



GRADING PLEDGE

As a student of Rhee Tae Kwon Do I solemnly promise:

- To abide by the rules and regulations of the school.
- To obey the instructions of my instructor.
- To cultivate self-discipline and perseverance.
- To achieve fitness and good health.
- To strive always to be modest, courteous and respectful to members senior to me.
- To put the Art into use only for self-defence and in defence of the weak and never to show off my knowledge of the Art.
- To endeavour constantly to improve myself both mentally and physically through my study of the Art of Rhee Tae Kwon Do.
- To respect and obey my parents, be courteous to my elders and strive to set an example as a good citizen.
- To respect the laws of the country at all times.
- To be honourable in my dealings with all my fellow members.

Please note that you are not expected to memorise the above word for word as the instructor will be the one reading it out loud to students during the pledge at grading.

GRADING TIPS – “DO’s and DON’Ts”

Rhee Taekwondo is a traditional martial art steeped in tradition of which a key foundation is RESPECT. The following do's and don'ts are critical in maintaining the high standard and strength of character that Rhee Taekwondo instils in its practitioners;

- Whenever entering or leaving the hall, pause at the doorway and bow to the front of the hall (where Master Rhee will be seated at his desk, the desk draped with the Rhee Taekwondo flag).
- On arrival you will find students and instructors warming up around the hall. You need to bow to every Black, Brown with black stripe and Brown belt that is there - start naturally with the highest black belt indicated by the white stripes (Dans) on their belt. Approach them and wait patiently until they are ready to bow. On arrival of any Black Belt (Senior) prior to the start of the grading, the class will be brought to attention, stop whatever you are doing and stand to bow facing the senior.
- The head instructor usually takes the grading with Master Rhee seated at the front. The first approximate 10 minutes will involve a short warm-up and reading of the oath. When Master Rhee enters the hall all will be brought to attention and instructed to bow.
- The class will then be told to move out, which means move to the walls and sit (facing the front seniors will go to the right side of the hall and juniors [white belts, etc.] to the left sitting in grade from left to right).
- "When seated at the sides of the hall do not lean against the wall - you may have long periods sitting so try and do some stretches and keep warm.
- When your name is called, stand and bow facing Master Rhee, even if he is not looking, and then move to where the instructor indicates for you to stand.
- Never adjust your uniform (including belt) facing Master Rhee, a Senior Belt or the Rhee Taekwondo flag. Turn around and complete adjustments as required.
- Never fold your arms or stand with your hands on hips.
- If you forget your pattern and cannot recover, come back to choon bi/command facing Master Rhee and await other students to finish or Master Rhee may ring the bell for all to come back to command and restart - otherwise you may have to complete the pattern on your own again.
- When you finish your pattern remain in the last technique until you are told "Gu Man".

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- If Master Rhee at any time offers you advice or demonstrates a technique to you, ensure you bow when approached and when he finishes (a "thank you Master Rhee" never goes astray either).

When sparring ;

- o Do not start until you are told to and stop the moment you hear the bell or are told "Gu Man".
 - o Remember it is "no contact" so limit clashing and hurting your opponent.
 - o Particularly with fellow Uni students provide each other the opportunity to demonstrate your skills and combinations - don't forget jumping kicks and hands.
 - o Remember to step; move sideways and not back and forth (in a straight line).
 - o Use your front leg kicks - particularly if your opponent keeps charging in.
 - o If your opponent is not prepared to move, you move more - allow more room which will encourage them to move more towards you, then step to execute your techniques. Be prepared to use more hands also.
 - o Should you injure your opponent or they stop following a blow, ask if they are okay and before re-commencing apologise and bow.
- When completing your 3 Step Sparring combination "kyup" on the last technique. This lets the other person know you have finished the counter and it is safe for them to move again.
 - Ensure when lining up you are in straight rows as dictated by the person at the front of the hall.
 - When you are instructed to rotate, etc., before moving from your partner ensure you bow and thank them.
 - When instructed to change stance, "kyup".
 - Do try and take your time and relax - lots of deep breathes.

It looks like there's a lot to remember but all are very important in becoming a competent practitioner of Rhee Taekwondo.

Now, smile, enjoy and you'll do a great job – the *bottom-line is instructors wouldn't let you grade if they don't think you were ready.*