

TAI CHUAN DO

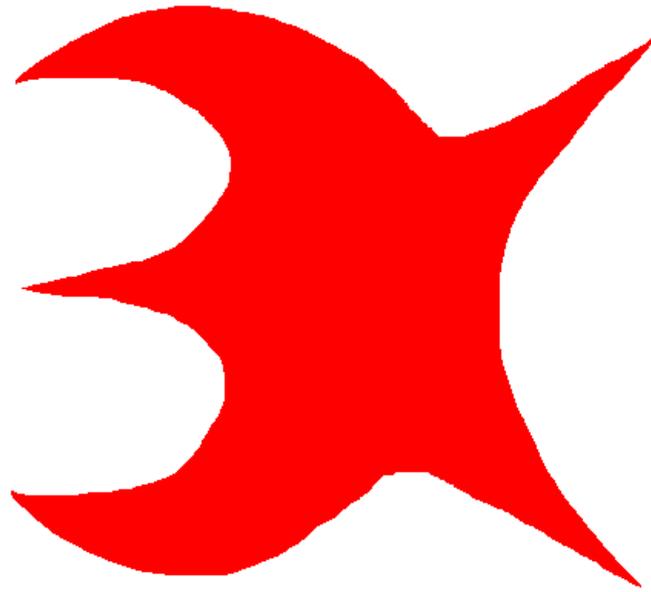


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CLASS INFORMATION

(At Oak Grove Baptist Church)

- This is NOT a system of teaching the use of brute force or attack.
- This is a system that emphasizes maintaining physical fitness, awareness of one's surroundings, self-discipline, good moral character and humility.
- This is a system that teaches self-defense for survival and improves the ability to react as necessary in a crisis situation.

OBJECTIVES

1. To grow in the discipleship of Christ.
2. To teach self-defense and improve physical conditioning.
3. To improve self-discipline, moral character, and humility.
4. To defend without hate or anger and without ego.

1st - Escape: (Talk, avoid, prevent, or run...) The ability to escape your attacker without any physical force and without causing a disabling injury.

2nd - Control: (Talk, avoid, prevent...) The ability to escape your attacker's grasp, punch, etc. and control them by use of pressure points, locks, pins, holds, etc. without causing a disabling injury.

3rd - Defend: (Prevent, incapacitate...) The ability to defend yourself or family and incapacitate your attacker by use of necessary force, ONLY.

THIS IS AN ACTION OF LAST RESORT!

4th - Zanshin: (Concern, awareness...) The ability to provide treatment for your partner(s) and/or the attacker(s) after the assault has been terminated, demonstrating a Good Samaritan example.

BENEFITS

- | | | |
|------------------|-------------------------|--------------------|
| - Self Defense | - Effort | - Endurance |
| - Weight Control | - Benevolence | - Self Control |
| - Strength | - Physical Conditioning | - Flexibility |
| - Politeness | - Sincerity | - Self Discipline |
| - Muscle Tone | - Coordination | - Truthfulness |
| - Humility | - Honor | - Good Character |
| - Good Attitude | - Kindness | - Self Esteem |
| - Courage | - Respect | - Mental Awareness |

SETTING

- Serious, yet at the same time fun and enjoyable.
- Christ-centered conduct and speech are emphasized.
- Safety is a priority.
- Located at Oak Grove Baptist Church, Building One, 3rd Floor.



SCHOOL OF MARTIAL ARTS
Founded September 30, 1977
By Grand Master Ken Champ

Man has always tried to find ways to protect himself and his family. Modern man cannot always carry a weapon around with him; so, the next best thing is to use Unarmed Combat. The style you are about to study is one of the oldest and deadliest forms of self defense ever developed.

I have been studying the Art of Self - Defense since 1961. My martial arts training began during my tour of duty with the US Army while stationed in Korea. I continued my training after being honorably discharged in 1963.

My studies led me to many different styles of Karate and Self - Defense. Some styles used just fists, feet and hard physical training, which was good but lacked philosophy. I tried soft styles but found that they lacked the power to resist a hard, all out attack. There was grace and discipline, but minimal power. Some styles were too rules oriented and would be almost useless for street and close-quarters combat.

Hundreds of different styles and specialties of the martial arts exist, but they were segregated into relatively small groups of techniques until I formed Tai Chuan Do. I took the best techniques from each style and incorporated them into one style along with philosophical teachings dating back to the late 1500s. The level of knowledge and skill gained through Tai Chuan Do will fit each student's personal development. It will require a lot of hard work and practice, but you will be rewarded for your efforts with promotions and most of all, physical fitness and the ability to defend yourself and your family. A sense of well being will enter the mind through your physical conditioning and discipline. This well being will affect every area of your life.

There is much to learn about my style. Be prepared to spend time, effort and energy. You will receive personalized instruction while training with my Black Belt instructors. You will learn to defend yourself against such things as chokes, knives, kicks, sticks, bear hugs and full nelsons. You will study the art of Jujitsu and Aikido. You will learn to spar using hard and soft styles of fighting.

Welcome to the School and Brotherhood of Tai Chuan Do.

Grand Master Ken Champ
8th Degree Black Belt



CODE OF ETHICS

As a martial artist, my fundamental duty is to serve GOD and MANKIND; to safeguard lives and property; to protect the innocent against deception; the weak against oppression or intimidation; the peaceful against violence or disorder; and to respect the Constitutional Rights of all men to liberty, equality, and justice.

I promise, I will keep my private life unsullied as an example to all; maintain courageous calm in the face of danger, scorn, or ridicule; develop self-restraint; and be constantly mindful of the welfare of others, honest in thought and deed in my personal life. I will be exemplary in observing the laws of the land and the regulations of Tai Chuan Do Schools, respectful of the other students and instructors.

As a Tai Chuan Do student/instructor, I shall regard the discharge of my training. Recognizing my responsibilities as a trust; I shall study diligently and pay sincere attention to self improvement; shall strive to make the best possible application of science to the art of self-defense; and shall strive for effective leadership and personal happiness in the field of human relationships. I shall appreciate the importance and responsibility of my rank and training and hold it to the most honorable high standards.

Grand Master Ken Champ
8th Degree Black Belt



CLASS REQUIREMENTS/GUIDELINES

1. Bowing (Formal and Informal) is used as a symbol of respect – not of worship – as you enter or exit the room where class is held, to begin and end class, when joining or separating from a lineup or group being formally addressed during class, and as otherwise directed. Bowing is also a reminder to be focused and that running or fooling around in the Dojo (school) is never allowed or tolerated.
2. Promptness is expected! If lateness is unavoidable, join the class immediately and integrate with as little disruption as possible. If class is in lineup, fall in at the rear of the lineup and not according to your rank. Report to the Instructor after lineup, or as otherwise directed, with the reason for your lateness.
3. Remove shoes, jewelry, gum, candy and the like before entering the Dojo.
4. Attendance for a Bible Study at the beginning of each session is required. The studies are based on subjects such as humility, respect, self-control and discipline.
5. Two (2) books are required for every class – a Bible, and a Notebook to record what you are shown in class for future reference and for personal practice at home.
6. Be sure that all your words are edifying and encouraging to one another.
7. Respect, for others and the teacher(s), is expected at all times. Words such as “Yes or No” and “Sir or Ma’am” are expected, regardless of age or rank but especially when addressing a Black Belt or one instructing. “Yeah” and “Nah” are never permitted. A Certified Instructor should be addressed according to their earned title of Sensei and a 5th Degree Black Belt or above, according to their earned title of Master.
8. Clean bare feet and proper hygiene, to include clean, trimmed nails are preferred for class.
9. A uniform (Gi) is not required initially, but a traditional, white Gi with the required patches (see below), is required to test for Yellow Belt certification and for all subsequent lessons/testing going forward. Prior to the purchase of a Gi, wear comfortable, modest, workout clothes in good condition. No holes; not soiled; and no clothing with questionable messages. If in doubt, do not wear it...
10. All students must maintain a passing grade in each subject at school to continue lessons and karate class participation.
11. Parents are required to be present for the entire class time if children are 4th grade and under.
12. If a student is found to be using his or her karate in an inappropriate manner they will be warned. If the behavior continues, they will be removed from training indefinitely.
13. The following is a list of the average, typical requirements you will be expected to demonstrate, per belt, for promotion to the next belt level:
 - **Three (3) Katas** [Plus one for a Weapon chosen at Green Belt level].
 - **Twenty (20) Self-Defense/Leverage Techniques** [Two (2) against each of ten (10) specific attacks].
 - **Five (5) Hand Strikes** [Board breaking introduced at Green Belt level].
 - **Eight (8) Foot Strikes** [Board breaking introduced at Green Belt level].
 - **Four (4) Blocks** [Sparring introduced at Yellow Belt level].
 - **Various Additional Tasks** (i.e. Belt tying, counting #1-10 in Japanese, etc.).



TAI CHUAN DO BELT/RANK STRUCTURE

NOTE: Belt test timeframes given are the minimum and based on consistent attendance of at least two (2) classes per week as a standard but promotion will be based on each individual student's own dedication, performance and attitude. Grand Master Ken Champ has the final decision on all rank promotions. Test scheduling is at the Instructor's discretion.

The following is a list of testing fees and the approximate, minimum time frame it can take to be considered for promotion to each belt level:

White Belt (Entry level)		-----
Yellow Belt (Min. 3-4 months as White)	\$40.00	
Orange Belt (Min. 4-6 months as Yellow)	\$50.00	
Green Belt (Min. 6-12 months as Orange)	\$60.00	
3rd Degree Brown Belt (Min. 6-8 months as Green)	\$70.00	
2nd Degree Brown Belt (Min. 8-12 months as 3rd Brown)	\$80.00	
1st Degree Brown Belt (Min. 8-12 months as 2nd Brown)	\$90.00	
1st Degree Black Belt (Min. 8-12 months as 1st Brown)	\$150.00	
2nd Degree Black Belt (Min. 2 years as 1st Black)	\$170.00	
3rd Degree Black Belt (Min. 3 years as 2nd Black)	\$190.00	
4th Degree Black Belt (Min. 4 years as 3rd Black)	\$210.00	
5th Degree Black Belt (Master, Min. 5 years as 4th Black)	\$230.00	
Instructor's Certificate*	\$140.00	

(*Instructor Certificates are typically not awarded before achieving the rank of Second Degree Black Belt and are issued on a case-by-case basis upon Grand Master Ken Champ's final decision.)

ALL FEES MUST BE PAID IN ADVANCE BEFORE BEING CERTIFIED. FEES AND TIME FRAMES MAY BE CHANGED WITHOUT NOTICE.

- An under-Black Belt student may be appointed by an Instructor to administer testing of students up to and including their own belt rank while under the direct supervision of the Instructor. The final decision for promotion will be determined by the Instructor.
- Any Black Belt may recommend promotion of other students up to and including the Degree of their own Black Belt. The final decision for Black Belt promotion is based on a review of the student's test by The Maryland Tai Chuan Do Board and ultimately Grand Master Ken Champ. Black Belt testing requires at least four Board members to be present during the test.



TAI CHUAN DO DRESS CODE

1. The **American Flag Patch** (Required) is the highest, uppermost patch on the left shoulder.
2. The **Tai Chuan Do Chest Patch** (Required) is to be worn on the upper left side with the three points facing the right side of your Gi.
3. The **Tai Chuan Do Shoulder Patch** (Required) is the highest, uppermost patch on the right shoulder.
4. The **Round Tai Chuan Do Insignia Patch** (Optional) may be worn below the left knee, on the outer seam of the pants with the three points facing the front.
5. The **Tai Chuan Do School Patch** (Optional) may be worn below the American Flag Patch.
6. The **Round Hands Patch** (Optional) may be worn below one of the following: The American Flag Patch, the Tai Chuan Do Shoulder Patch, the knee on the right leg or the Round Tai Chuan Do Insignia Patch on the left leg.
7. **Other Patches** (Optional) such as weapons, tiger, flags, etc., may be worn below one of the following: The American Flag Patch, the Tai Chuan Do Shoulder Patch, the knee on the right leg or the Round Tai Chuan Do Insignia Patch on the left leg, upon Instructor's approval.
8. **Tai Chuan Do Lettering** (Optional) may be placed on the back of the Gi using airbrush or embroidery in an arching pattern - red on a black Gi or black on a white Gi - upon approval of the Instructor to ensure uniformity.
9. **Tai Chuan Do Tiger** (Optional) may be airbrushed or embroidered on the back of the Gi and must be approved by the Instructor to ensure uniformity.
10. **No commercial advertisements may be worn on the Gi at any time.**



Recommended Physical Requirements For Tai Chuan Do Students

	Yellow	Orange	Green	3 rd & 2 nd Brown	1 st Brown	1 st Black
1. Punches				Crisp	Pop Gi	Pop Gi
2. Split (inches from floor)			15	8	4	4
3. Leg Lifts	10	10	25	50	50	50
4. Jack Knives	5	5	10	15	15	15
5. Sit Ups	25	25	50	75	100	100
6. Push Ups	10	10	25	30	50	100
7. Hop Around Room R/L Leg	1	1	3	4	5	5
8. Run and Kick Yourself (around room)	3	3	5	8	15	15
9. Duck Walk (around room)	1	1	3	4	5	5
10. Front Hamstring Stretch	waist high	waist high	chest high	shoulder high	head high	head high
11. Kicks				able to hit focus pad		
12. Kicks on Bag	10	10	8	8	10	10



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ORIGINS OF TAI CHUAN DO

Styles of Origin:

Aikido – (Japan) “*The way of harmony of self with nature*” One of the softest styles, adapted in the early 1900s by its founder, Morihei Ueshiba, from Aiki-Jujitsu, a style mostly based on throws and joint locks from Jujitsu but eliminating all kicks and punches and comprised of circular techniques that can be utilized by anyone regardless of their muscular strength and was intended to not seriously injure the attacker by redirecting their force against them.

“A”Kido – (Korea) “*The way of adapting self to surroundings*” This style is very similar to Hapkido (see below) and it is believed that the two styles were once the same and at some point split off from each other. Neither style includes sparring. The Korean government recognizes and supports Tae Kwon Do and Judo as sports. A different organization was deemed necessary and the government formed the Kido Association in 1963 to provide recognition and support for the 31 original styles of Korean martial arts. Then, in 1966 the U.S. Headquarters for the Korea Kido Federation was established in San Francisco which unites all Korean martial arts taught by masters and instructors outside of Korea. In order to understand the movements and techniques of Hapkido, Kido and other Korean martial arts one must study and practice the theories of Yu (flowing like water), Won (circular theory) and Hwa (non-resistance or harmony). Also note some similarities to the Japanese style of Aikido (see above).

Hapkido – (Korea) “*The way of coordinated power*” Blends striking and grappling styles, and is adapted from Aiki-Jujitsu (Aikido’s predecessor), to include throws, joint locks, and pressure points as well as strikes and blocks. Hapkido is intended to immobilize the attacker as quickly as possible by countering in the opposite manner of an attack such as by countering a linear attack with a circular technique and vice-versa.



ORIGINS OF TAI CHUAN DO (Continued)

Judo – (Japan) “*The way of subtleness or gentleness*” Grappling style developed in 1882 by its founder, Professor Jigoro Kano, from Jujitsu but altered its techniques due to his feelings that Jujitsu was too violent. Judo was intended to fulfil Kano’s ideals by incorporating two central concepts: “mutual benefit of the practitioner and society as a whole” and “maximum efficiency from minimum effort”. Judo emphasizes grappling techniques, especially those that upset the attacker’s balance, in particular – gaining leverage, throws, clothes grabbing, joint locks and strangleholds.

Jujitsu (also “Jujutsu”) – (Japan) “*Techniques of subtleness or gentleness*” An all-around martial art, Jujitsu is considered to be the “grandfather” style that spawned many of the modern styles that exist today – Aikido, Judo, and to a lesser extent Hapkido, being foremost among these. It blends striking and grappling styles to include throws, joint locks, and pressure points as well as strikes and blocks. Teaches to change or adapt from one technique to another and then again. Open handed techniques are Jujitsu in origin, but various weapons and other techniques used by the Ninja are also taught.

Ninjutsu – (Japan) “*Techniques of perseverance and/or stealth*” Also referred to as Ninpo “*The natural laws of perseverance*” Art of the Ninja which stresses training and development of one’s inner self to coincide with nature’s laws and the application of the techniques and skills of martial arts training in combination with your heart and spirit as a lifestyle.

Shorin-Ryu – (Okinawa) A specific “family” (Ryu) of Karate established by Ansei Ueshiro who arrived in the U.S.A. in the early 1960s. Karate was originally developed in Okinawa, an island between China and Japan which was ruled by China at the time, but is now a part of Japan. Karate was developed from Kung Fu (Wushu) and Kempo (Chinese Boxing) by the Okinawan farmers in order to fight the Chinese occupiers, and later the Japanese aggressors. Karate was designed to be swift and violent, quickly dispensing of an opponent using hand and foot strikes and not usually involving grappling other than to hold the opponent briefly to prevent them from dodging an attack.

Tae Kwon Do – (Korea) “*The way of hand and foot*” One of the hardest styles, using a large number of various hand positions for its hand strikes but primarily known for its variety of kicks to the head (usually higher than most common styles of martial arts). Tae Kwon Do relies heavily on flexibility, balance and leg strength to achieve its jumping, spinning and flying kicks and foot strikes. It utilizes blocks as its primary defense techniques.



ORIGINS OF TAI CHUAN DO (Continued)

Katas:

H-Forms – Traditional Korean-“H” movement patterns and blocks.

High Block/Yell & Kick – Created by Grand Master Ken Champ-Tai Chuan Do.

Attack Eight – Korean-“A”Kido.

Kick/Punch – Created by Grand Master Ken Champ-Tai Chuan Do.

Double-H Punch – Created by Grand Master Ken Champ-Tai Chuan Do.

Low Palm – Created by Grand Master Ken Champ-Tai Chuan Do.

Heians 1-5 – Traditional Okinawan Pinions and Japanese Heians which are identical.

Attack Form 1 – Created by Grand Master Ken Champ-Tai Chuan Do.

Attack Form 2 – Created by Grand Master Ken Champ-Tai Chuan Do.

Attack Form 3 – Created by Master Jack Gray-Adopted by Tai Chuan Do.

Cat’s Paw – Created by Grand Master Ken Champ-Tai Chuan Do.

Kicks/Strikes/Blocks and Self-Defense/Leverage Techniques:

Okinawan Karate, Korean “A”Kido and Tai Chuan Do.



BELT TYING

1. Place one end of the belt (End #1) across your back facing your right side at waist height.
2. Wrap the remainder of the belt around your waist clockwise overlapping on top of itself until End #2 comes around the front of your left side.
3. Take End #2, from the bottom, up behind the overlapped belt so that it hangs over diagonally to the right.
4. Reach behind your right side and slide End #1 down and out from under the overlapped belt and pull it around your left side to the front.
5. Rotate the whole belt clockwise on your waist so that End #1 and End #2 are evenly draped from the front center of your waist. (End #2 over the top to the right, End #1 from underneath to the left.)
6. Take End #1 (on the left) and flop it over to the right and lay End #2 (from the right) to the left on top of End #1.
7. Take End #2 and loop it upward through the “hole” created by crossing the belt ends.
8. Grab both ends and tug, tightening the knot. (HINT: As you look down, the right half of the knot will look like a “V” and the left half will look like a “C” wrapped around the point of the “V”.)

JAPANESE NUMBERS

<u>Number</u>	<u>English Spelling</u>	<u>Phonetic</u>	<u>Number</u>	<u>English Spelling</u>
1	Iti	E-che	11	Zyuu Iti
2	Ni	Nee	12	Zyuu Ni
3	San	Sahn	13	Zyuu San
4	Si	She	14	Zyuu Si
5	Go	Go	15	Zyuu Go
6	Roku	Ro-koo	16	Zyuu Roku
7	Siti	She-che	17	Zyuu Siti
8	Hati	Ha-che	18	Zyuu Hati
9	Ku	Ku	19	Zyuu Ku
10	Zyuu	Jew	20	Ni Zyuu

Notes: “ti” makes a “ch” sound.

“si” makes a “sh” sound.

“j” is not in the Japanese language so “zy” makes a “j” sound.

All single vowels make a short sound, for example “shichi” rather than “shechee”.

All double vowels make the longer (drawn out) sound, for example “jew” in contrast to “ku”.

#11-19 are simply “ten plus one”, and so on.

#20 is simply “two tens”, and #21 is “two tens plus one” and so on as in English.

