



# SUN BAE

## KOREAN MARTIAL ARTS

*A member of the World Taekwondo Federation & the Korea Hapkido Federation & the Australian Kumdo Society*

### HANDBOOK

(CODE OF CONDUCT)

Issued by

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**TAEKWONDO**

**HAPKIDO**

**KUMDO**

**WWW.SUNBAE.NET**

## WELCOME TO SUN BAE

*I have been teaching martial arts since December 1984 where, after assisting my instructor since December 1983, I was promoted to the rank of Club Instructor. Afterward I conducted classes in my own centre. I graded to 1<sup>st</sup> Dan black belt in June 1985 and have never looked back.*

*I had commenced Taekwondo as a youngster and in the early 80's not much was known about the art, except what was seen in the movies. Later I was introduced to another Korean art, Hapkido and then Kumdo (sword). I have found the learning never ceases and it is by far its own reward, I can assure you. Following, having learned directly from Korean Grandmasters, it has ever been my great pleasure to pass on the knowledge to the younger generations.*

*Over the years, there have been many innovations which Sun Bae has eagerly embraced, but I have also been very careful to maintain the art in its original, pure form. Now, you will have the opportunity to learn directly from one of the highest ranking Taekwondo Masters in Australia. It is my great hope you will embrace and enjoy the art of Taekwondo, Hapkido and Kumdo as much as I.*

*Whilst there are many reasons for your interest in martial arts, my ultimate goal for you is **Black Belt**. Attend regularly, train hard, practice at home and most of all, makes friends and enjoy the art... you will find the benefits life-long.*



*Master Bradley Tatnell.... in Kumdo action*



*Master Bradley (8 Dan Bo)*



# RULES AND REGULATIONS

*Within the club, rules and regulations are imposed for the safety, respect and consideration of all members. Any member who disobeys club rules may be subjected to disciplinary action which can result in suspension or expulsion and even loss of rank.*

## ETIQUETTE

*Etiquette is the foundation of the personality, which is shown by the person's nature and actions. Etiquette comes from a good, clean mind, displaying the quality of humbleness, without losing your pride. To achieve this, a person must forget about any mean manner. Speech and conduct should be noble and gentle.*

1. Whenever **entering or leaving** the training hall (dojang), members should show respect (bow towards the front where the Australian flag hangs). Members should then proceed directly to the Club Instructor (Sabomnim) to announce your arrival. It is customary to show respect to your Sabomnim by initiating a bow within 3 metres whilst standing directly in front. In mutual respect, your Sabomnim will return the gesture by bowing to you. This is very similar to handshaking in western culture. Presenting yourself confidently shows you are ready to train and you are well. You may use this opportunity to inform the Club Instructor of any injuries or issues that you may have.

*Bowing is a very traditional form of greeting and of showing respect and courtesy to each other. Taekwondo, Hapkido and Kumdo students actually utilise this as the standard worldwide form of greeting each other (as different countries and cultures adopt different styles of greeting). As it is a sign of respect, lower ranking members will always initiate the bow. The junior member should approach the senior member when they appear not to be busy and should stand between two and three metres away. As you trust each other, members should look downwards when bowing whereas the head is not lowered more than 15°. Only look at the opposite person when bowing for sparring or tournament fighting.*

*Members should then greet every other member in the dojang commencing with those who are most senior in rank (in the same manner).*

2. At **other times within the dojang**, upon meeting a higher ranking member, all members must initiate a bow of courtesy or respect before they interact with the other member. If asking a question, it is appropriate to say "excuse me" and then bow.
3. **Outside of the dojang** when the uniform is not worn and you are not at any Taekwondo or Hapkido event, bowing is not normally required. However, it is expected that appropriate respect is shown toward senior members and your Club Instructor. Note that Club Instructors will not of course issue commands or similar outside of training times.
4. When **speaking to an Instructor**, students must use either "Sir" or "Sabomnim" or "Instructor ...". Any Master Instructor may also be addressed either "Master ..." or by the Korean term "Gwanjangnim". The Grandmaster may also be addressed as "Chong Gwanjangnim". Show your courtesy and strength of character by not mumbling, nodding or talking out of turn. It is correct to say "yes" and not "yeah" ("yeah" is slang – refer to English dictionary). To say hello in Korean to a senior, use the polite form "Anyong-Hashmicka". Familiar form is "Anyong-Hasao". Thank you is "Kumsa-Hammida".
5. Special respect and strict attention is to be given to **your Club Instructor** at all times.

## TRAINING

1. No slouching, leaning on walls, sitting on chairs or sitting in an improper way. Cross legs with back straight when sitting.
2. Personal hygiene should be high. Toe and finger nails must be kept clean and trim.
3. Uniforms are to be clean and neat with the badges attached correctly and belt tied properly and evenly.
4. Be on time for classes. Arrive 15 minutes prior to commencement. When you arrive, do not disturb an ongoing class and take the opportunity to stretch or practice quietly. If you are late, observe etiquette by moving to the front and bowing to the Club Instructor. You will then receive instructions to either first warm up or to join in. Students may not be regularly late unless they have permission from the Club Instructor.
5. Practice only the patterns which have been taught to you by your Club Instructor. Do not practice patterns of higher ranking.
6. No free sparring without an Instructor's permission and supervision. Comply with the club's protective gear policy and all safety rules.
7. Students who cannot attend class for a period of one week or more must notify the Club Instructor as a sign of courtesy.
8. Students (except beginners) who cannot regularly attend at least two lessons per week are not likely to develop the necessary skill to remain on that belt level. These students may only attend future classes at the discretion of the Instructor. In addition, these students are not entitled to discounted club rates and are not entitled to grade.
9. **TECHNIQUES MUST NEVER BE USED OUTSIDE OF THE CLASS** for any reason except in self defence involving your safety or the safety of others, and consideration must be given to locally enacted laws.
10. Students are not permitted to be members of, or train at, other martial art or combat organisations.

### ATTIRE/DRESS

The **Taekwondo** uniform (*dobok*) is designed to fit for free body actions and it is believed the colour of the uniform signifies the purity of all colours as well as a state which can absorb any kind of learning.

1. Extra clothing worn under the jacket of the *dobok*: only plain or solid white t-shirts, leotards or other appropriate garments may be worn. Black belts may wear black or white under the uniform. All garments should be free of advertising, writing or artwork, so as not to clash with the *dobok*.
2. Traditionally training is in **bare feet**. Proper white Taekwondo shoes may be worn at the *dojang* whilst training. However, permission must first be sought by the Club Instructor. Only plain white socks may be worn with Taekwondo shoes whilst training.
3. Taekwondo students will wear **all white uniforms** as follows:
  - White V neck for coloured belts.
  - Black V neck for black belts.
  - Grey V neck for senior black belts.
  - Other uniforms must firstly be approved by the Master Instructor.

Hapkido students will wear **all black uniforms** as follows:

  - Plain black for coloured belts.
  - Black diamond for black belts.

Kumdo students will wear **coloured uniforms** as follows:

  - Short sleeve jacket.
  - Wider open style pants.
4. **Badges:** all members, black belts and Instructors must wear the Sun Bae badge on the left breast of the *dobok*, one centimetre from the V neck and not lower than the V neck. The Association badge (if any) is worn on the upper left sleeve, one centimetre from the shoulder stitching. The Hapkido badge is worn on the upper right sleeve (for Hapkido Black Belts only), one centimetre from the shoulder stitching. No other patches shall be worn, unless authorised by the Master Instructor.
5. **Printing on uniforms:** the back of the jacket may be imprinted with **TAEKWONDO** or **HAPKIDO** or **KUMDO** or **KOREAN MARTIAL ARTS** or same in Korean.
6. **Belts** must be tied so the ends are hanging at an even length. The stripe on the belt is white. The stripes should be attached approximately 20-50mm from each bottom of the belt with a gap of approximately 6-10mm between each stripe.
7. **Sleeves and pants** must NOT be rolled up, as this presents a serious danger to other students. The only exception to this rule is Kumdo uniforms, where it is compulsory to roll the sleeves up because there is sword practice with a live blade.
8. No members are allowed in the *dojang* **bare chested** (includes singlets) or wearing **street shoes**.
9. **Training on mats:** students are to wear shoes or similar to class. Feet must be clean before stepping onto the matted area. Shoes may be left at the edge of the mat at the rear (not side) although outside the hall is preferred. No members are allowed on the mats with dirty feet or shoes. Taekwondo shoes may be allowed by the Club Instructor where the student has an injury, but the shoes worn on the mat must not be worn in the street on the way to class. Students who train regularly on mats at their local centre are obligated to assist with the set up and storage.

### DOJANG

A **dojang** is a formal hall of learning where students of all ages and physical ability can learn the skills of Taekwondo, Hapkido and Kumdo. Your conduct and behaviour must, at all times, reflect the respect that it deserves. This conduct and behaviour extends not only to the *dojang*, but also to the grounds surrounding the *dojang* or the land directly associated with the owners of the *dojang* (e.g. school grounds).

1. Students **entering** the *dojang* must remove shoes, hats and sunglasses and be in uniform (including belt tied). Shoes, gear, clothes and other personal items must be properly stored in the designated changing area.
2. Students must **remove all watches and jewellery** before training. Avoid bringing valuables to class. The Instructor is not responsible for the student's personal possessions and belongings.
3. There will be **no smoking, gum chewing, eating or drinking** in the *dojang* at any time or within 10 metres of the doorways or windows.
4. Each class will have a **formal ceremonial opening and closing**, consisting of saluting (bowing to) the Australian flag, then thanking (bowing to) the Club Instructor, then thanking (bowing to) the Assistant Instructor and then lastly acknowledging (bowing to) the most senior student. Students are still required to follow the normal bowing etiquette prior to training commencement. The second most senior student has the honour to conduct the ceremony as follows:

*“Class Charyot (attention); face National Flag, Kyunge (bow)”*

or

*“Class Charyot; Kukki-A Day-Un, Kyunge”*

*“Gwanjangnim-gae (respect to Master Instructor), Kyunge (bow)”*

*“Anyong-Hashmika” (optional student response)*

*“Sabomnim-gae (respect to teacher), Kyunge (bow)”*

*“Anyong-Hashmika” (optional student response)*

*“Sunbaenim-gae (respect to highest student), Kyunge (bow)”*

*“Kumsa-Hammida” (thank you – optional student response)*

*“Sugo-Hashis-Simmada” (you did well – optional coach response)*

Pronounced:

\*Chary-Yacht, Kyeung-e

\*Cookie-A Day-Un

\*Gwan-jang-nim-gae, Kyung-e

\*Anne-Yong Hash-Mick-A

\*Sab-bom-nim-gae, Kyeung-e

\*SoonBay-nim-gae, Kyeung-e

\*Kum-sa-Hummer-dar

\* Sue-go-Hash-Is-Simmer-dar

- Students must take pride in the **appearance of the dojang** and assist with keeping it clean and neat at all times. Tables and chairs should not be stored at the sides of the training area. The floor should be swept prior to commencement of class. Training flags should be hung by senior students prior to commencement of class.
- If the dojang has **floor mats**, students should arrive early to assist in the set-up and stay after class to pack them away. Mats should be stored so that the top of the mat faces the top (and so that the bottom of the mat faces the bottom). This will ensure dirt is not transferred to the mat in storage.

### **CROSS TRAINING (TAEKWONDO SPARRING)**

**Permission to Train:** training in a Taekwondo tournament specific class or a semi-contact combat class is a privilege, not a right. It is considered to be training in addition to your normal weekly classes. To be eligible to train in these classes, the following must be satisfied:

- Must be a financial member for the month (present your training card to Club Instructor).
- Regularly attend at least 2 other Sun Bae classes per week in addition to the tournament class (training card shows attendance).
- Permission from your Club Instructor.
- Permission from the parent/guardian in the case of under 15.

#### **SUN BAE KOREAN MARTIAL ARTS OATH**

*I will always give respect and loyalty to the Master Instructor, the Instructors and my club.*

*I will endeavour to attain a high standard of physical fitness and develop my character and personal integrity.*

*I will approach others with a spirit of friendship and heed social ethics at all times.*

#### **JIDOKWAN CREED**

*For Myself,*

*For My Club,*

*For My Nation.*

# AWARDS NIGHT

Sun Bae awards students for their achievements over each year. The awards night is normally held at the end of the year one week after the grading in November. The night sometimes includes a range of martial art footage which is shown on the big screen or perhaps some demonstrations. Trophies and certificates are awarded to members for the following:

## *Technical Excellence Award*

*(Trophy for 3 or more Grading Honours)*

## *Instructor's Personal Award*

*(Trophy for a winner from each centre)*

## *Sun Bae Award*

*(Trophy for winners & runner-ups)*

*(Based upon points awarded during year for SoY)*

## *Student of the Year*

*Junior & Adult*

*(Trophy for winners & runner-ups)*

*(Based upon points awarded during year for SoY)*

## *Sun Bae Championship Team*

*(Medal for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place: for each team member)*

## *Sun Bae Patterns Champions*

*(Trophy for winner of each belt division)*

## *Black Belt "Yudanja" Award*

*(Trophy for winner, certificates for all others)*

*(Based upon points awarded during year for SoY)*

## *Instructors & Assistants*

*(Certificates & Plaques)*