

MEMBERSHIP BOOK



**SUN BAE
KOREAN MARTIAL ARTS**

WWW.SUNBAE.NET

TAEKWONDO • HAPKIDO • KUMDO

ID

...IN ACTION

NAME _____

DOB

EMAIL

PHONE**ADDRESS**

SUN BAE

KUKKIWON

CENTRE

DATE _____

DATE _____

COACH

WELCOME TO SUN BAE

Sun Bae was founded by **Master Instructor Bradley Tatnell**. Having been personally taught the Korean arts of Taekwondo, Hapkido & Kumdo directly from Korean Grandmasters, Mr Tatnell represents a rare minority in Australia of first generation Master Instructors. Teaching since 1983, Mr Tatnell has also been an international medallist.

Sun Bae is a practical fighting art, but importantly the art strives to develop a student's humility, self-control, patience, courtesy, integrity, and indomitable spirit... offering everyone the chance to better themselves in all aspects of life, in and out of the training hall, both physically and mentally.



Men, women and children from ages 4 to 55+ make up the broad range of Sun Bae students. Within 3 months, you should have the ability to defend yourself with some simple kicks or strikes. Not only that, but your mental preparedness will be much improved. After 3 years and a lot of fun-filled experience, you may find yourself preparing to complete your Taekwondo black belt. In time, you will also have the chance to complete your Hapkido and Kumdo black belts and some of you may even become Instructors.

GRANDMASTER



Master Bradley Tatnell... in Kumdo action

...I founded Sun Bae after having the rare and unique opportunity to learn directly from Korean Grandmasters. I have since developed Sun Bae to focus on the increasing need in today's society for self-defence for all age groups, combining the fighting arts of Taekwondo and Hapkido as well as integrating the now popular modern Olympic sport of Taekwondo into the traditional art. And even though we live in a modern age, Sun Bae truly represents a traditional martial art with traditional values, offering everyone the chance to better themselves in all aspects of life, both physically and mentally...

Master Instructor
Bradley Tatnell



HISTORY

Taekwondo literally means the '*way of hand and foot*' whilst Hapkido literally means the '*way of flowing energy*' and Kumdo literally means the '*the way of the sword*'. The origin of these arts is thought to be over 5000 years ago, but is obscured by many thousands of years of Korean history. In those ancient times, there was no means other than bare hands and the body for a weapon, so it was natural that bare-hand fighting techniques were developed. It is suggested that martial arts was first practised as a method of evading attacks from wild animals as well as a useful tool in hunting for food. They were also used as a means of body conditioning. Techniques were learned from the experience of fighting against beasts whose defensive and offensive motions were the subject of analysis and mimicking. Since attacks could originate from any direction, movements were developed that allowed reflexes to counter as such. Specific patterns were formed for instinctive self-defence which became a series of blocks, kicks and strikes. These patterns are still practised today. Eventually, the need arose for the defence against invasion from the neighbouring countries and the study of unarmed combat was introduced in military training.

The first warriors were bound to a Code of Honour comprised of rigid loyalty to the nation, respect and obedience to parents, interminable loyalty to friends, courage in battle and prudence and restraint from using violence. Through the centuries, the Korean peninsula was often attacked and invaded, however the fierce spirit of the warriors was never crushed. Since, the arts have been carefully handed down from each generation, refined and strengthened in the process.

After World War II and the liberation of the Korean people, the Korean arts began a new birth into the modern age and the western world. Many schools or kwans were formed post war to revitalise these ancient arts of Korea. In 1961, 9 major kwans formed together to eventually be known as the Korean Taekwondo Association that later led to the formation of the World Taekwondo Federation in May 1973.

Today, Taekwondo alone represents not only a traditional martial art but also a modern sport practised by over 50 million people in over 150 countries. Taekwondo has also progressed far enough that it was introduced as a demonstration sport in the 1988 and 1992 Olympics and consequently it was included in the Sydney 2000 Olympics as a full medal sport.

SUN BAE WARRIORS

At the start of first century in the Koguryo Dynasty, the Emperor was personally guarded by a warrior group known as Sun Bae. Sun Bae literally means 'warrior of warriors' or 'most senior' and was the title bestowed upon the best proven fighters in Koguryo. The Sun Bae were well known as a righteous and honourable group who lived their lives by a strict moral Code of Honour which involved loyalty to their nation, their Emperor, their parents and their friends. It also included the tenets of humility, integrity, honesty and restraint from using their martial skills unless absolutely necessary.

Due to their status and standing in society, they were always designated to high positions in the Kingdom and wore silk clothing of the highest quality. In peacetime, they were responsible for the security of the Kingdom and its Emperor, as well as being in charge of the advancement of roads, buildings and other technology. During times of conflict they were required to defend the Kingdom, with their lives if necessary. They soon became famous for their displays of strong-willed bravery and indomitable spirit.










To become part of the Sun Bae required a test of character and courage as well as a display of skill in contest. Applicants would first have to prove themselves to the Emperor through the most rigorous and dangerous tests. Those that survived the initial tests would later contest between themselves ultimately for the honour of becoming part of the warrior group. They met in pre-arranged combat or what we might call the first tournaments. Only the bravest and strongest would dare fight due to the many dangers. Usually they would match their opponent in various arenas which sometimes included deep pits with wild animals or on mountain top cliff edges and even under the ice of nearby frozen rivers.

To be victorious was considered an extreme honour. The victors were awarded with the title '*Sun Bae*' and were welcomed into the Emperor's warrior group, enjoying in its privileges and also its many responsibilities. In honour of this amazing part of history and in remembrance of a once great tradition, our school is named after the Sun Bae.












STUDENT

KUMDO GUP

RANK	BO	FULL	*	AUTHORISED
 BEGINNER				
 7 TH GUP				
 6 TH GUP				
 5 TH GUP				
 4 TH GUP				
 3 RD GUP				
 2 ND GUP				
 1 ST GUP				
				











CENTRE

KUMDO DAN

RANK	BO	FULL	*	EXAMINER
 1 ST DAN				
 2 ND DAN				
 3 RD DAN				
 4 TH DAN				
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 6 TH DAN				
 7 TH DAN				
 8 TH DAN				
 9 TH DAN				











STUDENT

HAPKIDO GUP

RANK	DATE	*	AUTHORISED
 BEGINNER			
 9 TH GUP			
 8 TH GUP			
 7 TH GUP			
 6 TH GUP			
 5 TH GUP			
 4 TH GUP			
 3 RD GUP			
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




CENTRE

HAPKIDO DAN

RANK	BO	FULL	*	EXAMINER
				
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 2 ND DAN				
 3 RD DAN				
 4 TH DAN				
 5 TH DAN				
 6 TH DAN				
 7 TH DAN				
 8 TH DAN				
 9 TH DAN				










STUDENT

TAEKWONDO GUP

RANK	DATE	*	AUTHORISED
 BEGINNER			
 9 TH GUP			
 8 TH GUP			
 7 TH GUP			
 6 TH GUP			
 5 TH GUP			
 4 TH GUP			
 3 RD GUP			
 2 ND GUP			
 1 ST GUP			

CENTRE

TAEKWONDO DAN

RANK	BO	FULL	*	EXAMINER
 1 ST DAN				
 2 ND DAN				
 3 RD DAN				
 4 TH DAN				
 5 TH DAN				
 6 TH DAN				
 7 TH DAN				
 8 TH DAN				
 9 TH DAN				

RULES & ETIQUETTE

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 world-wide 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", "Madam" or "Sabomnim". Any Master Instructor may also be addressed by the Korean term "Gwanjangnim" and 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) when agreeing with your Sabomnim.*
5. *Special respect and strict attention is to be given to your Club Instructor at all times.*



Master Greg Tatnell... in action!

TRAINING

1. No slouching, leaning on walls, sitting on chairs or sitting in an improper way.
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.

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. No t-shirt or other clothing should be worn under the jacket of the dobok. However, female members can wear t-shirts, leotards or other appropriate garments under the jacket of the dobok provided that they are in solid white colour so as not to clash or contrast. Black belts may wear black or white under the uniform.
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.Hapkido students will wear all black uniforms as follows:
 - Plain black for coloured belts.
 - Black diamond for black belts.Kumdo students will wear black uniforms as follows:
 - Plain all black for coloured belts with short sleeve jacket.
 - Black pants with red short sleeve jacket for black belts.
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)"

*"*Gwanjangnim-gae (respect to Master Instructor), Kyunge (bow)"* *if present

"Sabomnin-gae (respect to teacher), Kyunge (bow)"

"Sumbaenim-gae (respect to highest student), Kyunge (bow)"

During the bow at the end of class, students may respond verbally with:

"Gumsa-Hamminda (thank you)"

Pronounced:

**Chary-Yacht, Kyung-e*

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

**Sab-om-nim-gae, Kyung-e*

**Soon-bay-nim-gae, Kyung-e*

**Gum-sa-humm-mid-ar*

5. 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.
6. 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

Training in special classes (eg Hapkido, sparring) requires permission. It is considered to be training in addition to your normal weekly classes. To be eligible to train in these extra classes, the following must be satisfied:

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

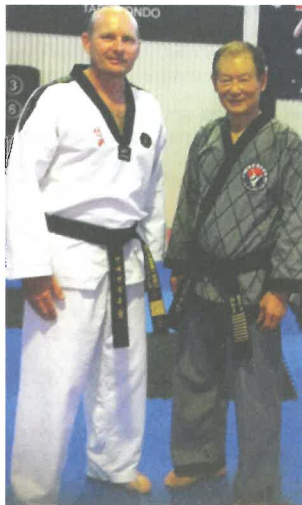
SUN BAE OATH



*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.*



Master Bradley Tatnell & Master Sung Soo Lee

JIDOKWAN CREED



For Myself,

For My Club,

For My Nation



