

## ***ABOUT THE AMERICAN TAEKWONDO ASSOCIATION PROGRAM***

### **TINY TIGERS**

The Tiny Tiger program was developed specifically for preschool age children ages 4 through 6. This program offers children a strong foundation in essential character qualities such as courtesy, respect, and discipline. In addition, the program is designed to improve children's motor skills and enhance their ability to pay attention and follow directions. All classes are taught using the most safe, fun, and exciting instruction methods available for this age group. This program works in conjunction with the Karate for Kids program, thereby emphasizing the same important monthly themes and value system.

Just like in the Karate for Kids program, Tiny Tigers have their own unique victory patch and "Victory Stars." Stars are earned in the same way as the Karate for Kids program, with slight modifications in recognition of the preschool age of the child. Four different colored victory patches are available to accommodate all the stars that can be earned by a high achieving Tiny Tiger. Except for the logo, the four victory patches are the same as the Karate for Kids patches.

Upon graduation from the Tiny Tigers program into the "Junior" or "Big Kid" program, Tigers are rewarded by the opportunity to wear the "Big Kids" or "Karate for Kids" patch.

The rank and testing system used by the Tigers is slightly different than that of the Karate for Kids. Tigers can earn eight collectable animal patches to display on the belts as follows: Tiger for orange belt; Cheetah for yellow; Lion for camo; Eagle for green; Phoenix for purple; Dragon for blue; Cobra for brown; Panther for red. All eight patches, as earned, can be displayed on the child's belt.

### **KARATE FOR KIDS**

There are many reasons for kids to become involved in the martial arts. We have developed a program based on traditional Taekwondo for kids called Karate for Kids. The Karate for Kids system is based on a lifetime learning concept in addition to technical skills. The building blocks for our system are monthly themes such as:

Goals	Friendship	Perseverance
Self-Control	Confidence	Self-Improvement
Courtesy	Self Awareness	Respect
Integrity	Self-Esteem	Dedication

### **LEADERSHIP**

At the ATA, we take the concept of leadership very seriously, and our leaders are serious about their responsibilities. The Songahm Taekwondo network is our foremost concern, and we have worked hard over the years to make sure that the future of Songahm Taekwondo will always be shaped and directed by individuals that truly care.

Given all the different areas that Songahm Taekwondo is a part of, from martial arts to building life skills to charity, we have several individuals and groups that act selflessly as our leadership. Under their guidance, the ATA and Songahm Taekwondo can only continue to grow and improve on our already strong principles.

Here are some benefits you can expect from training in Taekwondo:

- **Fitness** - The principles of Taekwondo techniques are based on the design of your body. For power you develop the larger, powerful muscles of the torso. The speed of the techniques comes from the fast, agile muscles of the arms and legs. As you progress in Taekwondo, you will learn to coordinate this speed and power, and develop a concentration to focus all of your body's strength into a small, hard striking surface like the edge of the hand or the heel of a foot.
- **Self-Defense** - When the speed and power developed through Taekwondo is used in a self-defense situation against the vulnerable parts of an attacker's body, the results can be incredible. Taekwondo allows a woman to emphasize many of her natural physical strengths, such as power in the legs, while learning a method of self-defense efficient against a much larger opponent. Knowing you can defend yourself, your confidence will grow. And confidence alone is usually enough to deter potential attackers.
- **Self-Confidence** - This does not come naturally for many people, but self-confidence can be developed over a period of time. Through Taekwondo, as you accomplish new goals, your confidence level increases. Taekwondo instills a sense of discipline and self-confidence that can carry over to all aspects of your life.

When a student learns Songahm Taekwondo, the focus of his or her training is not only on physical strength and growth, but also on important skills that will help lead to personal successes in life. These Life Skills will benefit students inside the classroom and beyond. After all, a healthy individual is characterized by a strong body and a strong mind so that you can attack any curve ball life throws your way.

Each life skill taught through ATA curriculum is based on The Songahm Spirit of Taekwondo oath, a promise each student makes at the beginning and end of each ATA event to prepare them for what lies ahead.

**At the beginning of each event the oath is as follows:**

"Sir/Ma'am, I shall practice in the spirit of Taekwondo; with courtesy for fellow students, loyalty for my instructor and respect for my juniors and seniors, sir/ma'am"

**At the end of the event, the promise is targeted more for behavior outside of the do-jahng:**

"Sir/Ma'am, I shall live with perseverance in the spirit of Taekwondo; having honor for others, integrity for myself and self control in my actions, sir/ma'am"

## ATA SONGAHM TAEKWONDO BELTS (RANKS)

### **White Belt**

"Pure and without the knowledge of Songahm Taekwondo. As with the Pine Tree, the seed must now be planted and nourished to develop strong roots."  
*The student has no knowledge of Songahm Taekwondo and begins with a clean (pure) slate. Purity is often signified by the color **white**.*

### **Orange Belt**

"The sun is beginning to rise. As with the morning's dawn, only the beauty of the sunrise is seen rather than the immense power."  
*The beginner student sees the beauty of the art of Taekwondo but has not yet experienced the power of the technique.*  
**Orange** is found among the many colors of the sunrise.

### **Yellow Belt**

"The seed is beginning to see the sunlight."  
*The student begins to understand the basics of Taekwondo.*  
The sun appears to be **yellow**.

### **Camouflage (Camo) Belt**

"The sapling is hidden amongst the taller pines and must now fight its way upward."  
*The student begins to realize his/her place in the world's largest martial art. The student must now begin to spar in order to promote in rank.*  
**Camouflage** (greens) is used to hide among the trees in the forest.

### **Green Belt**

"The pine tree is beginning to develop and grow in strength."  
*The student's technique is developing power. The components of the basic techniques are beginning to work in unison.*  
As the pine tree develops, it sprouts **green** pine needles.

### **Purple Belt**

"Coming to the mountain. The tree is in the mid-growth and now the path becomes steep."  
*The student has crossed over into a higher level of Songahm Taekwondo. The techniques, poom-sae (forms), and level of gyeo-roo-gi (sparring) becomes more difficult, creating a "mountain" that must be overcome.*  
Mountains are often depicted as being **purple**.

### **Blue Belt**

"The tree reaches for the sky toward new heights."  
*Having passed the mid-way point, the student focuses his/her energy upward toward black belt.*  
The sky appears as **blue**.

### **Brown Belt**

"The tree is firmly rooted in the earth."  
*At this point the student has mastered the basics and developed deep roots in Taekwondo.*  
**Brown** is known as an earthy color, such as dirt.

## ATA SONGAHM TAEKWONDO BELTS (RANKS, Continued)



### Red Belt

"The sun is setting. The first phase of growth has been accomplished."

*The first day (the period of time from white belt to red belt) of growth is coming to an end. The physical skill has been developed but lacks control; therefore, physical and mental discipline must now be achieved.*

Variations of **red** are found among the many colors of the sunset.



### Red/Black Belt

"The dawn of a new day. The sun breaks through the darkness."

*The previous day has ended, giving way to a new dawn. The student must begin a new phase of training; that of being a black belt.*

The **red** is the sun (in a sunrise) as it breaks through the **black** of night.



### Black Belt

"The tree has reached maturity and has overcome the darkness... it must now 'plant seeds for the future.'"

*The color black is created when all the colors of the light spectrum have been absorbed into an object. That object has "taken control" of the colors and retained them. If one color was to "escape", the object would no longer be black but would appear as that color. The student has mastered the nine geup (grades) of Taekwondo. He/she has "absorbed" all the knowledge of the color ranks and overcome or "mastered" that level or training.*

The colors of the spectrum are bound together and are not reflected off an object, resulting in the absence of color which we call **black**.