#### **UVM Taekwondo Student Manual**

Welcome to UVM Taekwondo. By joining this club, you are participating in one of the oldest and most vibrant clubs on campus. We engage in a wide variety of Taekwondo related activities, as well as social events and group outings. You can plan on having a good time, meeting some great new friends, and getting the best Taekwondo training available.

#### Things to know before you start your first class

- 1. Taekwondo is organized fun.
- You will be told what to do, how to do it, and where to do it. Don't worry about not knowing what to do. No one is perfect on their first day. Follow along to the best of your ability.
- If you are experienced, either in Taekwondo or another martial art, be prepared to empty your cup. Things will be different. Even the things that are the same may be different.
- You will need to sign up on the Lynx club sports system before your first class. It's easy, and we can help before class starts. Show up early.
- 5. Wear comfortable, loose fitting clothing.
- There are some costs involved, namely a uniform, sparring gear, and promotion fees if you want to progress. These fees are modest, and we will let you know well in advance.

#### Why we do Taekwondo

People do Taekwondo for a variety of reasons. Here are a few more common ones:

- Get in better shape
- Eurol.
- Self-defense
- Great people!
- Self-discipline and self-confidence
- Flexibility
- Leadership training
- Individual and team sport in the same activity.
- Physical and mental challenge.

#### A brief history of Taekwondo

Taekwondo is a Korean unarmed martial art and currently one of the most widely practiced in the world. The Kukkiwon World Taekwondo Headquarters has registered 20 million black belt holders since its founding in 1972. However, the roots of Taekwondo can be traced back to post World War II in the modern era. There are a great many connections with older martial arts styles in Korea, but these connections are not as clearly defined. Taekwondo is not only kicking and punching, but also a way of living. Taekwondo sparring is an Olympic sport with full medal status. There is also a World Championships for Taekwondo forms.

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**Amy Reed** 

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