



Welcome to Grace Fellowship Taekwondo! We are glad that you and your family have chosen to participate in this exciting ministry. Our desire is to provide you with a Christ-honoring Taekwondo experience that you will find beneficial on several levels.

My family has been a part of Grace Fellowship Church since we moved here from Texas in September, 2021. My children and I were blessed to begin learning Taekwondo from Master Pastor Jim Wilson and his daughter, Master Bethany in Del Rio, TX. They have been teaching Taekwondo in their church for 18 years.

I was awarded my black belt and promoted to Instructor in May, 2021. My children, Evelyn and Peter, are only one test away from black belt and are working on their Junior Instructor ratings.

We are part of Victory Taekwondo Chung Do Kwon Association (VTCDKA) of Austin, TX, which teaches the Kukkiwon Curriculum from Korea. Victory is led by Grandmaster Sosa.

We integrate Biblical principles and scripture memory into our classes. Because preparing your soul is more important than training your body.

If you have further questions please feel free to contact us. Our email is Taekwondo@GraceInBuckeye.com.

Once again, welcome. We look forward to working with you in the months and, Lord willing, the years to come!

Mr. Michael Palik
Servant Instructor

Instructors

Instructor degrees are based on a combination of age and rank. The Senior Instructor of a school is the school owner. Master Instructors are responsible for overseeing all Instructors' development and duties. Head Instructors assist in class planning and teach classes weekly. Teen Instructors have the same responsibilities as any other Instructor, they are simply under the age of 15. Similarly, Junior Instructors are under the age of 12. A Trainee Instructor is one who is learning to be an Instructor while under the direct supervision of a higher rank Instructor.

Pricing

Tuition:

Tuition is due monthly and must be paid by the 15th of the month; it is \$30 for an individual or \$60 for two or more in the same family.

Sparring Gear:

Gear is not required until testing for Green Belt – the third belt a student earns. We will help you order the correct gear. Depending on sizes, prepare to spend \$100 - \$150 for a complete set.

Testing:

Testing is \$25 and is due on the day of the testing.

Patches:

VTCDKA and Flag patches are \$5 each and are a required part of the uniform.

Additional costs beyond tuition will vary according to the progress of the student. Our goal is provide the highest quality of Taekwondo training at the lowest price possible.

Please note all prices are subject to change without notice.

Resources

Textbooks:

There are many textbooks, booklets and videos available at bookstores and online with a wide range of quality and price. Materials that explain Kukkiwon or Chung Do Kwan will be the most benefit to you at GFC Taekwondo.

Form Videos:

We will produce our own Taekwondo form videos very soon. In the meantime, please enjoy practicing your forms with Master Bethany and Instructor Sara from Esperanza First Taekwondo. <https://youtu.be/lpPCp2XPmMg>

Kukkiwon World Taekwondo Headquarters also produced very good instructional videos for all the forms (also called Taeguek). I either skip the first minute of each video or take advantage of the opportunity to talk with my children about the real source of our strength or the universe...Jesus! <https://youtu.be/WhkjRruCBTo>

Calendar: (free)

Class schedules are on the Grace Fellowship Church website calendar and we will have printouts available in class.

FAQ's Page

Q: What should I wear to class?

A: Your uniform. This includes your taekwondo pants worn at waist level, a t shirt that matches your belt color or is white (shirt is optional if you are a boy), your Tobak, your Belt tied at waist level over the elastic part of your pants. Other important things to note are that the student should always be neat, the uniform should be clean and not wrinkly, ironed if possible, and belts should never be washed. The student should also have hair completely pulled back out of their face and nails clipped so they do not scratch others.

Q: Can I wear jewelry?

A: No. The student must have only the designated parts of the uniform on with no jewelry or other adornments on. This applies to men and women. This includes but is not limited to necklaces, earrings, bracelets, watches, and rings.

Q: Why do I have to join VTCDKA?

A: We require all of our students to join this association before they will be allowed to test. By joining the association, students fall under the supervision of the Kukkiwon. The Kukkiwon is the governing agency for taekwondo worldwide, in charge of setting the standard of Taekwondo. Our association provides a direct link to this agency, making the rank students earn here recognized worldwide. Members also get the student certificates with a Kukkiwon stamp and Grand Master Sosa's signature for each belt they receive along with a patch for their uniform.

Class Schedule

As this ministry kicks off, we are starting with one class each week for all ages 5 and up as well as all ranks. In the future, we want to expand to multiple classes in the week and separate classes for different ages and ranks.

Class is on Thursday night from 6:30 – 8:00 p.m.

Please note schedule is subject to change.

Future Class Divisions

Mighty Kids:

Mighty Kids are students ages 4 to 6. This program teaches pre-Taekwondo skills. The program primarily focuses on the development of motor skills, attention span, discipline, and focus. We teach the Mighty Kids all they need to know to move directly into a Yellow Belt when they move to the next level of class. Once the instructors determine your child is ready to join the traditional Taekwondo program they will have your child go to Mighty Kids class on Sunday and Traditional Class on Thursday for 2 weeks. They will then go only to Traditional Class for 2 weeks. At the end of these 4 weeks they will test for their Yellow Belt and continue to attend all Traditional Classes.

Beginners:

Beginner ranks are those students who attend the Traditional Classes who have a White, Yellow, or Orange Belt. In the Beginner classes we focus on teaching the basic building blocks of Taekwondo and practicing them over and over so that students are able to progress through the ranks well.

Intermediate:

Intermediate ranks are those students who have a Green, Blue, or Purple Belt. In the Intermediate classes we focus on the development of more complex techniques and concepts such as combination techniques and rotation.

Advanced:

Advanced ranks are those students who have a Red, Brown, or 1st Gup Belt. Once you enter the advanced ranks you are about a year from Black Belt if you work hard. These ranks are considered the training process specifically for reaching the goal of Black Belt. This requires a deeper understanding of all you have learned so far and better execution of techniques.

Once a student tests for red belt they will be asked if they want to enter the Black Belt Training Program, entering into this program will require the student to attend a minimum of 2 hours of class per week, and to begin their teacher training. They will be given logs to track their practice at home as well as specific drills to work on each week. Entering into this program will mean a much higher time, work, and money commitment but it is what's necessary to help them achieve their goal of black belt. Students who choose not to join into this program right away will still have the option to test for black belt - they will simply have to go through a year of this training in their 1st gup belt before they will be ready to test.

As a school, we will schedule black belt testing with Grandmaster Sosa. Mr. Palik can not award blackbelts.

Testing

Instructors will evaluate you when you have reached the minimum number of hours of class time to determine if you are ready for the next test. It is up to the student to perfect their techniques and forms. The administrative staff and/or the instructors will notify the student when they are ready to test.

Please understand there are minimum training hours established by Grand Master Sosa. Students will not be evaluated for testing potential until that standard has been met.

Martial arts protocol dictates that you do not approach administrative staff or instructors to ask about testing, instructors must approach you. Keep in mind the larger goal is black belt. Students who participate without gaps should reach black belt by the end of four years.

After an instructor has evaluated you for testing and has determined that you are ready, see Mrs. Smedra for your packet that will include necessary paper work along with helpful reminders.

On the day of the testing you will need to arrive 30 minutes early (15 for Mighty Kids) to turn in paperwork, say your verses, and warm up. There are several items you need to bring with you to a test. Every testing candidate needs a clean and pressed uniform, an essay written on the appropriate topic, and a completed **Community Service form**. Testing candidates under the age of 18 also need an **Intention to Promote form** completed by your parents and signed by one of your teachers. If you are missing any of these items you will not be allowed to test. Each student will also be given one copy of each form in their **testing packet** two weeks before the testing.

By signing the Intention to Promote form the parent and teacher are verifying that the student is not misusing their Taekwondo skills or behaving in any other unacceptable manner.

The student is never obligated to test and will not be otherwise punished should a teacher or parent refuse to sign, we will simply have them wait until our next testing giving them a chance to improve their behavior.

Students testing for 8th through 5th gup and Mighty Kids are required to perform 1 hour of community service prior to each test. Students testing for 4th gup through 1st Dan are required to perform 2 hours of community service prior to each test.

The testing is run very similar to a class and at the end there will be opportunities for parents to take pictures if they desire. Testings are run in a very serious manner because the students must demonstrate focus. Anyone is welcome to come watch the Gup testing.

Grace Fellowship Taekwondo follows the rank system outlined below.

Traditional Students

9th Gup - White belt
8th Gup - Yellow belt
7th Gup - Orange belt
6th Gup - Green belt
5th Gup - Blue belt
4th Gup - Purple belt
3rd Gup - Red belt
2nd Gup - Brown belt
1st Gup - Brown/ Black belt

Mighty Kids

Level 9 - White belt
Level 8 - White with yellow stripe
Level 7 - White with orange stripe
Level 6 - White with green stripe
Level 5 - White with blue stripe
Level 4 - White with purple stripe
Level 3 - White with red stripe
Level 2 - White with brown stripe
8th Gup - Yellow belt

Tournaments, Demos, & Seminars

As a member of this school you will have the opportunity to participate in tournaments, demonstrations, and seminars. Whenever possible please accept these opportunities to participate.

Memory Verses



8th Gup (Yellow Belt)

John 3:16-17 For God so loved the world that he gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

7th Gup (Orange Belt)

Romans 6:23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

6th Gup (Green Belt)

Romans 10:9 That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

5th Gup (Blue Belt)

1 John 5:13 These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God.

4th Gup (Purple Belt)

Ephesians 2:8-9 For by grace you have been saved through faith, and that not of yourselves it is the gift of God, not of works, lest anyone should boast.

3rd Gup (Red Belt)

Romans 1:16 For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.

2nd Gup (Brown Belt)

Acts 4:12 Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved.

1st Gup (Brown/Black Belt)

Mark 16:15-16 And He said to them, "Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned."

1st Dan (Black Belt)

2 Timothy 2:15 Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

1 Corinthians 10:31 Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

Essay Topics



8th Gup (Yellow Belt)

What do you enjoy about TKD thus far?

7th Gup (Orange Belt)

Why is it important for you to learn TKD?

6th Gup (Green Belt)

Name and explain a strength and a weakness you have in TKD.

5th Gup (Blue Belt)

What keeps you motivated in your TKD journey?

4th Gup (Purple Belt)

What benefits have you received from TKD?

3rd Gup (Red Belt)

What have you given back to your TKD school?

2nd Gup (Brown Belt)

How do you generate power?

1st Gup (Brown/Black Belt)

How are you training to become a Black Belt?

1st Dan (Black Belt)

What does it mean to be a Black Belt?

Essays for 8th, 7th, and 6th Gups must be a minimum of 2 paragraphs.

Essays for 5th, 4th, and 3rd Gups must be a minimum of 3 paragraphs.

Essays for 2nd and 1st Gups are required to be at least 1 page.

1st Dan Essay should have at least 2 pages.