



Total Taekwondo & Fitness

Weapons Program

Introduction

Welcome to the Weapons Program at Total Taekwondo and Fitness. Thank you for deciding to enrich your practice in the martial arts by engaging in training with weapons. As we train in Taekwondo, we learn how to move our bodies through various techniques: blocks, strikes, and stances. Through practicing with a weapon, we learn how to make the weapon an extension of our body, and, through this, an extension of the many Taekwondo techniques with which we are already familiar.

Just as we practice all aspects of Taekwondo (Breaking, Forms, Self-Defense, and Sparring), it is important that we practice many aspects of using weapons. In the Weapons Programs we will practice Basic Techniques, Forms, and Self-Defense. We will practice the traditional Taekwondo blocks and strikes, first individually, and later in combinations, with our weapons so that we can become as comfortable executing these movements with a weapon as we are with empty hands. We will also practice various techniques of Self-Defense against various types of attack, combining blocks and strikes with various grappling techniques. Additionally, we will practice our traditional Taekwondo Forms interpreted to incorporate weapons.

Commitment to and achievement in developing skill with the weapons will be reflected in the awarding of weapons patches and skill level chevrons (green, brown, and then black). On the following page is a chart on which you can track your progress toward earning your weapons patch, the first level of achievement in the Total Taekwondo and Fitness Weapons Program. In order to earn your patch, you must initials from the Weapons instructor for attendance at nine classes. The initials apply to the weapons practiced on a given class day (on a day where nunchuk is practiced, the instructor's signature may be applied toward the nunchuk patch). Initials are earned by showing attentiveness and focus in class and evidence of learning and practicing techniques.

Attentiveness and focus in class are especially important in Weapons class since it is very easy to hurt yourself or a fellow student if you are not careful at all times. Attentiveness and focus are demonstrated by the following:

- Maintaining attention on the instructor at all times
- Maintaining control of one's weapons and using it only to practice the techniques in class and not spinning or swinging the weapon about when not instructed to

Since Weapons class meets only once a week, it is very important that you practice the techniques from class on your own between classes. Learning and practicing the techniques is evidenced by the following:

- Remembering techniques taught at class so that minimal re-teaching is required
- Increased speed and accuracy in executing techniques