



Boyd's Defensive Arts, LLC

Combat Hapkido and Taekwondo



Welcome Packet

Welcome!

Welcome students and parents to Boyd's Defensive Arts, LLC! In our school, we offer two Martial Arts programs:

- (1) Taekwondo (for ages 6 and up) under the name "Action Arts Academy USA"
- (2) Combat Hapkido (for teens and up)

Whether you choose to participate in one or both, welcome to the Martial Arts community! This welcome packet will provide some basic information about our programs to help get you and your family started on your Martial Arts journey.

About Taekwondo

What is Taekwondo?

Taekwondo is a martial art developed in Korea, with roots starting more than 2000 years ago. The word "taekwondo" can be translated as the "art of the foot and hand" or the "art of kicking and punching". Taekwondo is different from other martial arts in that, while it uses hands, it emphasizes the use of foot and leg techniques.

There are various focus areas within taekwondo as well. Taekwondo includes defensive techniques (the foundation of all styles), demonstrative forms, Olympic-style sparring (one-on-one), and demonstrations (board-breaking, "cool" kicks, weapons, and choreographed forms).

Benefits of Taekwondo

Our classes provide an opportunity to improve yourself physically, mentally, and philosophically.

Physically: Become more flexible, improve endurance, speed, and strength, have more energy, and learn to defend yourself.

Mentally: Build your inner strength and become a more powerful and confident individual by setting and achieving personal goals as well as learning to lead by example.

Philosophically: Learn to live by the Five Tenets of Taekwondo.

Five Tenets of Taekwondo

Courtesy: Respect for others and self

Integrity: Dependability; Good judgment; Doing the right thing

Perseverance: Strive to reach your goals; Commitment

Self-Control: Strength to do what is right, despite the conditions around you

Indomitable Spirit: Unconquerable courage; Never give up!

Taekwondo Class Rules

1. Bow to the national flags when entering and exiting the dojang, or area of training.
2. Bow with instructor belts upon meeting as well as before and after instruction.
3. Address instructors as Master/Instructor ____Name____. Questions asked by instructors or senior belts should be answered with enthusiasm and completed with "Sir" or "Ma'am".
4. Remove jewelry, shoes, and socks for class (Taekwondo shoes are an exception).
5. Dobak (uniform) pants, top (or school T-shirt), and belt are always required. Any clothing worn under the uniform should be white (or black for black belts) leaving no graphic designs visible.
6. No food, drinks, or gum are permitted on the training floor. Refreshments are allowed during permitted water breaks.
7. Conversation is to be kept to a minimum during class.
8. Profanity, loss of temper, horseplay, loud disturbances, or displays of a lack of self-discipline will not be tolerated.
9. Unless given specific instructions, students are to always remain standing during class. When sitting, students are to sit with their backs straight and fists on their knees.
10. Students should arrive at class on time. Those who come late should line up immediately. If stretching and warm-ups have already finished, students should do 20 jumping jacks and a very brief individual stretching session before joining.
11. Students should practice only those forms that have been taught to them by the instructor. They should not try to skip ahead just by observing higher belts.

12. Do not complain about strenuous exercises. Improvement is earned through hard work.
13. Taekwondo techniques are not to be used on others without proper supervision or outside the dojang unless circumstances involving your safety or the safety of others are overriding.
14. Every student is subject to the school's rules and regulations. Non-compliance will result in the following penalties:
 - Warnings, reduction of test scores or denial of permission to test, or temporary suspension of membership in class
15. An excessive number of warnings or suspensions will result in permanent termination of school membership without refund of membership fees.

Taekwondo Class Outline

Classes are split according to belt ranking. White through purple belts should attend beginner class. Blue belts and up should attend the advanced class. (Times included above in the Calendar).

1. Enter the dojang with a bow, check uniform, and remove shoes. Prepare to have fun!
2. Once it is time for class to commence, line up with the highest rank to the right. Rank goes by belt color, stripes, and then age. When the front line becomes full, form a second line behind it. Late students should line up in the back or the end of the last line.
3. Class begins with the pledge, followed by a quick warmup and stretching where the lead instructor will count in English, followed by the class responding in Korean.
4. Class will continue with an exercise meant to challenge footwork, endurance, strength, speed, agility, quickness, and/or other fundamental elements of taekwondo.
5. Next, students will split off according to rank to learn technical movements. This is where students will learn movements to defend themselves in real life situations as well as earn stripes for testing (this will be covered more in-depth under testing).
6. Afterwards, class will involve paddle kicking, sparring, or other more challenging exercises.
7. Class will be finished with all students returning to their original positions from where class began.
8. Class will end with the pledge.
9. Gather belongings and bow before exiting.

Students may train in the back of the room when it is not time for their own class. They can stretch, review form techniques, practice drills as taught in class, work on kicks and such. Students training in the back will be expected to always remain focused and respectful. Students who

repeatedly cause disruption to class or the other students training, will no longer be permitted to train outside of their specific class time.

Pledge

Senior students will recite the pledge, pausing at the end of each line for the rest of the class to repeat after them. The pledge goes as follows:

*I Pledge:
To respect myself and others,
To promote peace,
To stand strong,
And to never give up.*

The pledge is finished by the senior belt in Korean by bowing to the flags, followed by bowing with the master instructor, other instructors, and the senior belt. See Korean terminology to see pronunciation.

Taekwondo Promotion Testing

For a student to be allowed to test for a promotion, they must earn three black stripes and one red stripe. Each black stripe (earned separately) indicates the ability to perform assigned form, self-defense moves, and sparring moves, respectively. The red stripe indicates the student has demonstrated all the above (after all 3 black stripes have been earned). This indicates that the student is eligible (but not required) to test at the next test.

Group testing will take place on the last Thursday of every month, starting at 6:15pm. To maximize efficiency, filled out testing forms should be turned in early in the week before testing with the student's philosophy portion of the test. If there is ever a timing conflict, please speak with your instructor to discuss other options.

Even if you are not testing, all ranks are encouraged to attend testing events. Upper ranks are expected to attend. These events are great opportunities to learn and practice.

Independent Taekwondo Association Membership

Currently, students are required to join USATaekwondo at blue belt. However, in Spring 2026, we plan to transition to the Independent Taekwondo Association (ITA). Membership in that organization will be required in the future and will be a requirement for testing when that change occurs, as promotion certificates will come from that organization. More to come on this as the transition begins to occur.

Korean Terminology for Taekwondo Class

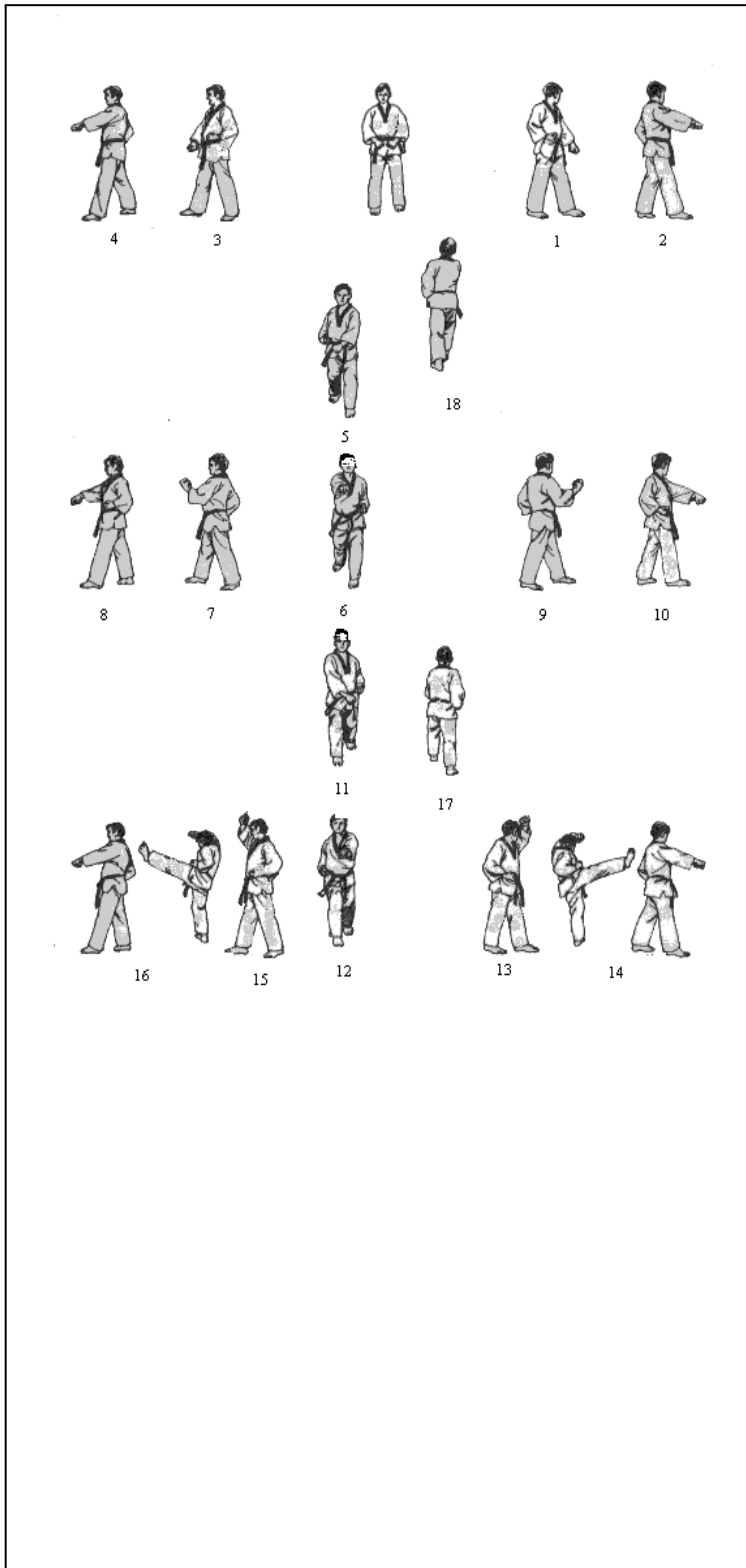
The following words and phrases will be used in class. They are provided for your convenience and reference only. These terms should be learned gradually with time spent in class.

Taekwondo: To translate this: “do” means the way of, or the art of; “tae” means the foot; “kwon” means the hand. So, literally, it translates to “The art of the hand and foot” or “The art of kicking and punching”.

General	Class Introduction	Counting	Forms
Dobok: Uniform	Dojang: Taekwondo school	Hana: 1	Il: 1
Kiyap: Yell	Kook Ki: Flag	Duel: 2	Ye: 2
Poomsae: Form	Kook Ki Kyung Yet: Bow to the Flag	Set: 3	Sam: 3
Kyorugi: Sparring	Sun Bae Nim: Senior Belt	Net: 4	Sah: 4
Chariot: Attention	Kyo Sah Nim: Instructor	Dasut: 5	Oh: 5
Joon Be: Ready stance	Sa Bum Nim: Master	Yasut: 6	Yuk: 6
Barote: Return	Kwan Jang Nim: Grandmaster	Egool: 7	Chi: 7
Kyung Yet: Bow	Ke Kyung Yet: Bow to	Yuda: 8	Pal: 8
See Jak: Begin	Kam Sa Ham Nee Sa: Thank You	Ahop: 9	Ku: 9
Goman: Stop		Yul: 10	Sip: 10
Dora: Turn			
Moong Yum: Meditation			
Kyuk Pa: Breaking			
Hoshinchool: Self Defense			
Hyung: Form or Pattern			
Nak Bup: Falling Technique			

Requirements for White Belt to Yellow Belt (10th Gup)

First Black Stripe: Taeguk 1



1. L low block, walking stance
2. R middle punch, walking stance
3. Turn 180° R, R low block, walking stance
4. L middle punch, walking stance
5. Turn 90° L, L low block, L deep front stance
6. R middle punch (no change in stance)
7. Bringing back leg up, turn 90° R, L inside middle block, walking stance
8. R middle punch, walking stance
9. Turn 180° L, R inside middle block, walking stance
10. L middle punch, walking stance
11. Turn 90° R, R low block, R deep front stance
12. L middle punch (no change in stance)
13. Bringing back leg up, turn 90° L, L high block, walking stance
14. R front Snap-kick, R middle punch
15. Turn 180° R, R high block, walking stance
16. L front Snap-kick, L middle punch, walking stance
17. Turn 90° R, L low block, L deep front stance
18. R middle punch, R deep front stance (Kiyop)

Second Black Stripe: One-Step Self Defense

1. Step-up (RF), O/I body block, 1-2 middle punch — horse stance.
2. Step-up (LF), O/I body block, middle punch, high punch.

Third Black Stripe: Olympic-Style Sparring Techniques

1. Slide-up Roundhouse (Slide back, Step back)
2. Step-up Roundhouse (2 Steps back)
3. Step-back Roundhouse

Red Stripe:

- **All ages:** All the above.
- **Adults only:** Addition instruction with Hapkido-style self-defense. For this belt, you will work on dealing with “same side wrist grabs”.

ALTERNATE REQUIREMENTS FOR NEW STUDENT UNDER 7 YEARS OLD:

New students under 7 years old will take their first promotion test (white belt to yellow belt only) with the regular instructor in their normal taekwondo class, or on the Monday after the regularly scheduled promotion test schedule. For this test, the requirements are:

1. Kibon Hana and proper stances
2. Kicking demonstration: stretch axe kick, front snap kick, roundhouse kick
3. Three-kick, no-contact sparring with a partner
4. Count to Eight in Korean

After this first test under the circumstances, the student will test with other students at regularly scheduled tested as needed, regardless of age.

Study Guide:

A taekwondo study guide specific to our school will be available with requirements for each belt. This welcome packet is intended to be only a brief introduction.

About Combat Hapkido

What is Combat Hapkido?

Combat Hapkido - also known by the slogan “**The Science of Self Defense**” - is a martial art focused on practical self-defense system for teens and adults. It includes a wide range of techniques, including break-away moves, strikes, joint locks, pressure points, ground survival, and weapons disarming. The result is a comprehensive self-defense system that is practical, enjoyable to learn, and effective in realistic situations. Combat Hapkido is an eclectic form of Hapkido that was founded in 1990 by Grandmaster John Pellegrini. He then

formed the International Combat Hapkido Federation (ICHF) in 1992. This art was official recognized by the Korea Kido Association and the World Kido Federation in 1999 as “Chon Tu Kwan Hapkido”.

Benefits of Combat Hapkido

While Combat Hapkido is considered a martial art and as taught as such, it focuses primarily on self-defense. For example, there are no “forms” or competitions. It is specifically intended to provide you with “tools” for your self-defense “toolbox”.

Membership in ICHF

Boyd's Defensive Arts, LLC is a Charter Member of the International Combat Hapkido Federation and teaches Combat Hapkido under that Charter.

Because we teach Combat Hapkido under a Charter, every participant in Combat Hapkido class is required – at least at the time they test for Yellow Belt – to become a member of the ICHF. There are options to become a member on a yearly basis, 3-year basis, or a lifetime member.

Promotion Testing in Combat Hapkido

Currently, there is not a set schedule for testing in Combat Hapkido. At this moment in time, testing is done on an

individual basis, when the Combat Hapkido instructor informs you that you are prepared and ready to test for a promotion. If the class size grows to the point that this method becomes impractical, then a testing schedule will be established.

Seminars

There are many Combat Hapkido Seminar available throughout the year. You do not have to be in a martial art to attend one of these seminars; however, if you are in a martial art, you are strongly encouraged to attend one of these events.

Sr. Master Boyd is also a Certified Combat Hapkido Seminar leader, so please consider attending any local seminars that are scheduled.

For Both Combat Hapkido and Taekwondo

Class Attendance

If you are planning on taking a vacation or break from classes, please let us know ahead of time! Due to the usage of other gym facilities, classes may be canceled occasionally throughout the year. Stay connected for updates!

Current Class Schedule and Location

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
York County: Tabb Elementary School Gymnasium	6:15-7:00 pm (Beginner) 7:00-7:45 pm (Advanced) 6:15-7:30 pm (Combat Hapkido)	6:15-7:00 pm (Beginner) 7:00-7:45 pm (Advanced) Extra as Needed (Combat Hapkido)		6:15-7:00 pm (Beginner) 7:00-7:45 pm (Advanced) 6:15-7:30 pm (Combat Hapkido)		

Get in Contact

If you have any questions or concerns, or are simply interested in more information, please feel free to visit our website at

- Website: <https://boyds-defensive-arts.com>
- Website: <https://boydsdefensivearts.com>
- Website: <https://action-arts-academy-usa.com>
- Email: boydsdefensivearts@gmail.com
- Phone/Text/WhatsApp: (757) 373-9585

Payments

Tuition invoices are sent electronically through email to text. Payments may be made online as directed in the e-mailed invoice OR in person at your center. Payments made at your center can be by credit/debit card, cash, or checks made out to Boyd's Defensive Arts, LLC.

Monthly tuition will be sent out by email (if you wish) on the first of every month with a ten-day grace period. If tuition (electronically or otherwise) is not paid by the tenth of the month, there will be an additional \$5 late fee. If the previous month's tuition is not paid before the start of the next month, then class enrollment will be paused until tuition is paid.

Merchandise

If you are interested in purchasing sparring gear, shoes, uniforms, weapons or other merchandise at any time, please contact me for pricing and ordering.