

# DRAGON GYM

*The ORIGINAL Since 1973*

## Martial Arts & Fitness



**Welcome to the Family!**

### 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 Parent and Students:

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 that parents who bring their children to our Dojang do so for the building of confidence, discipline, and self defense skills for which the 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 a mindset of goal orientation and provides an evenness of temperament, a unique state of emotional control that is absolutely essential for the attainment of greater, more complicated 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 *know* the joy and value of a strong commitment to parents, siblings, and extended family members.** Lastly, our students will enjoy a level of health and fitness that will lead to sound and strong body. We would like to invite you to participate in one of our programs and see for yourself how Dragon Gym can help make a difference in your family's life.

Sincerely,

Master Somnath Sikdar

## 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.

### ***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

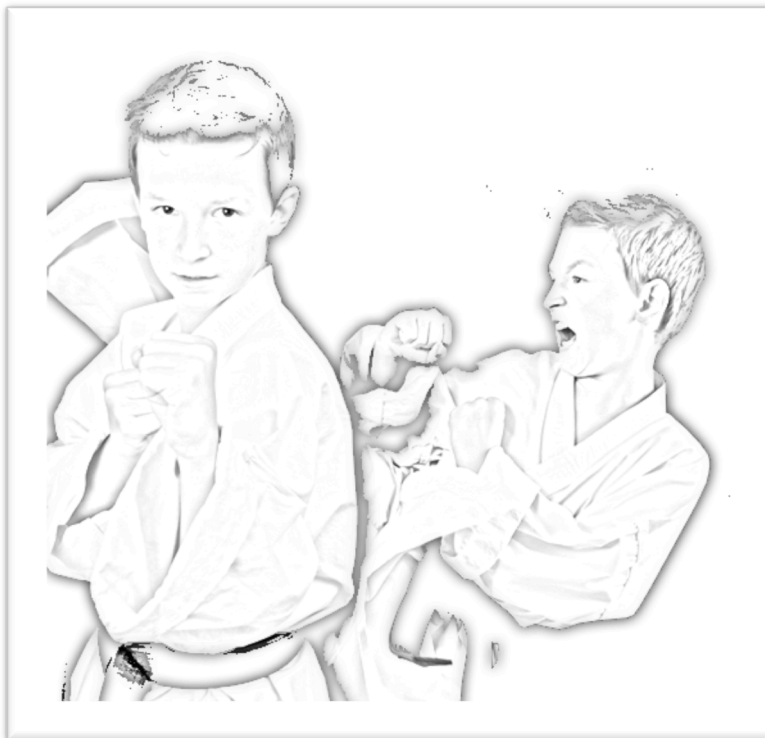
Patience is the continuous struggle to control our impulses. For example anger results in the loss of both reason power and fine motor control allowing one to act recklessly and unreliably in a self-defense situation. However, the need for self-control goes beyond physical encounters; it must be exercised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



# **MARTIAL ARTS FOR CHILDREN AT THE DRAGON GYM**

## **EARLY, BASIC, CORE & EXTREME PROGRAMS**

The Dragon Gym Children's martial arts programs are specifically designed for each of four age groups. The EARLY group is for 3-4 years olds catering to their need for play and imagination while developing primary physical skills. The BASIC group is for 5-6 year olds catering to their enthusiasm and new desire for creativity and problem solving, In addition to a higher level of physical instruction they are also now able to follow higher level instructions and task. The CORE group is for 7-9 year olds suited for their more advanced vocabulary, listening skills and problem solving ability. The program teaches them more advanced physical skills while encouraging more independence and personal responsibility. Finally, our EXTREME program is for 10-13 year olds. They are highly intelligent, eager to learn and ready for more physical challenges. Our program combines this need for a challenging program with the guidance needed to help manage the social and emotional instability that comes with adolescence.

### **The Three Key Areas:**

Martial Arts Technique, Academic Performance, Behavior and Discipline at Home

### **Key Benefits:**

- Improve Concentration, Focus, and Listening Skills
- Develop Discipline and homework habits
- Attain Confidence to ask questions
- Learn How to peacefully resolve conflicts
- Develop Respect for themselves and others
- Achieve Academic Excellence

### **The Dragon Gym Gold Star System**

The three key areas of the children's martial arts program are tied together by our belt promotion and gold star system. The martial arts system inherently teaches children about setting short and long term goals. The long term goal is Black Belt and the short term goals are the color belts. Children learn how to break down a large task into smaller attainable pieces. When they are successful in these small steps they develop confidence and eventually leadership. With each belt test we expect feed back in the three key areas, as such inputs will be required from the student's school teacher as well as the parents. We rate the three key areas on a scale of Excellent, Good, or Poor. If a student earns all "Excellent" they will be awarded a Gold star at their next promotion. If they earn a combination of "Good" and "Excellent" they will be eligible to earn the next belt and will be given recommendations to earn an "Excellent" rating. Finally, if any "Poor" ratings are indicated a conversation between the instructors and parents should occur. During this conversation, we will discuss ways to improve this rating and if belt promotion should be withheld for a period of time.

# JUNIOR INSTRUCTOR AND LEADERSHIP PROGRAM

As you know, at Dragon Gym we provide your children with a broad martial arts education. Originally rooted in Traditional Korean Martial Arts, we have now incorporated elements of Muay Thai and Gracie Jiu-Jitsu into the curriculum. Every style of Martial Art has strengths and weaknesses and we want ensure that you children have a strong foundation of training.

*Our goals only begin there.* Over the long term, we want to arm your children for success, help them be their best in school, develop their self-confidence, teach them self-discipline, and ultimately help them develop their unique potential.

In addition to a solid foundation it is important that your children start focusing on a specific area of martial arts and *unlock their full potential*. In this way, students will excel more quickly and easily, boosting their self confidence and underscoring the importance of discipline, focus and goal setting.

Furthermore, when your children are having fun and doing well they will be more inclined to stay in the structured, challenging and safe program that we provide. When children participate in an activity that is good for them, **they know it and support it**.

With this in mind we've created the following "focus" programs:

- **Junior Olympic Taekwondo** – emphasis on long range and kicking techniques, great for the analytical thinker and the exploration of condition/response scenarios.
- **Junior Muay Thai** – focus on shorter distance and upper body techniques, designed for the logical and deliberate thinker that seeks to find the most effective solution.
- **Junior Jiu-Jitsu** – specializes in close quarters situations, ideal for the non-linear and creative mind.

## Who is the Junior Instructor Program for?

Are you ready to have your child join a very SELECT group of students who will commit themselves to learn the art of teaching? Our Junior Instructor Program is designed to be a continuing education program that will take the student to the level of Children's 1st Degree Black Belt and beyond. Although it may take the student several years to achieve, the reward of reaching such a level will affirm one's perseverance and demonstrate truly what commitment can produce.

Many people say that the highest level of learning takes place when one begins to teach. Helping other people understand the basics and fundamentals enables a teacher to take a closer look at each technique, thus enabling them to see it for themselves from a much different angle. Along with this, instructing allows you to begin to teach not only techniques but also your own personal tricks, tips and philosophy to others who are eager to learn from YOU!

A Junior Instructor will develop: ***Patience, Integrity, Encouragement, Consistency, and most importantly Leadership***

# 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.

*Email us at [ChangeYourLife@dragongym.com](mailto:ChangeYourLife@dragongym.com) to get more information on our family program and get started!*

# 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 sky, above the trees, even higher, searching for more techniques and knowledge.

- **RED BELT**

Represents the sun, high in the sky filled with energy and power.

- **EARLY BLACK BELT**

Represents proficiency in Kicking, Punching, Blocking, Crawling, Hopping, Rolling, Running, and Catching

- **BASIC BLACK BELT**

Represents proficiency in Focus, Teamwork, Control, Memory, Balance, Discipline, Fitness and Coordination

- **CORE BLACK BELT**

Represents proficiency in Agility, Technique, Courage, Flexibility, Intensity, Perseverance, Speed, and Concentration.

- **EXTREME BLACK BELT**

Represents proficiency in Dexterity, Reaction, Versatility, Momentum, Precision, Instinct, Strength, and Vision

- **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 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 build your self-confidence*

Also:

- ✓ Measure your progress by demonstrating what you have learned
- ✓ Develop cooperation and teamwork
- ✓ Build character and improve technique at this special event



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 do not pay a 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 prepared to fulfill in order to continue. Like any worthwhile activity, there is a much needed investment in the right, high quality equipment. Student will be required to purchase free-sparring equipment (approximately \$200) in order to be eligible to test from Green to Purple belt. Additionally, depending on your course of study, costs may arise for weapons, Kettlebells, and special seminars.

## THE MEANING OF TEST



Conduct is an expression and act of the mind. The martial arts utilize spiritual and mental power, not just body action. For example, if you wanted to put the enemy to rout, first you use your spiritual strength to shoot through the enemy's heart, and then you can easily knock the enemy down.

Your Martial Arts training may be developed and/or improved by virtue of many years of consecutive training with your earnest effort.

Let me tell you a short story. A man who walked over the hill under moonlight shot an arrow at, and killed a large tiger. The next day, he looked at the dead tiger; it was a rock lying on the ground. When he tried to shoot more arrows into the rock, the arrows broke and wouldn't penetrate. This demonstrates just how much your spiritual power

can control everything that exists around you.

Tests are a means of demonstrating ability. Tests also help the student develop the will to achieve a goal. Striving to reach a goal elicits patience and effort. Trying something without any goal is meaningless; it only wastes time and energy.

Whenever you advance higher in your Martial Arts training always think humbly, and give thanks to your Masters and to your Instructors. Finally, reward yourself in introspect as to the training and improvement of your art forms until now. Be proud of your new belt and accomplishments and remember that it represents a personal goal that you have successfully reached! When you obtain the rank of Black Belt at the Dragon Gym it will symbolize a complete and thorough culmination of your efforts and achievements in your Martial Arts training. You will then be prepared for further advanced training. Remember this moment and reset your goal one step higher.

# **MASTER AND STUDENT RELATIONSHIP**

The practicing student receives instruction, guidance and counsel from their Master and in return should be willing to show their respect in the same way one would show respect to their parents. The Master doesn't just instruct in the way of martial arts, also in the way to live rightly in the world, to pursue knowledge and to respect one's country and individuals. To comprehend the right way you must understand the correctness of the Master's doctrine. You should return the Master's guidance, not with material goods, but with the heart, by keeping the Master's doctrine and spirit in one's personal life furthering the Martial Arts Tradition.

## **RESPONSIBILITIES OF A STUDENT**

- Proper behavior and conduct in the presence of the Master
- Never talk back to the advice or scolding of the Master.
- Be aware of and inquire about what the Master may need or want.
- Be willing to support the aid of the Master's business.
- Do not expose your Master's or your friend's mistakes to the public.
- If you are not sure of something, be sure to inquire so that you may have a clear understanding.
- Love and involve yourself both in mind and heart to the fullest extent of what you are doing.
- Do not create or support any misconduct.
- Respect your Master with all your heart.
- At all times face the Master with respect and honor.
- Do not pervert or distort the Master's teachings.
- Demonstrate the Master's instruction and teachings by your actions and not just by your word.
- Be steadfast in the following of the Master's teachings.
- Always keep thinking and trying to do your best, so you will not lose interest.
- If you understand the Master's guidance and virtue, then when the Master is not present you can recollect and observe his teachings by holding them in greater respect in the Master's absence.

The student and Master relationship keeps on constantly growing. On attaining the Black Belt rank the relationship becomes very special. Master and student relationship is very similar to that of a father--son/daughter relationship. Through the ages the father wants the son/daughter to be better than himself and it should be the son/daughter's responsibility to fulfill their father's desires. The Master wants all of his students to progress with him and go beyond him. It is the responsibility of the student to do so. This gives great joy and pleasure to the Master when he sees his students achieving new heights, just as the father sees his son/daughter reaching new frontiers in life.

## 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 have enough stripes to be eligible to test
  - b. Politely ask your instructor if he thinks you are ready to test if he/she has not already given you a test form
  - c. Complete the test form in its entirety
  - d. Bring the test form to class with you on your test day.
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. Any talking is prohibited
  - 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 call 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), certificate, and gold star 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 your 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!***

## HOME RULES FOR CHILDREN

1. Children Shall greet their parents when they enter the house and say goodbye when they leave
2. Children will at all times be respectful to their parents
3. Children will at all times be truthful
4. Children will strive for a good relationship with their brothers and sisters
5. Children will willingly help with the household chores
6. Children shall report to their parents that they have completed assigned tasks
7. Children shall be responsible for the upkeep and neatness of their own rooms
8. Children will practice daily cleanliness in the matter of hair teeth and body
9. Children shall abide by their parents decisions
10. Children shall not interrupt adult conversations
11. Children shall refrain from rowdy behavior at home
12. Children shall possess an active, mind, body and spirit
13. Children will diligently study their school work at home and at school
14. Children will at all times show respect for their school, teachers, and peers
15. Children shall always finish what they have started.

# 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



## YOUR UNIFORM

Here, at the Dragon Gym a lot of what we say in class is spoken in Korean. Korea is the country in which Tae Kwon Do was developed and has roots to martial arts that are over 2000 years old. Your uniform is called “dobalk” and is made of up if three parts:

1. Jacket
2. Pants
3. The most important part: your belt! Your belt represents what level you are in your training. It represents your dedication and hard work to reach and pass your goals. It represents who you are.

There are many rules that we follow at The Dragon Gym that concern your belt.

1. It must never touch the ground (to show respect)
2. It is not a toy, therefore it must never be swung around or played with in any manner
3. You must know where your belt is at all times.
4. You are responsible for your belt...NOT YOUR PARENTS!

See where that patches go on your dobalk →

At the Dragon Gym we have a unique age-specific curriculum. Each age program has a different uniform:

EARLY (3-4 years old) – White Uniform  
BASIC (5-6 years old) – Black Uniform  
CORE (7-9 years old) – Red Uniform  
EXTREME (10-13 years old) – Blue Uniform



## WHAT IS A KI-HAP?

The Ki-Hap is actually two words. Ki which is your internal energy and power and Hap which means “to join”. So, Ki-Hap means to join your energy and power.

We Ki-Hap for several reasons:

1. To generate energy for punching and kicking techniques
2. For concentration. By using your Ki-Hap you block other thoughts out and easily focus on your technique
3. To surprise or scare an opponent





## 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.



# 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

### I. ***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.

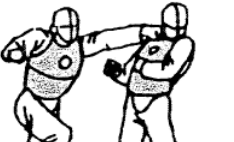





Olympic Style Sparring Competition body protection is mandatory to protect the vital organs of the competitors. Junior Competitors must use control when kicking to the face, and must at all times observe safety and good sportsman-ship.

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:

Kick to the head	Kick to the body	Punch to the body	Kick to the ribs
			

#### ILLEGAL TECHNIQUES:

Punch to the head	Attacking a fallen opponent	Attacking the back
		
No Sweeping	No grabbing	Attacking the groin
		

# 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 the quick start you'll get \$100 CASH or credit on your next month's tuition.

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!!!**

# ATTENTION MOM & DAD!

## ADULT MARTIAL ARTS CLASSES

For Moms & Dads of Dragon Gym Students:

**Are you looking for a family activity that is  
both fun and functional?**

*You should consider our Family Package which includes martial arts  
and fitness classes for the whole family!*



## Master Sikdar Presents:

### Introduction to Traditional Martial Arts

Martial arts is an activity the whole family can participate in together

Conveniently find exercise time for you and your children

Uniquely positive, yet challenging environment

Beginners are always welcome

No Prior Experience is needed

You can try a class for free!

We have awesome family discounts

Contact us to set up your first class

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

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

# Brazilian Jiu Jitsu



In the 1920's two brothers who were born in Belem, Brazil began teaching a form of Judo to students in their area. One day the younger brother Helio Gracie was teaching the president of the Bank of Brazil a few techniques and realized as he was teaching that many of the techniques that were designed to be used standing didn't particularly work well for someone with his small frame. Helio began to adapt the techniques he learned to be used on the ground.

Helio soon began to realize that when used on the ground, larger and stronger opponents were easily defeated. The art began to evolve and quickly adopted the name Gracie Jiu-Jitsu.

Today people from all walks of life train and love the beautiful soft art of Jiu Jitsu, The art is especially valuable because of its low impact, effective control of larger and stronger opponents and the fun people have when training and learning Brazilian Jiu-Jitsu

Master Somnath, Master Lonnie and Instructor Chris have been formally training in Jiu-Jitsu since 2006 and are part of one of the most respected BJJ teams in the world.

What you will learn:

- Brazilian Jiu Jitsu Gi and No-Gi Techniques
- Arm, Joint and Leg Locks
- Ground Defense and Submissions
- Self-Defense
- Throws and Takedowns
- Practical and Sport Techniques

If you would like more information on learning Gracie / Brazilian Jiu-Jitsu we welcome you to ask any of our staff members or email [trybjj@dragongym.com](mailto:trybjj@dragongym.com)

***This program is available to adults and we have a children only Junior-Jiu-Jitsu class.***



Based on the Muay Thai style this class is a True Kickboxing Class. You will learn not just the proper kicks, punches, and combos, but develop great self confidence, build strong friendships, and discover your inner fighter!

**Footwork-** This is the most basic and important part of Kickboxing.

**Punches-** You will learn the proper way to throw effective strikes with pinpoint accuracy

**Kicks-** Create distance from an attacker and easily dismantle them at the same time

**Knees and Elbows-** This is what separates Muay Thai from everything else.

**Clinch-** Too close to kick or punch? We use the world famous “Thai Clinch”.

*How to get started:*

*We start all new students with a one-on-one orientation class. This way you can get a feel for what Muay Thai is all about, and we can assess your abilities. Be assured, through our Quick Start Muay Thai Course even a beginner to martial arts will feel comfortable and get the most out of their training.*

*Contact us to set up your first lesson!*

***This program is available to adults. Additionally, students in the Junior Elite and Junior Instructor Programs are eligible for the Junior DGMT Classes***

# STRENGTH & FITNESS



## **BEGINNERS are WELCOME**

**Try it Out!**

- ✓ Lose fat and gain muscle
- ✓ Cut your gym time down by at least 50%
- ✓ Develop More Functional Strength
- ✓ Learn how to move better and stay injury free
- ✓ Improve your posture, mobility, and flexibility

Call us to schedule your **FREE ORIENTATION Lesson**  
With a Certified ***Fitness*** Instructor

### **What Classes will do for you:**

- Develop True All-Purpose Applicable Strength
- Maximize you own Power and Explosiveness
- Blend Strength with Flexibility for Remarkable Mobility
  - Lose Weight and Stubborn Fat Properly
  - Develop Your Ultimate Physique Faster

# FITNESS KICKBOXING

## 3 Part Fat Loss Formula

We combine cardio, resistance, and interval training to give you the most fat-melting workout possible. Individually, each of these forms of exercise is powerful. Combine all three... and you've got one heck of an awesome, fat-burning workout.



**Come see for yourself ;-)**

## Incredible Stress Relief

**There is nothing... NOTHING... more stress-relieving than hitting a punching bag.**

- Whether you're coming to kickboxing class after a long day of work... or you've been dealing with the kids and the spouse all day and need a break... as soon as you get started the stress will ooze away.
- Plus, its a well-known scientific fact that intense exercise relieves stress in every area of your life. Feel calm and peaceful as you go about your day. And watch as situations and people that used to stress you out become easy to handle!

**Contact us today to try a class for Free!**

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

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

# POWER YOGA

## Exton Yoga Mission Statement

The mission of Exton Yoga is to create an environment and experience which empowers its students to live a healthy, balanced life through the consistent practice of yoga. Power Yoga is a modern version of an ancient practice designed to create physical and mental fitness. This yoga is not about bending ourselves into the shape of a pretzel or sitting quietly in a candlelit room waiting for enlightenment. This practice is about breathing and moving our bodies as a means to quiet our minds. In a power yoga class we challenge our physical limits and explore our mental limitations, breaking through into new possibilities. Regular practice empowers us to meet life's challenges with strength and equanimity.



Contact us: [POWERYOGA@DRAGONGYM.COM](mailto:POWERYOGA@DRAGONGYM.COM) to try a class



## Children's Class Schedule

VISIT US ONLINE: [WWW.DRAGONGYM.COM](http://WWW.DRAGONGYM.COM)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY	<b>1:15-1:45</b> <b>Or</b> <b>4:15-4:45</b> Pre-S & Pre-K (Ages 3-4) Session 1 <b>EARLY</b>		<b>1:15-1:45</b> <b>Or</b> <b>4:15-4:45</b> Pre-S & Pre-K (Ages 3-4) Session 2 <b>EARLY</b>		<b>4:15-4:45</b> Pre-S & Pre-K (Ages 3-4) Make Up Session <b>EARLY</b>	
BASIC	<b>4:45 – 5:30</b> K and 1 <sup>st</sup> Grade (Ages 5-6) Session 1 <b>BASIC</b>	<b>4:15 – 5</b> K and 1 <sup>st</sup> Grade (Ages 5-6) Session 1 <b>BASIC</b>	<b>4:45 – 5:30</b> K and 1 <sup>st</sup> Grade (Ages 5-6) Session 2 <b>BASIC</b>	<b>4:15 – 5</b> K and 1 <sup>st</sup> Grade (Ages 5-6) Session 2 <b>BASIC</b>	<b>4:45 – 5:30</b> K and 1 <sup>st</sup> Grade (Ages 5-6) Make Up Session <b>BASIC</b>	<b>9a-9:30a</b> K and 1 <sup>st</sup> Grade (Ages 5-6) Make Up Session <b>BASIC</b>
CORE	<b>5:30-6:15</b> 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> Grade (Ages 7-9) Session 1 <b>CORE</b>	<b>5-5:45</b> 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> Grade (Ages 7-9) Session 1 <b>CORE</b>	<b>5:30-6:15</b> 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> Grade (Ages 7-9) Session 2 <b>CORE</b>	<b>5-5:45</b> 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> Grade (Ages 7-9) Session 2 <b>CORE</b>	<b>5:30-6:15</b> 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> Grade (Ages 7-9) Sparring Class <b>CORE</b>	<b>9:30a-10:15a</b> 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> Grade (Ages 7-9) Make Up Session <b>CORE</b>
EXTREME	<b>6:15-7</b> 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Grade (Ages 10-13) Session 1 <b>EXTREME</b>	<b>5:45-6:30</b> 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Grade (Ages 10-13) Session 1 <b>EXTREME</b>	<b>6:15-7</b> 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Grade (Ages 10-13) Session 2 <b>EXTREME</b>	<b>5:45-6:30</b> 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Grade (Ages 10-13) Session 2 <b>EXTREME</b>	<b>5:30-6:15</b> 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Grade (Ages 10-13) Sparring Class <b>EXTREME</b>	<b>9:30a-10:15a</b> 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Grade (Ages 10-13) Make Up Session <b>EXTREME</b>
JUNIOR	<b>7-7:45</b> <b>Jr BJJ Class</b> (Upgraded Membership)	<b>6:30-7:15</b> <b>Jr-Black Belt</b> <b>Class</b>	<b>7-7:45</b> <b>Jr BJJ Class</b> (Upgraded Membership)	<b>6:30-7:15</b> <b>Jr-Black Belt</b> <b>Class</b>	<b>6:15-7</b> <b>Junior</b> <b>Instructor</b> <b>Program: 1<sup>st</sup></b> <b>and 3<sup>rd</sup> Friday</b> <b>Only</b>	<b>1:00-3:00p</b> <b>Reserved for</b> <b>Birthday Parties</b> (See front desk for details)



**Want to cyber-stalk us in the meantime?  
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we'll add you to your class's private group



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Need to contact us? Give us a call at  
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