>
---	---

Evening Stimulants/Supplements/Vitamins:

\_\_\_\_\_

Total Water Intake for the day: \_\_\_\_\_

Comments / Daily Reflection:

Dragon Gym Martial Arts & Fitness – 267 S. Whitford Rd., Exton, PA – 610-363-7575

[www.dragongym.com](http://www.dragongym.com)

# YOUR FIRST 6 WEEKS AS A WHITE BELT

Over the next several weeks you will be learning many new martial arts techniques as well as using muscles you never knew you had. It will be challenging, but trust me, once you get through these first few weeks the momentum and progress will be one of the most rewarding things you've ever done.

In our martial arts system, we have 5 elements or focus areas of training: Form, Flexibility, Falling, Fighting and Strength. The elements are woven into all aspects of the class and you will see how they fit together and build a well rounded martial artist over time. Right now, I want you to focus on the basics and building a good foundation for long-term training.

Take a look at the checklist below and mark off when you have learned a particular technique. Since we have new white belts starting all the time, there is no particular order for these to be learned. They are all basic techniques and can be learned at any time.

If you have any questions, please feel free to ask an instructor or black belt. They will be happy to help.

	<b>Technique</b>	<b>Class #</b>	<b>Date</b>	<b>Check</b>
<b>Stances</b>	Front			
	Back			
	Riding Horse			
	Sparring / Kicking			
<b>Basic Boxing</b>	Jab			
	Cross			
	Hook			
	Upper Cut			
<b>Basic Blocks</b>	High			
	Inside			
	Low			
<b>Basic Kicks</b>	Front			
	Round			
	Side			
	Inside Crescent			
<b>Partner Training</b>	Takedown #1			
	Punch Defense			
	Wrist Grab			
	Double Label Grab			
<b>Form</b>	Poomsae Il Jang			
<b>Misc</b>	Break Falling			
	Tumbling / Rolling			

**When every item is checked off you've learned the required material for orange belt!  
Of course you may still need more practice and refinement.  
Now is the time to talk with an instructor about Belt Testing.**

# SUPPLEMENTAL TRAINING: STRETCHING

Stretching is an important supplement to your martial arts training. It will help you increase your range of motion and make your martial arts techniques more efficient. However, like many things if done incorrectly, stretching can be detrimental. Here are some guidelines and stretching guidelines to keep you on track.

Before classes

- Light warm up: jump rope, jog in place, jumping jacks etc
- Never to any deep or long held static stretches before class / training
- Smoothly go through ranges of motion, hold end point for a few seconds only

Try the following sequence of stretches before class.

After class / training you can do the same sequence, but hold each stretch for 60-90 seconds



# SUPPLEMENTAL TRAINING: KETTLEBELL TRAINING FOR MARTIAL ARTISTS - STRENGTH AND CONDITIONING

## What is the Dragon Gym Kettlebell System?

The Dragon Gym Kettlebell System™ is the elite program created from the influences of Pavel Tsatsouline, Dan John, and most significantly the late Brian Petty. The program has been described as a “system of strength” because it is a comprehensive set of principles, techniques, and applications that accelerate human performance. The Russian Kettlebell is the equipment, but the system is the instruction manual. Without instructions, you’ve got an iron ball with a handle. A kettlebell without an instructor will improve your performance as much as a punching bag without a martial arts instructor would improve your ability to fight.

## Why is kettlebell training ideal for [hard-style martial arts](#)?

Our Kettlebell system is a ‘hard-style’ training method, in the same way that TKD and Hapkido are ‘hard-style’ martial arts. That is, both emphasize using focused muscular tension to generate force. The underlying principles of force generation are similar in both systems, so the kettlebell conditions the body while the training method conditions your nervous system. The combination will improve your physical fitness as well as your ability to control your body. Your instructors and I feel that the addition of the Russian kettlebell to your existing martial arts practice will safeguard your health and accelerate your technical improvement.

Whether the perfect strike or the ideal kettlebell snatch, the ideal technique is the most motor units within a muscle activated the fastest with the maximum synchronicity and the optimum sequence which transfers all possible forces up the line at the point of impact—every bit of force that *all* of the muscles in your body are able to generate *driving against the ground*.

## How is [kettlebell training](#) similar to [martial arts](#) practice?

The goal is perfect technique. The method of achieving this is constant mindfulness during training. Constantly striving to perfect your technique is the first principle—we say that technique is the way in which strength is displayed.

## What Russian Kettlebell principles will enhance your martial arts practice?

- Strength is expressed through technique
- Rooting—better awareness of your connection to the ground (Two Hand Swing, Single Leg RDL)
- Linkage—to sum up forces generated from legs and core (Turkish Get-Up, Snatch)
- Joint compression—balance and injury prevention (Military Press, Single Leg RDL, Windmill, Turkish Get-Up)
- Safe ballistic exercises—including swings, pulls, clean, snatch. Most weight training is slow, unlike the extreme forces generated during a violent encounter. Sports medicine has generally recognized that specificity of training is important so the kettlebell allows unprecedented gains in explosiveness and the ‘sharpness’ or ‘crispness’ of movements.

## What can you expect from consistent kettlebell training?

In a word, STRENGTH.

Recognize that speed, endurance, and even balance are types of strength. Strength means the ability to exert force and does not have anything to do with physical size. Since force is exerted in the world, strength is always exerted through technique. We say that technique is the medium through which strength is displayed. Explosiveness, for example, can be expressed as a reverse punch or a vertical jump or a slap shot.

As you become stronger, what will you notice in your training and daily life? That is, how will your strength manifest itself when there are no weights around?

1. Improved **proprioception**. You will notice that you are more aware of your muscles and joints and how they move; I sometimes refer to this as *internal awareness or internal body control*.
2. Your **balance** will improve. You will pay attention, perhaps for the first time, to the muscles in your feet and how they interface with the ground.
3. You will learn to protect your joints with muscle tension. Consistent kettlebell lifting leads to increased tendon and ligament strength as well as bone density. Users often comment that they feel as if kettlebells have made them more dense and compact. During grappling and joint locking, you will be more resistant to injury and stronger at extreme positions once you are aware of how to compress and strengthen your joints with maximum muscle tension.
4. You will become denser, physically harder, and more **resilient**.
5. You will be harder to move.
6. You will notice an improvement in your ability to tolerate high-intensity exercise such as sparring, wind sprints, high-rep calisthenics, etc. Kettlebells allow you to safely generate what we refer to as 'high-quality fatigue', or breathing so hard that your back teeth hurt. Ultimately this feeling of lactic acid flooding the system to the point of feeling panicked, or even poisoned, is the reality of a physical confrontation. Kettlebells are perfect for martial artists because they condition the hard to measure but vital quality I refer to as '**discomfort tolerance**'.
7. High-rep swings alternated with easy jogging or rope jumping are *the working person's cure for excess body fat*. Quite simply, there **is** a number of kettlebell swings that you can achieve on a regular basis which will dramatically increase your metabolism, stripping any excess body fat you are not still feeding. In my experience, most clients show significant weight loss at 1,000 reps per week, and it becomes dramatic above 250 reps per day. To put this in perspective, 10 sets of 25 reps, while taxing, only last forty seconds per set. This means that the total work time in this 'heinous' schedule is 400 seconds—less than seven minutes. Be honest with yourself about how your body composition affects your health and your martial arts practice, and decide whether you have ten minutes of 'discomfort tolerance' per day. If not, you might want to play Ping-Pong. Think about it.

## Two-Hand Kettlebell Swing

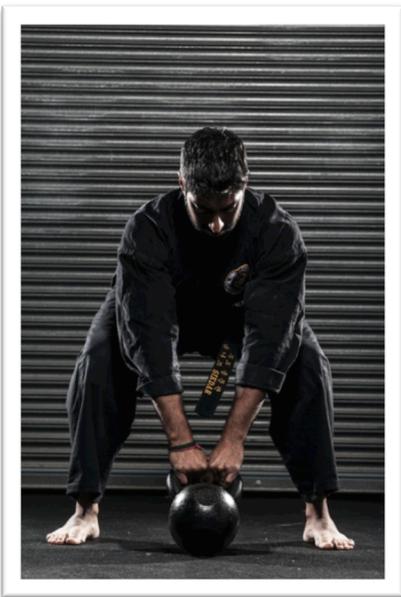
Position the kettlebell between your feet, behind the line of your big toes.

Stand upright with your heels slightly wider than your hips, feet turned out slightly. Practice rooting, consciously, every time you begin. Think of gripping your big toe into the ground, or imagine your big toe, ball of your foot, and inside edge of your heel as nailed to the floor.

Safety first: it is vital that you learn the neutral back position and maintain it through all deadlifts, swings, etc. *The neutral back position is crucial to all safe lifting.* If at any time you feel unable to maintain a strictly neutral back **stop the exercise.**

Arch your back by pulling your shoulder blades down and together, opening up your chest. At the same time stick your butt out, completing the curve of tight muscle from your tailbone to your neck. This position in which the muscles along the spine are tight pushes the discs in and protects the back with tension.

Next pay attention to safe knee position. For the time being we will consider the knee joint safest when it is directly over the ankle. Minimize any deviation; especially learn to sit back away from the knee rather than allowing it to flex forward.



Look straight ahead, keep your back neutral, and push your butt back and down until your thighs are roughly parallel to the floor. Your shins should still be perpendicular to the ground or very close.

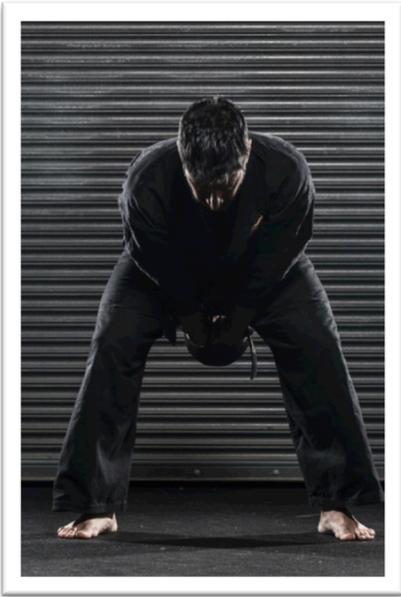
At this point drop your hands straight down between your legs without looking down.

Grip the kettlebell. Tense your body so that as soon as you begin to drive your heels into the ground, the bell is squeezed off the ground at the same rate. This is known as *pre-loading tension*. Practice it before lifting anything to prevent a sudden jerk being transferred directly to a joint.

The start position for the swing is the top of the basic safe lifting position: back **neutral**, chest out, arms locked, head up, tension through hips and legs especially, weight on heels.

Begin the swing by sitting back and down and pushing the kettlebell back between your legs, accentuating the momentum by slightly cocking your wrists as if you were snapping a football.

The far back and down position is the bottom of the basic safe dead lifting position: legs bent at the knees because the hips are thrust strongly backwards, torso sharply forward with back tight and neutral, looking forward, with maximum tension in the hamstrings especially.



As you reach the end point, and the maximum amount of energy stored in the hips and legs from receiving momentum, reverse direction.

Drive the bell upward and outward by **EXPLOSIVELY** extending your knees and hips. You can think of pushing your feet into the ground and your hips sharply up and under your body, like a vertical jump.

Your arms stay fully extended and your shoulder blades retracted, tight in their sockets. The swing should never feel like an arm or shoulder exercise—this is not a front delt lateral! All arm motion comes from the thrust of your hips against your forearms.

During the swing (if performed correctly), the bell will seem to float up, almost weightless at the top from the momentum you have imparted to it with hip drive.

## Benefits of the Two-Hand Swing

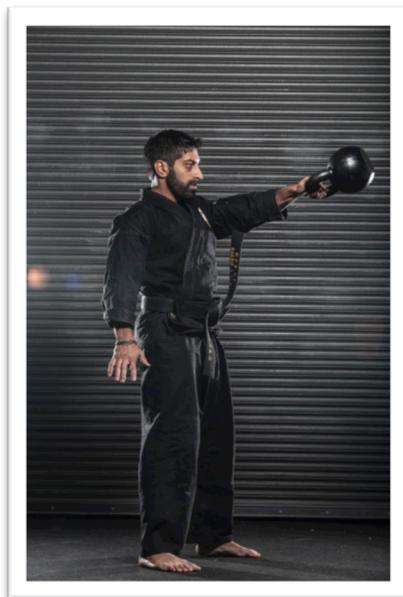
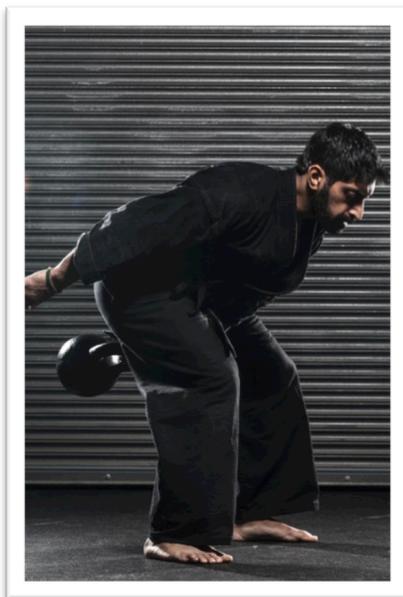
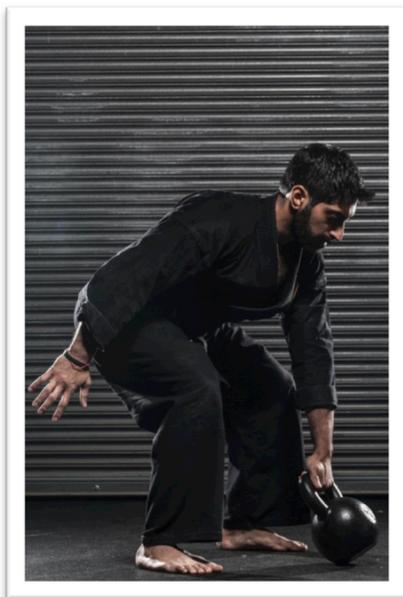


Think of the Two Hand Kettlebell Swing as the ultimate exercise to strengthen the *posterior chain*, the largest and strongest set of muscles in your body. The posterior chain is composed of your hamstrings, hips, glutes, lower and upper back. All versions of the kettlebell swing rely heavily on these muscles, strengthening them for long duration efforts better than standard weight training techniques.

Swings teach you hip drive, full body muscular tension, how to catch and re-direct energy, and more. They strengthen your grip more than conventional lifting because centrifugal force tries to pull the kettlebell from your hand. With every swing, think *hips, back, and grip*.

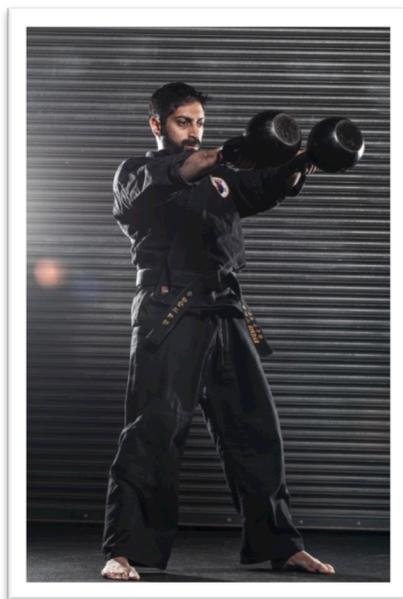
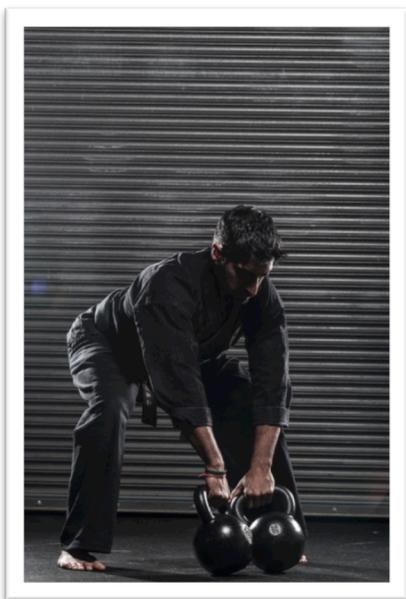
Swings also help remedy a quad-hamstring imbalance present in almost everyone, which contributes to two widespread conditions—tight hamstrings and knee injuries (which often occur when the hamstring is too weak and the knee ligaments receive too much sudden force).

## Visual Breakdown of the Single Hand Swing:



Swings can be combined with several other training methods to great advantage. The swing creates a full-body, background fatigue and increased metabolism that can be used to dramatically increase your fitness level. Some examples we favor:

- Two Hand Swing for time (30-60 sec.) alternating with jump rope for time (30-60 sec.)
- Two Hand Swing for reps alternating with calisthenics such as push-ups or pull-ups. One example is a 'reverse ladder'—10 swings then 10 push-ups, 9 swings and 9 push-ups, etc.
- Two Hand Swing and Plank or Single Hand Swing and Single Arm Plank
- Double Swings (see below) alternated with strikes/kicks on a heavy bag.



## Turkish Get-Up

*In a sit-up you sit-up, in a Get-Up you \_\_\_\_\_.*

Look at the kettlebell at all times, and keep your arm locked tight, sucked into the shoulder socket, and pointed directly at the ceiling. This is vital to safe performance. **Do not be distracted by mirrors!**

To start with right hand, begin drill by lying on back with kettlebell at right shoulder.

Roll to your right side; put your right hand in the handle of the bell and your left hand over both. Pull your shoulder tight in the socket and suck your arm tight to your body by flexing your armpit.

Roll onto your back again, now holding the bell with both hands directly over your shoulder, which will remain tightly compressed for the entire exercise.

Use two hands to position KB and press to lock out; the KB will be perpendicular to the ground. Suck your shoulder tight in the socket. Left leg is flat, right leg is bent with heel close to right buttock.

Maintain locked arm and use right leg drive to initiate rollover to left hip, then shoulder/side and onto left upper arm then hand. Throughout exercise, right arm remains locked and pushing kettlebell vertically *while actively pulling shoulder into socket*.

Use left arm to position the upper body into sitting position.

Bridge up between right foot and left hand; raise your body enough that you can draw your left leg under you into a lunge position. Stabilize yourself here before standing up

Stand up. Bring legs to parallel position.

To get back to prone position bring left leg back into reverse lunge position and kneel.

Find ground with left hand and lower left hip to ground to lower the center of gravity.

Slide left hand along ground to gradually lower body.

Roll onto back and repeat steps 3 – 5 for desired number of repetitions. When finished, lower kettlebell to the right side with two hands.

Breathing: Breath in a **shallow** fashion: “sip” air while maintaining tight abs and core. Don’t exhale completely at any time while performing exercise.

## Military Press

As with all lifts, begin by rooting consciously. Position can be heels together or shoulder width apart.

Stabilize joints—ankles tight, kneecaps pulled up, butt locks pelvis in, shoulder blades

Rack position is arm tight against side, kettlebell resting low on the hand, wrist completely straight

Shoulder blades are pulled down and together, chest open

Press up, keeping elbow under fist and wrist locked

Forearm stays perpendicular to ground, elbow in line with the fist

Shoulder stays down—think of pressing the bell up at the same time as your shoulder blade down

The Military Press is a *grind* lift, meaning it depends on constant muscular tension and not speed



## Single Leg RDL/Stiff Leg Deadlift

Stand on one foot with a slight bend in the knee of the base leg. **Root** especially strongly thinking of your big toe, ball of your foot, and inside point of your heel being attached to the mat



Hold a kettlebell in the opposite hand from the foot on ground (bell in right, left foot on ground, for example. This way the KB is somewhat of a counterweight) Or, use two Kettlebells as pictured.

**Compress** the base leg. Muscular tension should surround and lock the ankle and knee joints. Controlled tension at the hip will allow you to raise your leg slowly and under control.

Maintain a flat or neutral back

Raise your heel, maintaining the same slight bend in your base leg. Keep your moving leg in line with your torso—when it stops rising, your torso should stop inclining forward

Return to standing by using hamstrings and pushing hips under your body until you are upright again.

You should feel everything in your hamstrings and glutes—if you feel anything behind your kneecap, your base leg has straightened. If you feel a stretch in your low back it means that you are bending further than your back leg is rising. Keep all the tension in the back of the base leg.

## Miscellaneous

The first type of strength is *stability*. **Stability** (*static or isometric strength*) is the ability to exert force to maintain a posture or position—locking your body into place and resisting gravity. The Plank is the best exercise for developing this type of strength.

**Plank** position on knuckles on mat

- Breathe shallow to hold tension
- Tighten feet and ankles
- Draw up calves
- Pull-up kneecaps
- Squeeze butt
- Breathe shallow
- Belly-button to asshole
- Suck shoulders into sockets
- Screw hands into ground



**Balance** is a more active form of stability and involves maintaining optimum position and posture in a dynamic environment

By properly firing muscles, strength can be increased—the amount of force exerted can be enhanced by learning, not just training and/or muscle size

Technique is not what is discarded under heavy load, but that which is emphasized—whatever the technique calls for in terms of tension, increase as load increases. *To be strong—practice being strong.* This is different than practicing to resist fatigue; you must understand this.

## General Safety Notes

Police the area around you throughout the session

Safety is first and last priority

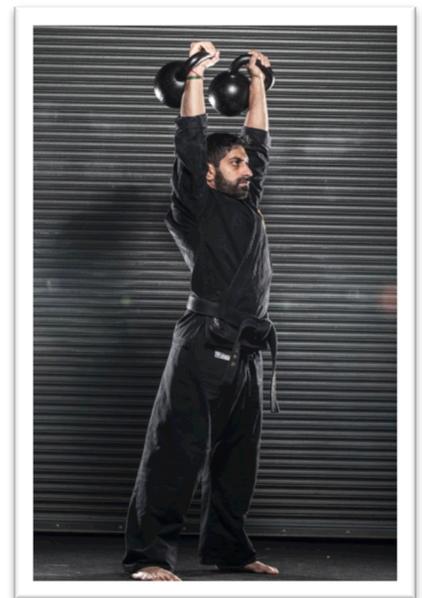
Discretion is the better part of valor, always

If you are going to be stupid you'd better be tough

Be aware of your grip and the (potential) path of the KB

Keep your hands and bell dry and use chalk as necessary

Nothing is perfect; risk reduction is the ongoing goal



# Training Suggestions

## Party Minimum

Five sets of 20 Two Hand Swings

*Alternated with*

Five one-minute sets of Turkish Get-Ups

This workout is called the “Party Minimum” and is recommended to be performed three times per week if you do no other conditioning. The total time should be no more than 12-15 minutes. This illustrates the 80/20 rule, in that this small amount will give a large portion of the benefits of kettlebell training to beginners. It will also maintain fitness in those who have built up to a higher level.



## Basic Old School Lead-In

30 sec. Two Hand Swing

*Alternated with*

30 sec. Plank on knuckles

Perform three continuous sets (total of three (3) minutes)

30 sec. One Hand Swing

*Alternated with*

30 sec. *One Hand* Plank (similar to position for one-hand push-up)

Perform two sets per side (total of two minutes)

This entire series—5 sets of swings, 5 sets of planks—takes five minutes when done by the timer and will improve your striking power *in half a dozen workouts or less*. To take this to the next level, hit the bag after each set of planks for 30 seconds, then rest for 30. The sequence then becomes Swing—Plank—Heavy Bag—Rest, 2 minutes total, and the whole thing will take ten minutes. *Ten minutes, three times a week, for two weeks, and you will hit harder.*

## Foot and Ankle Strength and Stability

5 Single Leg RDL/Stiff-Leg Deadlift

*Followed by*

5 Pistol Squats on the same leg

*Followed immediately by*

15 hops on the ball of the same foot.



I look forward to working with you closer, and helping you reach your health and fitness goals.

If you have any questions about training, or I can assist in your progress in any way, please feel free to reach out.

Somnath Sikdar  
Master Instructor  
Dragon Gym Martial Arts & Fitness

## ABOUT THE HEAD INSTRUCTORS

### *Master Somnath Sikdar*



Master Somnath Sikdar is the Head Instructor at the Dragon Gym and has been training in Tae Kwon Do and Hapkido for over 30 years under Grandmaster Chae Teok Goh. He is currently a Sixth degree black belt and is certified by the World Taekwondo Headquarters (Kukkiwon). His training has covered a broad spectrum of martial arts to include a variety of weapons, self-defense, traditional and sport Tae Kwon Do. He has also studied Hapkido under

Grandmaster Han Jae Ji.

In conjunction with martial arts, he instructs training with the Russian Kettlebell, and holds the Level 1 RKC and Level 1 SFG Certifications. While the focus of kettlebell and barbell training is strength, the other side of the same coin is function and quality of movement. For this reason, Master Sikdar uses the functional movement screen with his students and is a Level 1 and Level 2 certified FMS expert.

Master Sikdar has competed successfully in local, state, and collegiate tournaments. In addition, he continues to study western boxing, Muay Thai and Brazilian Jiu-Jitsu. He has attained a BSE in Electrical Engineering, along with minors in Systems Science and Economics, from the University of Pennsylvania. While completing this degree he was the President, Head Instructor, and Coach of the University of Pennsylvania WTF Tae Kwon Do Team.

Master Sikdar still coaches competitive Taekwondo athletes and is an active advisor to the UPENN WTFTKD Team and the West Chester University Taekwondo Team.

Dragon Gym Martial Arts & Fitness – 267 S. Whitford Rd., Exton, PA – 610-363-7575

[www.dragongym.com](http://www.dragongym.com)

## ABOUT THE HEAD INSTRUCTORS

### ***Master Lonnie Beck***



Master Lonnie Beck began his training at Dragon Gym in 1990 at the age of ten. Since then he has trained directly under Grandmaster Chae T. Goh and Master Somnath Sikdar in Tae Kwon Do and Hapkido and has earned the rank of 5th Degree Black Belt. In addition to his traditional training, Master Lonnie has also trained extensively in Brazilian Jiu-Jitsu where he has earned the rank of Purple Belt in addition to his years of experience in Muay Thai kickboxing.

He has also traveled to Thailand to train as a student at the exclusive Rawai Muay Thai Camp in Phuket.

Master Lonnie is the head instructor of Dragon Gym's Early and Basic Programs, Junior Black Belt's, Junior Instructor Program and the Dragon Gym Muay Thai Program. His passion for teaching is evident each and every class and students can always expect to be welcomed into the group like family no matter the program they are interested in.

### ***Head Instructor Chris Taylor***



Head Instructor Chris Taylor has been a part of the Dragon Gym family and has been involved in teaching for two decades. He has had the opportunity to train and learn directly from Grandmaster Goh and in turn has adopted his effective teaching style. In 2008 he received a commendation from Kukkiwon (World Taekwondo Headquarters) for his efforts on teaching and spreading

Tae Kwon Do in the United States. Instructor Chris is the head instructor for the Dragon Gym Junior Program. He also works with students in the Junior-Elite program specializing in Jiu-Jitsu. With the Martial Arts Curriculum, Chris emphasizes Self-Control and Responsibility and the value of these virtues to build a better life and a better society.

In addition to 3rd Degree Black Belts in Taekwondo & Hapkido, Chris holds a Purple Belt in Brazilian Jiu-Jitsu. He continues to study various martial arts including Brazilian Jiu-Jitsu with the world-renowned ATOS. He also consults on defensive tactics to various law enforcement and private security outfits.

# ABOUT THE FOUNDER OF DRAGON GYM

## WHO IS GRANDMASTER GOH

Grand Master Chae T. Goh was born and raised in Korea . Grand Master Goh started his Martial Arts training in the early 50's at the age of seven. By the age of sixteen, Grand Master Goh had received a Martial Arts Black Belt. Grand Master Goh is one out of a handful of Grand Masters in the world who hold the rank of 9th Degree Black Belt in Tae Kwon Do and Hapkido. Grand Master Goh has been extremely successful both as a Martial Art Instructor and as a competitor. His accomplishments include championships both in form and fighting competitions throughout Asia. Many of Grand Master Goh's students have won Regional Grand Championships and competitions as well.

In 1970 Master Goh was selected with a handful of other South Korean Masters to write a thesis describing how they would change the Martial Arts training process to more effectively spread the Ancient Arts in America . This was a very high honor for Master Goh. He alone out of all candidates was selected to come to America with the mission of spreading the Martial Arts of Korea to the American culture.

Grand Master Goh's teaching experiences include:

- Korean Navy
- Korean Tae Kwon Do Mun Moo Kwan Federation
- South Vietnamese Naval Academy
- United States Green Berets in Vietnam
- Universities in Asia and USA



Now after many years of research, hard work and refinement, Grand Master Goh has passed along his experience and martial arts system to Master Somnath Sikdar, Master Lonnie Beck, and Head Instructor Chris Taylor.

## WHAT DO WE TEACH?

The Dragon Gym teaches what we believe to be the best combination of martial arts, physical fitness and personal development in the community and beyond. We offer a wide range of training for children and adults in which the classes draw from the best aspects of martial arts and physical training modalities from around the world.

The majority of beginners start off with a different amount of physical abilities and qualities. Don't worry, this is very common. All of our programs follow a progressive and educational model. You will develop a strong foundation of basic techniques, enhance your physical capabilities and be set on the path to excellence.

Training at the Dragon Gym is lot more than just physical fitness. Yes, you will be part of a complete physical fitness program that incorporates balance, coordination, strength, endurance and flexibility, but that is just the beginning! Because our training model is educational, progressive and structured the physical benefits lead to increased mental awareness, more self-discipline, more self-confidence, less stress and personal development.

For our youthful students we strive to teach them LEADERSHIP at home school and in the community. We do this by integrating martial arts learning, school and home life. There is a focus on optimal behavior, an "I can do it!" attitude and good grades. We emphasize community, family and the development of character to do one's best and always make the right decision.

In our adult courses we provide an *intelligent* approach to health living. We recognize that balance is a key component of success. The courses blend strength, flexibility, breathing exercises and most importantly improved discipline and cognitive function. There are many more aspects of Dragon Gym training that cannot necessarily be quantified. You will build friendships, experience true teamwork and learn more about yourself than you ever thought possible.



# **THE ELEMENTS AND PHILOSOPHIES OF TRAINING AT THE DRAGON GYM**

## **CONCENTRATION**

One of the most important elements developed in the Martial Arts. It is the ability to focus ones mind, body, and spirit toward the accomplishment of a desired goal. Without concentration the student cannot perform properly and thus will not be able to defend themselves in a life threatening situation. This is one of the main factors emphasized to each student. When this is developed to the fullest extent, *it will carry over to all aspects of your life.*

## **DISCIPLINE**

As important as concentration, together they comprise the very nature of the Martial Arts. Disciplined training is expected to produce a specific character or pattern of behavior, especially that which is expected to produce moral or mental development. Discipline is training yourself to do what you don't want to do, or what you don't think you can do. Having patience and discipline is very difficult, but with the proper training you will be able to develop these qualities.

## **SELF CONTROL**

A key requirement to continue the study, the Martial Arts are for defense only and are to only be used in cases of extreme emergency. The student is taught to avoid dangerous situations and when they do arise, to first use other recourses available before using their training.

# **THE THREE IMPORTANT QUALITIES**

## **SELF-CONTROL**

Patience is the continuous struggle to control our impulses. For example anger results in the loss of both reason power and fine motor control allowing one to act recklessly and unreliably in a self-defense situation. However, the need for self-control goes beyond physical encounters; it must be exercised in all interactions and aspects of our lives.

## **COURAGE**

Courage is not the absence of fear, it is the ability to act correctly in the presence of fear. Fear is a rational and natural condition in the body but it causes the mind to become weak and distracted resulting in the inability to act or control the body. Rather the ability to recognize fear and the right course of action must be developed

## **"KI" (SPIRIT OR INTERNAL STRENGTH)**

Without what is colloquially known as "KI" an individual may lose control of the body, ability to defend one's self and become tired very easily. The idea of "KI" in many ways is the idea of "Mind over Matter". The martial artist must develop and use his/her mind in order to gain energy throughout the entire body. This can be seen as the ability to gain additional strength and power in a physical confrontation or more importantly the ability to transcend one's limitations and persevere through adversity.

# **ADULT MARTIAL ARTS PROGRAM**

This program, exclusively taught at the Dragon Gym and uniquely developed by Grandmaster Goh, blends the best of Tae Kwon Do and Hapkido. Additionally, Master Sikdar has incorporated kettlebell conditioning as well as some of the realities of bare knuckle boxing and Muay Thai into the program. This system is indeed a modern application of the ancient and traditional Martial Arts.

The system is also a philosophy of mental discipline and self control with the intent of influencing the student's behavior, encouraging participation in the community, and promoting the betterment of society.

Physically you will be healthier and stronger than ever, plus you will learn valuable practical self-defense. A strong body builds a strong mind.

## **PHYSICAL BENEFITS:**

Increase endurance and stamina through rigorous training & Dan-Jun Breathing  
Increase balance, coordination, strength, and flexibility  
Control Weight through exercise and proper eating habits  
Mentally you will build inner strength and become a more powerful and confident individual.  
A positive mental attitude provides the best ideas for self-improvement.

## **MENTAL BENEFITS:**

Increase self-confidence and self-esteem  
Attain total control of mind over body  
Improve power of concentration  
Increase self-discipline  
Awareness of better living through physical fitness

Philosophically you will create, set, and strive to achieve your personal goals. Through achieving your goals, you will increase your self-respect, and lead a more productive and peaceful life. This self-motivating program will help you get better grades in school, succeed in your career, develop better social relationships, and be happier in everyday life.

# THE MEANING OF THE COLOR BELTS IN THE DRAGON GYM SYSTEM

- **WHITE BELT**  
Is the first belt, represents a beginning, a purity and a lack of knowledge of the Martial Arts.
- **ORANGE BELT**  
Represents growth and exploration. Now we see the need for more knowledge and dynamic techniques
- **YELLOW BELT**  
Represents gold in the ground waiting to be found, just as we search for more knowledge and techniques.
- **GREEN BELT**  
Represents the trees, the roots are now firmly planted and we reach up into the sky for light and greater knowledge. It is a beginning of a working understanding of the Dragon Gym philosophy.
- **PURPLE BELT**  
Represents the internal changes that occur as we strive to strengthen and purify our inner being
- **BLUE BELT**  
Represents the sky, above the trees, even higher, searching for more techniques and knowledge.
- **BROWN BELT**  
Represents the earth as a foundation from which the Dragon Gym philosophy grows.
- **RED BELT**  
Represents the sun, high in the sky filled with energy and power.
- **IL DAN BO**  
Represents the arrival of the final stage toward the completion of the journey to perfection.
- **1<sup>st</sup> DEGREE BLACK BELT**  
Represents the culmination of efforts and achievements, it is a recognition of excellence and assurance in our proven abilities. It is also a new beginning to a higher level of knowledge.

## THE SYMBOLIC PATH OF THE ROCKS

The gigantic Mountain of Life is the mass of people who make up "humanity."

The lightning bolt is some kind of traumatic event in a person's life that sets him on the initial search or journey for answers to the basic questions - something to pull his life together, to add meaning and challenge and, most importantly, change for the better.

As the rock lands it is still "white hot" from the lightning bolt. This represents the beginning - the **White Belt**. The decision has been made; he becomes a student. This is the start of the long journey which is a new way of life through the martial arts tradition. He is a true diamond in the rough.

As the rock crashes into the water it cools - the **Orange Belt**. Now the student starts to feel the change, starts to have an attachment toward his Master, toward his particular DoJang, and its methodology and personality. He becomes immersed within the complete circle of life that makes up Um-Yang. The student perceives the martial arts way of life. But he is still unlearned and unknowing. He is now eager and willing. As a dry sponge absorbs water, so the Orange Belt enlarges his life. It is shown outwardly by improvement and inwardly by a shift in his attitude.

As the rock tumbles down the River bed of Life it travels on the sand and small pebbles of refinement that make up the martial artist's way of life. At times journey can be treacherous. It is filled with as many obstacles as the river bed has its boulders and gullies. The student may lapse in his training, or relapse to his old, lazy way of living, but he eventually rebounds. And just as the rock smashes against a large boulder, a golden sparkle, a hint of its true value can be seen in the Current of the Black Water. This is the **Yellow Belt**. It is the initial development of will power and the principle of Um-Yang playing on the conscience.

As the student learns to overcome himself by admitting to his own weakness and unimportance, he begins to master the art of self-discipline. He strives to do better. He is gradually going into his second phase of training. He notices his forms start to come together. When he looks into a mirror, he can actually see a physical difference in his health and in his mental attitudes and concentration. Self-confidence takes on a new aspect as he starts to realize his true potential. Because of this awakening, the relationship between student and Master takes on a new meaning. His Master is no longer a man of small stature who is difficult to understand. His Master takes on new proportions; he is now larger than life. The realization of the great accomplishments of his Master are slowly understood. The sacrifices the Master had to make - leaving family, home, and country for a foreign land, language, and people - can be appreciated. The strictness of his discipline, and the purpose of his mind and its unification with his body starts to come into focus. This stage of critical self-analysis is represented by the rock occasionally getting stuck between the larger boulders and other rocks. These are the obstacles the student must overcome. This is the way of a **Green Belt**.

The stone as it is struck accepts these changes as the body conditions itself to the bruising blows when it practices defense in training. It absorbs the strength of the opposing force hardening and refining the internal nature of its form. Deep within the rock the metamorphic pressures of each technique action enhances the substance of its being. An inner majesty constructs around the internal organs through the breathing lungs, now a bright purple in connection to your inner spirit. This action of the rock defines the nature of the **Purple Belt**.

Upon passing the **Blue Belt** test, the student is ready for advanced training.

Just as the rock has traveled many hundreds of lonely miles in the Riverbed of Life, the student has literally been transformed into something completely different from the rock that fell from the Mountain of Life as a White Belt. This new rock is observed as being smooth and polished due to the tumbling in the Black Water. The Blue Belt is physically complete, revealing a new inner strength of confidence and self-purpose. This student now looks upon his being with a great deal of self-respect. He reflects on the Master's words: "You can do it!" and truly believes he can achieve the Black Belt.

The earth which holds the river and its journey, questing rock, as the **Brown Belt** relates, shares a nurturing relationship to the river's path. So the Master gives greater independence to the learning student. Sharing confidence and respect to the process that strengthens and widens the growth of the student. A realization of the patience of the Master is founded in the soil of the student who, like the rock, learns to refine the nature of his acting out the Dragon Gym Spirit

Now the love starts to emerge, and it is seen in the new attitudes and responsibilities of the student to his Master. Through respect, self-study of the traditions of the martial arts and the philosophical attitudes of the Far East, the student starts to understand the power of spirit which is tied to the Um-Yang, and that he has achieved more than he initially believed possible.

Will the rock, finely polished by the sands on the Riverbed of Life, be in the proper position to be slung into the Pool of Knowledge? Or will it just tumble by? This question has a lot more to do with the internal spirit within the man than with his physical appearance. Does this student have the happy spirit? Does he have the will to be all that he can be? Or is he satisfied with the outward appearance of the **Red Belt**? A lot can be learned about the student by the little things he demonstrates. Does he misuse his authority? Does he show proper respect to the lower ranking belts? Has he forgotten that he was once a lower belt? Is he humble and patient? Is he constantly striving to improve himself? Does he instruct with a "happy spirit?" Is he showing a capacity for love and understanding? Is he dependable? Is his relationship with his Master growing? Does he realize his tremendous responsibility as a personal representative of his Master? Does he attempt to help the other "rocks" in the Riverbed of Life to find the Pool of Knowledge? Are his techniques improving? Is he hard working? Is his mind really set on the martial arts way of life? His Master knows these answers; he may not.

The **Il Dan Bo** is now firmly entered and set in the inner workings of the Pool of Knowledge. In turn, it is being worked on by the other rocks within the Pool of Knowledge. The way of life is

set. The inner strength of the internal spirit is shining through the windows of his mind- the eyes. The diamond is now cleansing itself of its last major flaws. He is a happy spirit. The Master to student relationship is now growing at a greater rate. Finally one of three major events is going to happen: 1. the student is unexpectedly caught up in the Cross Current of Discontent and is again thrown back out into the River of Life, and he vanishes; or 2. the student has accepted the martial arts way of life, but can progress no further; this rock stays in the Pool of Knowledge forever, as a worker rock. He has not mastered himself completely enough to come out of the Black Water. His attitudes must change before he can ever go forward; or 3. finally, the special student who continues striving to clarify his inner spirit becomes invincible and embedded in the tradition and philosophy of his chosen art. He now realizes it takes a constant source of out-flowing love and understanding to make a crudely hewn rock into a flawless diamond. He develops true virtue.

As the uplifting Current of Positive Force gently but firmly lifts the perfected diamond and throws it out of the Pool of Knowledge to rest on the Shores of Perfection, the Grandmaster can sit back and quietly contemplate the advancement of his latest Black Belt.

The River of Life represents the constant churning and mixing of all the distractions of life, the essence of time and its use. The constant strong pull of the current is the never ending force of the happy spirit The Grandmaster is at work in his student's lives.

This is the time of the Master's and the new Black Belt's greatest inner peace. It is a time when they look at each other and see the love at its fullest.

The student is a product of the ancient tradition and philosophy that is greater than Master and student, but only as good as Master and student.

## **THE TEACHER-STUDENT RELATIONSHIP**

A new student receives technical instruction from his martial arts instructor. Over time, as the relationship grows they may also receive guidance and counsel in many aspects of their lives. The mission of a martial arts instructor is not just to teach martial arts, but a way of life: how to live righteously, to pursue knowledge, to stand up for one's country and beliefs and to help the community. This mission comes from the heart, a dedication and passion to spread the benefits of martial arts to all. Keep this in mind during your training and in your personal life so that you may also help further the martial arts tradition.

### **RESPONSIBILITIES OF A STUDENT**

The student and teacher/master relationship is constantly growing. After attaining the Black Belt rank this relationship is becoming very special. The martial arts teacher or master wants all of the students to progress and excel beyond their teacher's knowledge and abilities. It is the responsibility of the student to do so. This is the great joy of the martial arts tradition for the teachers to see their students achieving new heights and new frontiers in life.

# THE MEANING OF THE EIGHT PALGWE FORMS

## ACCORDING TO THE BOOK OF CHANGES

### **POOMSAE PALGWE IL JANG (20 MOVEMENTS):**

- Poomsae Palgwe Il Jang represents the heavens, the symbol of Keon, which is the beginning of everything on earth. The sky gives us rain and the sun gives us light to make things grow. In Tae Kwon Do, Poomsae Palgwe Il Jang is the beginning form from which you will grow.

### **POOMSAE PALGWE EE JANG (20 MOVEMENTS):**

- Poomsae Palgwe Ee Jang represents the meaning of joyfulness, the symbol of Tae. When performing Poomsae Palgwe Ee Jang, you should express your new knowledge of Tae Kwon Do through your enthusiastic performance. Remember to keep your mind firm and strong, but appear gentle and kind.

### **POOMSAE PALGWE SAHM JANG (22 MOVEMENTS):**

- Poomsae Palgwe Sahm Jang represents the meaning of fire, the symbol of Re. When used in a positive way, fire gives us light, warmth, enthusiasm and hope. When performing Poomsae Palgwe Sahm Jang, you should be enthusiastic, passionate and hopeful.

### **POOMSAE PALGWE SAH JANG (24 MOVEMENTS):**

- Poomsae Palgwe Sah Jang represents thunder, the symbol of Jin. Thunder is a prelude to a powerful storm and lets us know of the fear and danger that is forthcoming. When performing Poomsae Palgwe Sah Jang, you must overcome the fear and danger with a calm mind and a positive attitude.

### **POOMSAE PALGWE OH JANG (35 MOVEMENTS):**

- Poomsae Palgwe Oh Jang represents wind, the symbol of Seon. There are two aspects of wind. First is the fearsome wind of a storm, tornado, or hurricane. Second is that of a gentle breeze that calms and cools us. Wind symbolizes a humble state. When performing Poomsae Palgwe Oh Jang, you should appear gentle and calm as the breeze, but also be fierce and forceful as the storms.

### **POOMSAE PALGWE YOOKJANG (19 MOVEMENTS):**

- Poomsae Palgwe Yook Jang represents water, the symbol of Gem. All water originated from the sea, and continuously journeys its way back to the sea. It overcomes the obstacles in its path by finding a way around or by patiently wearing at it. When performing Poomsae Palgwe Yook Jang, you can overcome the difficulties either in your training or your life through perseverance and self-confidence.

### **POOMSAE PALGWE CHILJANG (23 MOVEMENTS):**

- Poomsae Palgwe Chil Jang represents the last stop, which is the symbol of Gan. Gan is symbolic of the stability of a mountain. In life all actions have their place. You should never act in too hasty a manner. When performing Poomsae Palgwe Chil Jang, you must know when to press on, but what is more important, know when to stop and reassess your position.

### **POOMSAE PALGWE PALJANG (35 MOVEMENTS):**

- Poomsae Palgwe Pal Jang represents the principles of the earth, the source of all life, which is the symbol of Gon. The earth embraces all forms of life and gives its limitless energy to everything. Poomsae Palgwe Pal Jang is the last form to develop before becoming a Black Belt. Therefore, when performing Poomsae Palgwe Pal Jang, you should review all the fundamentals and draw upon the energy of Tae Kwon Do.

# THE TENETS OF THE DRAGON GYM

## DRAGON GYM SPIRIT

1. Be loyal to your nation
2. Be obedient to your parents
3. Be honorable to your friends
4. Be loving to your spouse (family)
5. Be just in your means

## MEANING OF MOOSA

1. To build your knowledge so that you may judge right from wrong and fight for what is right
2. Keep a warm heart, be loving, compassionate, and understanding of others
3. Be courageous in your fight for what is right
4. Be a person all everyone can trust for your word is your bond

## TENETS OF TAEKWONDO

1. Courtesy
2. Integrity
3. Perseverance
4. Self Control
5. Indomitable Spirit

## THE FIVE CRITERION

*To use or enjoy life to the fullest sense of the term one must have the following:*

1. A physique to withstand all odds and be free from ailments as far as practicable
2. An object of love
3. A sufficient income to keep yourself free from anxiety
4. A hobby, a pursuit for pleasure other than the main occupation
5. A job which is not uninteresting

## COUNTING IN KOREAN

One:	Hanna	Eleven:	Yul Hanna
Two:	Duel	Twelve:	Yul Duel
Three:	Set	Thirteen:	Yul Set
Four:	Net	Fourteen:	Yul Net
Five:	Da Sut	Fifteen:	Yul Da Sut
Six:	Yo Sut	Sixteen:	Yul Yo Sut
Seven:	Il Gup	Seventeen:	Yul Il Gup
Eight:	Yo Dul	Eighteen:	Yul Yo Dul
Nine:	Ah Hop	Nineteen:	Yul Ah Hop
Ten:	Yul	Twenty:	Sumal

## EXPLANATION OF THE FLAGS

Depicted on the front walls of every Dragon Gym Dojang are the National Flags of the United States of America (USA) and the Republic of Korea (ROK). We display the American flag out of respect and honor for our country, The United States of America. We also display the Korean flag out of respect for Grandmaster Goh's country where our system of martial arts originated.

Many individuals have sacrificed to serve the American people and uphold its ideals. In the martial arts we have a tenet to be loyal to one's nation. This goes beyond patriotism. As martial artists we have a responsibility to society to be invested in the community. We can spread our ideals and message of Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit and most importantly Compassion.

### THE FLAG OF THE UNITED STATES OF AMERICA



The flag of the United States of America is one of the oldest in the world. Every color and marking on the flag has a meaning. The USA flag has never had an official name; however, the unofficial moniker most commonly used is "The Stars and Stripes". Other names given are: "The Star Spangled Banner" and "Old Glory". The thirteen stripes represent the original colonies of our country. The fifty stars each stand for a state in The Union. The colors of the flag are red, white and blue although the colors did not have meanings for the Flag when it was adopted in 1777. However, the colors were assigned meanings in the Great Seal: Red which stands for hardiness and valor, White which stands for purity and innocence, and Blue which stands for vigilance, perseverance, and justice.

### THE FLAG OF THE REPUBLIC OF KOREA



Depicted on the flag is a circle divided equally and in perfect balance. The upper (RED) section represents the Yang and the lower (BLUE) section represents the Um, ancient symbols of the universe. These two symbols express the dualism of the cosmos: Heaven and Earth, Fire and Water, Hot and Cold, Light and Dark, Construction and Destruction, Masculine and Feminine, Plus and Minus, Being and Not Being, etc. The central thought in the Taeguk means the origin of all things in the universe and indicates that while there is a constant movement within the sphere of infinity, there is also balance and harmony. The three bars at each corner express the ideas of opposition and balance also known as the Gye Signs (Bar Designs). The three unbroken lines (Kun Gye) represent Heaven, while the three broken lines (Kon Gye) on the opposite corner represent Earth. At the lower left hand corner of the flag are two lines with a broken line between them (Ee Gye) this symbolizes Fire, the opposite lines at the upper right hand corners one solid and two broken lines (Kam Gye) represent the symbol for Water.

## TESTING AND EQUIPMENT FEES

*The main purpose of testing is to set you up for success.*

Also:

- ✓ Measure your progress by demonstrating what you have learned
- ✓ Develop cooperation and teamwork
- ✓ Build character and Confidence
- ✓ Improve technique and understanding for Martial Arts



Testing is a valuable experience in the life of the Dragon Gym student. Each test serves as a milestone from which the student may reflect upon past learning and contemplate challenges to come. Test time comes every three months and for each test there is a set fee. This testing fee exists outside of standard tuition and needs explanation.

All students testing for a new Kup rank and all black belts who are undertaking inter-dan stripe test pay a \$60 test fee. Students who are testing for Dan advancement pay a fee that varies depending on the Dan level (i.e. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc.).

The fee for 1<sup>st</sup> Dan is \$350. Black Belt Tests, or Dan-Shimsa, are held 1-2 times per year with Grandmaster Chae T. Goh.

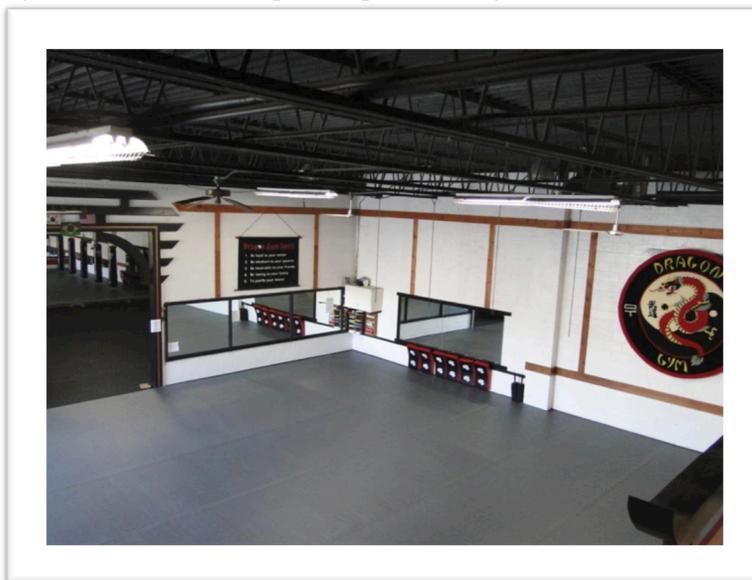
In addition to test fees, there are some other ancillary costs to training that you should be aware of. Like any worthwhile activity, there is a much needed investment in the right, high quality equipment. Students are required to purchase free-sparring equipment (approximately \$200) in order to be eligible to test from Green to Purple belt.

Tests are not only a means of demonstrating ability, tests also help students develop the will and skill set to achieve a goals in and out of the Dojang. This process elicits patience and informs the student on the importance of properly defining a goal and implementing milestones along the way.

## GENERAL DOJANG (TRAINING AREA) RULES

1. Read, Understand and Memorize the student tenets and code of conduct
2. Before you line up for class, make sure to scan your attendance card
3. Store shoes and other belongings neatly in appropriate locker rooms
4. Salute the flags and bow every time you enter and leave the Dojang to show respect to your masters, instructors, fellow students and your course of study
5. Always demonstrate humility and show respect to your instructors by addressing them with their proper title and/or sir/ma'am
6. Whenever you approach a fellow student or instructor address them with a bow and greet them warmly as if they are a member of your family. Thank them and finish with a bow when to leave
7. Higher ranking students shall set a good example by showing respect to the lower ranking students and helping them when necessary. They should not take advantage of their rank and authority. In this way there is always a relationship of mutual respect between students, regardless of rank
8. All lower ranking students shall follow the direction and show respect to the higher ranking students
9. If you arrive to class after it has begun, stay in a seated, meditation position until the instructor invites you to join class.
10. Always wear a neat and clean Dragon Gym uniform to all classes.
11. Pre-Class time should be spent stretching, warming up or meditating. Any talking is prohibited
12. Write your name on every piece of training equipment and bring it to every class
13. Before leaving the training area, make sure it is clean and you have collected all of your belongings
14. If another classes is starting or finished, make sure to show respect to your classmates by bowing in with them
15. You must have permission from your instructor to participate in any tournament or other Martial Arts Activity.

**16. *Always do your best!***



# TESTING ETIQUETTE

1. In the 4-weeks prior to the test
  - a. Ask your instructor or an assistant instructor if you are eligible to test
  - b. Politely ask your instructor if he thinks you are ready to test if he/she has not already given you the go ahead
  - c. Complete the test form in its entirety via the online submission system
2. On Test Day
  - a. Bring all equipment and full uniform (no t-shirts on test day!)
  - b. Arrive 10-15 minutes prior to test time
  - c. Additional time should be spent stretching, warming up or meditating.
  - d. All students stand up when judges enter as a demonstration of respect
  - e. Listen carefully to all directions from Instructors and Assistant Instructors
  - f. Answer with a loud “Yes Sir!” or “Yes Ma’am” when called upon
  - g. Walk around fellow students whenever possible
  - h. Thank and shake hands with all of the instructors and judges
  - i. Do not leave testing area until dismissed
  - j. Remember to take your belts (old and new) and certificate home!
3. At Home, between Tests
  - a. All material learned in class should be practiced at home in a safe manner
  - b. Repetition promotes a strong foundation in martial arts
  - c. Remember perfect practice = perfect performance
  - d. Stretch a little bit everyday
  - e. Keep a “Black Belt Attitude” inside and outside of the Dojang



# GOALS FOR DRAGON GYM STUDENTS

Whether you are a beginner or an advanced student you should set goals for yourself. You must commit yourself to this task through perseverance, patience and hard work, so that you may achieve self improvement both physically and mentally.

Many times in your training you may feel frustrated with yourself or with a certain technique because you are unable to achieve that goal quickly enough. Success in anything worthwhile takes time and hard work. Don't be discouraged, rather find a way to break you goals down and actively work towards reaching each step one at a time.

***"Time can work as your Friend or as your Enemy, the choice is yours to make."***

Some worthy goals for The Dragon Gym Student

1. Develop your character and self-respect
2. Show respect to other individuals
3. Learn and live the philosophies and traditions taught by The Dragon Gym
4. Develop more inner strength
5. ***Earn your Black Belt!***
6. ***Maintain your progress as well as support the next generation of students.***

## WHAT IS MEDITATION?

Meditation is a time when a person sits quietly and focuses on one thing such as a river flowing, snow falling, or the wind blowing. All of which are good topics that help you to keep your mind at rest. Breathing techniques are also essential to be successful during meditation practice.

How do you meditate?

First, sit with your legs crossed "Indian Style".

Second, place your hands (palms facing up) on your knees.

Third, close your eyes, keep your back straight, and deep breathe.

Lastly, empty your mind and let it rest.

By letting your mind be clear (MOO SHIM) you are enabling yourself to think clearly and will then be able to accomplish anything.



# TERMINOLOGY FOR CLASS

## BASIC KOREAN TERMS

English	Korean Transliteration	English	Korean Transliteration
Grand Master	Kwan Jang Nim	Martial Arts	Moo Do
Master Instructor	Sa Bum Nim	Martial Artist	Moosa
Assistant Master	Bo Sa Bum Nim	Form/Pattern	Poomsae
Chief Instructor	Su Suk Kyo Bum Nim	Uniform	Dobalk
Instructor	Kyo Bum Nim	Flags	Kukki
Team Captain	Bo Kyo Bum Nim	Front	Ap
Hello, How Are You	Ahn Yong Ha Shim Nika	Back	Di
Thank You	Kum Sa Hum Nida	Side	Yup
School/Training Area	Dojang	Kick	Chuggi
Block	Makki	Breaking	Kyuk Pa
Reverse	Bon Dae	Jump Reverse	Edan Bon Dae
Tumbling	Nak Bup	Jumping	Edan
Right	Oren Pyon	Left	Wen Pyon

## BASIC KICKS

Front Kick	Ap Chuggi	Side Kick	Yup Chuggi
Roundhouse Kick	Doleya Chuggi	Front Hook Kick	Ap Whollegi
Inside Crescent Kick	Ahn Chuggi	Back Kick	Di Chuggi
Outside Crescent Kick	Bakka Chuggi	Back Hook Kick	Di Whollegi

## BLOCK AND HAND TECHNIQUES

English	Korean Transliteration	English	Korean Transliteration
High Block	Ul Gul Makki	Knife Hand Block	Sohn Nal Makki
Low Block	Arae Makki	Low Knife Hand	Arae Sohn Nal Makki
Inside Block	Ahn Makki	Spear Hand	Sohn Goot
Outside Block	Bakka Makki	Punch	Jiragee
Palm Block	Batang Sohn Makki	Scissor Block	Galwe Makki
Hammer Fist	Ma Chu Mok	Double Outside Block	Hetcha Makki
Back Fist	Dung Chu Mok	Ridge Hand	Dung Sohn Nal
Double High Outside Block	Duel Pol Mok-UI Gul Makki		

## BODY PARTS

Face	Ul Gul		
Body	Mom Tong	Hand Knife Edge	Sohn Nal
Neck	Mok	Knee	Mor Roop
Fist	Chu Mok	Low Area	A Rae
Foot	Bal	Elbow	Pal Kup

## STANCES

Horse Stance	Ja Choom Suggi
Back Stance	Di Koop Yi Suggi
Front Stance	Ap Koop Yi Suggi

## COMMANDS

Attention	Cheri Ut	Begin	Shi Chak
Salute Flags	Kukki A Chu Mok	As You Were	Barro
Meditation	Jang Ja	Stop	Gu Man
Bow	Ken Ya	Continue	Gae So
Stationary Turn	Di Ro Dora	Attack	Kong Kyuk
Ready	Chun Be	Ready Stance	Chun Be
Reverse Hand	Sohn Kiote	Reverse Stance	Bal Kiote

# INCREASING FLEXIBILITY THROUGH DAN JUN BREATHING

The daily exercises below consist of ten (10) positions performed in sequence with Dan-Jun Breathing. Done properly they promote flexibility. They will also prepare you for movement and help you make the daily transition from inactivity to activity without undue strain. Remember, "stretching" doesn't make your muscles longer. Rather, think of these exercises as teaching your muscles to relax and become more supple through proper breathing.

## POSITIONS

### 1. *Meditation (Joung ja)*

Assume Joung Ja. Perform Dan-Jun five (5) times. (Inhale slowly for seven (7) seconds; hold your breath for three (3) seconds; exhale for seven (7) seconds.)

### 2. *Sitting, Straight-Leg Stretch*

From Joung Ja position, place both legs straight in front of you. Touch or hold toes and perform Dan Jun Breathing as instructed above.

### 3. *Left Straight-Leg Stretch*

From second (2) position above, keep the left leg straight and bend the right leg, placing the sole of the right foot on the inside of the left upper leg. Perform Dan-Jun Breathing as indicated.

### 4. *Right Straight-Leg Stretch*

From position three (3), straighten the right leg. Place the sole of the left foot on the inside of the right upper leg and perform as above.

### 5. *Left Spread-Leg Stretch*

From position four (4), spread legs and sit with your feet a comfortable distance apart. Bend from your hips while keeping your eyes fixed on your left foot. If possible, reach overhead with right hand and grasp the left foot. Perform Dan-Jun Breathing as indicated above.

### 6. *Right Spread-Leg Stretch*

From position five (5), bend from your hips while keeping your eyes fixed on your right foot. If possible, reach overhead with left hand and grasp the right foot. Perform Dan-Jun Breathing as indicated.

### 7. *Front Spread-Leg Stretches*

From position six (6), to stretch the inside of your upper legs and hips, slowly lean forward from your hips and using the "hand-walking" technique, stretch forward putting your chest to the floor. Perform Dan-Jan Breathing as indicated.

### 8. *Sitting Groin Stretch*

From position seven (7), bring both feet together in a 'butterfly'. Grasp your feet and toes and gently pull your upper body forward until you feel an easy stretch in your groin area. Perform Dan-Jun Breathing as indicated.

### 9. *Spread-Leg Overhead Stretch*

From position eight (8), straighten both legs (as in position seven) and grasp feet with hand on same side of body. From this (Front Spread-Leg) position, roll back and touch your feet to the floor. Hold position and perform Dan-Jun as indicated.

### 10. *Meditation (JoungJa)*

From position nine (9), assume Joung Ja. Perform Dan-Jun as in position one (1) to complete the exercises.

## EXPLANATION OF FREE SPARRING

Free sparring is only practiced with an instructor's permission, and then only with supervision. The use of proper safety equipment is required during such activities. Free sparring is an actual application of attack and defense movements that have been developed through forms and fundamental exercises. These techniques will enable a student to defend themselves against one or more attackers under any circumstances.

You will develop many things through sparring; these include your stamina, confidence, and courage. These will enable you to stay calm and relaxed during any confrontation. You must learn to have control of your emotions when provoked or if accidental contact is made. If you get angry, then you are failing to demonstrate the mental discipline and self-control of the Martial Arts.

Remember, if you practice Free Sparring properly you will develop quick and proper judgment, swift movement and precise control. Most of all, you will have respect for yourself and deepest respect for others.

### OLYMPIC STYLE SPARRING

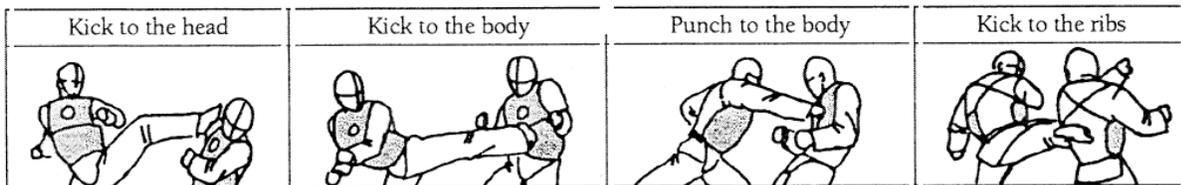
Tae Kwon Do has gained such popularity that it is recognized by the International Olympic Committee for inclusion the Olympic Summer Games. ***If you are interested in Olympic Style Sparring and the Dragon Gym Competition Team, email [Competition@dragongym.com](mailto:Competition@dragongym.com) for more information.***

A sport based around the Martial Art of Tae Kwon Do has been developed. Tournament competitors are expected to demonstrate both the quality and control of their techniques and attack specified target areas using only a limited sub-set of Tae Kwon Do techniques.

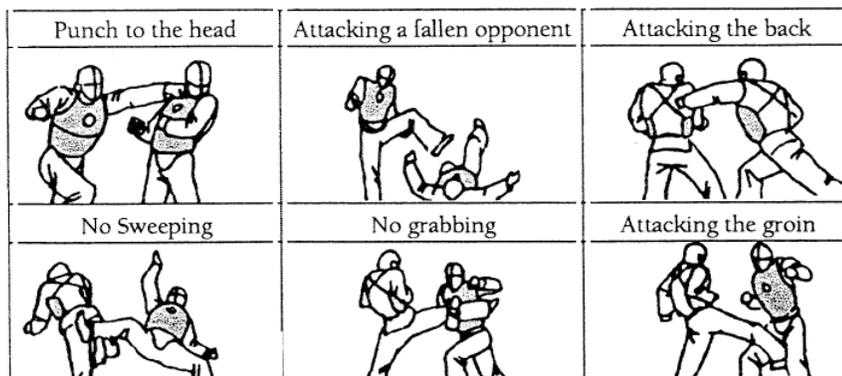
Olympic Style Sparring Competition body protection is mandatory to protect the vital organs of the competitors. Junior Competitors must use control when kicking to the face, and must at all times observe safety and good sportsman-ship.

Competitions are typically conducted in 3 rounds of 2 minutes each with a 1 minute recess between rounds. There are eight weight classes ranging from fin weight to heavy weight. A match is decided by a point scoring system under the supervision of 2 jurors, 1 referee and 3-4 corner judges.

#### LEGAL TECHNIQUES:



#### ILLEGAL TECHNIQUES:



# SUMAL DA SUT BONG OH SOHN DONG JAK

(25 Hand Techniques)

## JUNG SHIN TONG IL – MEDITATION ON ONE THING FOR A SINGLE PURPOSE

Meditation position seated on knees (Shins) in Za-Zen. When finished meditation spring up into fighting stance (KI-HAP) and step back into Chun Be. Then upon command step into riding horse stance and initiate the first movement.

1. As you step into riding horse stance execute a low/middle block (left hand low-right hand middle).
2. Reverse above technique (right hand low-left hand middle).
3. Draw both arms back to right hip (left hand covering right fist) and execute a right middle punch with the left hand covering the forearm of right arm.
4. Draw both arms back to left hip and punch same as above.
5. Draw both hands back to right hip then execute twin punches to left side of body, KI-HAP.
6. Draw both hands back to left hip then execute twin punches to right side of body, KI-HAP.
7. Execute low section ridge and knife hand block to left side of body.
8. Execute low section ridge and knife hand block to right side of body.
9. Execute right inside block with left fist support.
10. Execute left inside block with right fist support.
11. Execute left outside block (twisting arm counter-clockwise).
12. Execute right outside block (twisting arm clockwise).
13. Draw both hands back to right hip (open hand to accept elbow attack) then execute bow block on left side of body (bow block: left elbow on hip, palm up-right hand, palm facing up).
14. Draw both hands back to left hip (as above) and execute bow block on right side of body (as above, Right elbow on hip, palm up-left hand palm facing up).
15. Both arms crossed at wrists (above head) and execute twin low blocks to either side of body.
16. Execute twin outside circular blocks-mid section.
17. Execute a low section 45° right hand palm block with left hand support on forearm of right arm.
18. Execute a low section 45° left hand palm block with right hand support on forearm of left arm.
19. Execute a 45° left backfist strike (KI-HAP).
20. Execute a 45° right backfist strike (KI-HAP).
21. Draw both arms at wrist above head and execute a double low section knife hand block to either side of the body.
22. Execute twin knife hand strike to mid-section.
23. Dan-Jun breathe pushing hands forward.
24. Grab double elbow attack to either side.
25. Extend both arms backfist to either side (KI-HAP).



## **DRAGON GYM REFERRAL PROGRAM**

Greetings from the Dragon Gym Staff! It is a true pleasure to have you as part of our family. As you may know the Dragon Gym does not advertise much and relies heavily on word of mouth and referrals to bring new students in. We greatly appreciate these referrals and would like to thank you, the student, for doing so. It is a great compliment for you to refer someone you know and care about to our school. As you will soon see, one of our goals is to spread the benefits of martial arts to as many people as possible.

### **How referrals work:**

You tell someone about Dragon Gym, and they set up a no obligation orientation session with one of our instructional staff. If they feel great (and they will!) after the orientation, they can continue to try out the program with one of our QUICK START courses. After the quick start course, they will then be eligible to enroll into one of our full courses.

### **How does this help you:**

Referrals help us and we want them to help you. That is one reason we created the referral incentive program. If someone you refer joins our program after their quick start you'll get a \$100 CASH!

If you refer us 5 people within one year, and they all become members, we will extend you a complimentary, ONE YEAR membership.

**THAT'S A GREAT VALUE!!!**



**Want to cyber-stalk us in the meantime?  
Go right ahead!**



Like us on Facebook:

*Facebook.com/dragongymexton* & message us—  
we'll add you to your class's private group



Follow us on Instagram, under the handle

*@dragon\_gym\_exton* or search for  
*#dragongymexton*



Watch the videos on our YouTube Channel:

*YouTube.com/user/somnathsikdar1*



Do you tweet? Stay up to date with our Twitter:

*Twitter.com/dragongymexton*



Check out our live broadcasts on Periscope:

*@dragongymexton*



Need to contact us? Give us a call at  
(610) 363-7575