

CONTACT US

Dojang (Training Centre)

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HANDBOOK

**COURTESY
INTEGRITY
SELF CONTROL
PERSEVERANCE
INDOMITABLE SPIRIT**

HISTORY OF KORYO AND MASTER CAMILLE

1983 – 2000

In 1983 Master Camille started her Taekwondo journey at the age of 23; a young single mum who needed a change in her direction.

Master Camille noticed an ad for ladies self defence class at Havelock North Primary School so she gathered up a couple of buddies and off they went. Master Camille was the one who stayed and completed the course. The instructor, a 4th Dan ITF Master George Follis, was impressed and asked her to stay on and learn the art of ITF Taekwondo. Five years and getting ready for her Black Belt. Master Camille had a lot of changes and another baby on the way. Whilst pregnant Master Camille took on the role of teaching the younger kids and loved it. In the meantime, the club closed and M Follis moved to Auckland. Master Camille was busy with a new chapter about to unfold.

Skip forward to 1989 with 2 daughters (when she met now husband Steve Pruckmuller). Steve encouraged Master Camille to keep up with her dream to open and run her own training centre, so as soon as she could she went back to training in several clubs but none of the same discipline! Master Camille used to train other mums and kids out of her garage after work and weekends. Almost a decade had passed and Master Camille was now ready to re-sit her Black Belt in a different style of TKD this time with Instructor Scott Cole, but guess what...PREGNANT!! With young Robby, youngest of her 4 children. Instructor Scott left the Bay for Australia, so Master Camille was back to square one.

PAYMENT OPTIONS

	FEE PER WEEK (TWO SESSIONS PER WEEK)	FEE PER 4 WEEKS	FEE FOR 10 WEEKS (ONE TERM)
UNDER 18YO	\$20	\$80	\$200
18 AND OVER	\$24	\$96	\$240

Training in the holidays is extra. Ask about our special, holiday and family discounts As we are a non-profit organisation we can not give refunds, please give 2 weeks' notice (where possible) if you are unable to train.

Uniforms and sparring gear must be paid for in advance.

Quote Name & Fee's, Gear or Uniform.

NO JOINING FEE! FIRST WEEK IS FREE!

BANK ACCOUNT NUMBER:

Koryo Taekwondo Hawkes Bay Limited
12-3145-0169222-00

Eftpos Available

UNIFORMS

Plain white from \$50.00 (100–160cm)

Plain white from \$65.00
(170cm–210cm)

Black Belt Uniform \$120.00
(170cm–210cm)

Black or white (pants only) \$30.00

All patches \$85.00 (100cm–160cm)

All patches \$90.00 (170cm–200cm)

Poom dobok \$95.00

GRADING: FROM WHITE BELT 10TH KEUP

9 White – Yellow Tip	\$35.00
8 Yellow Tip – Yellow	\$40.00
7 Yellow – Orange	\$45.00
6 Orange – Green	\$50.00
5 Green – Blue	\$55.00
4 Blue – Purple	\$60.00
3 Purple – Brown	\$65.00
2 Brown – Red	\$70.00
1 Red – Red/Black Tip	\$75.00
Black 1st Dan	\$250.00

EQUIPMENT

We have a range of equipment available for purchase. You can access this from the members area of our website. www.koryo.co.nz

T-shirt \$25.00 and above

Polo shirts \$35.00 – \$39.00

Club jackets \$60.00

2000 – CURRENT

By 2002 Master Camille had found a TKD club in Napier, “Bay City” originally founded by recently deceased Master Barry Hawkins.

Finally, able to sit her Black Belt with Instructor and 3rd Dan Max Robb and Master Porter, Instructor Max was leaving for a new job so Master Camille took over the Bay City Club and brought it back to Hastings. In 2004 (now 2nd Dan) they started at Mahora school. Robby now 4 years old, being her youngest student (he had no choice) Master Camille grew the club from 6 students to 86 in a year and so had to move on to bigger full-time premises. In 2009 Master Camille sat for her 4th Dan missing 3rd and receiving a Silver Plate of Honor from Great Grand Master Lee 9th Dan, for all the good for Taekwondo she had done.

In between going for Black Belt in TKD she also started Kyokushin Karate in Hastings for extra fitness, after 5 years of hard work in 2007 graded to a 1st Dan Black Belt in Kyokushin Karate! Master Camille held numerous full contact fighting championship titles in both codes.

In 2020 Camille re-branded the club to Koryo Taekwondo.



OUR CLASSES EXPLAINED

LITTLE KIWIS (Under 5 years) PINK NINJAS

From the age of 1-2 years children start to explore their bodies and surroundings. They go from crawling to walking, jumping, running and imitating adults or peers.

GRASSHOPPERS (5 – 7 years)

As they get older the discipline kicks in, to jump or not! NOW they are ready to start their journey into taekwondo and martial arts.

DRAGONS (8 – 12 years)

From this age, most children are still coming to grips with their bodies and how they work. In Dragons the level of work is higher, and expectations are greater. Children learn taekwondo step by step and this instils the confidence to give it their best shot.

ADULTS AND TEENS (13+)

We have a great team of teens who come and go as life gets “busy” but the ones that have trained from 4 years old have now become Black Belts, and Instructors.

This class is for ladies aged 13 and up only. It covers extra self-defence and a different approach to taekwondo.

TNT DYNAMITE

This class is for competitors, fighters and poomsae wanting extra hard training for upcoming competitions.

DEMONSTRATIONS

Red Belts and above, all ages.

KEY:

PT45 = 45 mins personal training.

Bkfitness = Group fitness training.

TNT = Competitors. All grades and Ages

Advanced = All Adults and Black Belts.

Kyorugi = fight training.

Poomsae = forms and patterns

“TNT” COMPETITION TRAINING

If you are interested in competing in Taekwondo Tournaments this training is for you!

KYORUGI

Sparring, full contact fighting World Taekwondo and Olympic rules. Matched to your age and grade. A fighting spirit win or lose, do your best to not be beaten.

POOMSAE

Patterns equivalent to your grade and age practised over and over to become second nature, balance and power.

KYORUGI

TNT team trainings are held as an extra-hard training session with Master Yang and myself. Every Saturday from 11am – 2pm, including a lunch break from 12pm – 12.30pm.

These trainings are designed to bring out the best you have. We work on your weakness and build your strengths, we cover rules and practise different scenarios. Fitness is the key, you must also have the right sparring gear. Attitude and discipline are very important and joining these training sessions may not automatically get you on the team.

We have tournaments thought the year as early as March so get cracking and work on your fitness always.

POOMSAE

TNT trainings are held on Saturdays 12.30pm - 2pm with Master Yang and myself, working on poomsae, strength, power, flexibility and confidence. It needs a lot of commitment to stick this out in hope of a GOLD medal. These training sessions cost an extra one-off payment of \$100 per year and includes a TNT t-shirt.

RED BELT-RED BELT BLACK TIP | 1ST KEUP (WARNING!! TO YOURSELF AND OTHERS)



As above

- Poomsae Taeguk 7
- Stances and Strikes from Poomsae 7
- Self Defence, from a right hand punch
 - Step out outer block, double round kick, knee, face, step back 360 turning kick to face, land in your guard. Kihap!
 - Spinning hook kick to face step back 3 steps jupung side kick to head.
- Power test on pads.
- Kicking combo, double round 360, hook jumping front
- Free sparring pads, 3x1min rounds
- Break falling dive roll, forward and backward
- Board breaking – Dive roll jumping front kick
- Spirit test

RED BELT BLACK TIP-BLACK BELT | 1ST DAN (END OF THE COLOUR BELTS AND BEGINNING OF THE BLACK BELTS)



As above

- Approx 1000 hours
- 5k Run (Timed)
- Poomsae Taeguk 8
- All Poomsae Taeguk 1-8
- Self Defence
 - Under 13yr – 3 of own made up.
 - 14yr and over – Must include knife defence, sitting and standing
 - All Kicking Combos
- Sparring
- Pads on, 5x 1min different grades and sizes. 2 onto 1 and 1x Black belt.
- Power test on pads
- Board Breaking
- Spirit test (Decided on the day)

CLASS SCHEDULE

Formal classes taught by 4th Dan Master Camille Pruckmuller, or by a Black Belt instructor, are offered up to 6 days a week. Class times will vary (see schedule below). The club trains throughout the year, normally only a few classes are interrupted due to major holidays and these will be announced in class.

School Holiday Timetable is Monday and Wednesday only 5.30-6.30pm for all age groups.

It is recommended that a student should train at least two hours per week not only for best memory retention but to keep up with fellow teammates.

Fighting (kyorugi) is not compulsory but necessary as part of the sport and competition, it also helps develop a more realistic approach to self-defence and making contact. It's not tiddly winks!!

All Martial Arts Gear is available from Koryo Martial Arts Supplies – 10% discount for club members.

RULES

- Always wear a correct and clean dobok (uniform)
- Always come prepared for training.
- Never muck around at training.
- All nails should be clean and cut short.
- Belts should never be left on the ground.
- No shoes on the mat.
- No jewelery
- All safety gear should be clean and worn for sparring.
- Always bow before entering and leaving the mat.
- Respect your Masters, Instructors, and fellow club members.
- No fighting or misusing Taekwondo outside of the centre.

TAEKWONDO is the native South Korean Martial Art which began before the birth of Christ. Today it has a following of some 40 million people, although 189 countries are official members of the WT (World Taekwondo). Taekwondo is an art practiced in more than 200 countries. It is generally regarded as the most popular of the marital arts. It's growing prominence as both a system of self defence and a sports attraction lead to it's inclusion into the Olympic Games in 2000 in Sydney.



TENETS

PERSEVERANCE | INTEGRITY | COURTESY
 SELF CONTROL | INDOMITABLE SPIRIT

PURPLE-BROWN BELT | 3RD KEUP (SUN SET)



As above

- Poomsae Taeguk 5
- Stances, Long, X Stance
- Strikes, hammer fist
- Self Defence, from right hand punch
 - Step forward to the left, outer double knifehand grab, round kick to the body, kick the knee take down, punch to head.
 - Inner block right hand spin inwards pushing elbow, back fist step across to finish.
- Kicking combo, round, hammer 360.
- Board breaking option, jumping side kick.

BROWN-RED BELT | 2ND KEUP (FROM THE EARTH WE GROW)



As above

- Poomsae Taeguk 6
- Stances and Strikes from Poomsae 6
- Self Defence, from a right hand punch
 - Inner block, spinning back, fist to the head, grab the neck, take down. Punch.
 - Double outer block, grab head, knee, jumping front snap kick, step back Kihap!
- Power test on pads, combo, round kick, round kick face, hammer, 360 back kick.
- Board breaking.
- Sparring.

ORANGE – GREEN BELT | 6TH KEUP (A NEW TREE IS PLANTED)



As above

- Poomsae Taeguk 2 & 3
- Stances – Short, Long and Back
- Self Defence – one step, from right punch:
 - Step back, front snap kick, punch to face.
 - Step forward inner block, elbow, back fist.
- Kicks, hooks jumping, and back kicks.
- Power test on pads.
- Free sparring, semi-contact.

GREEN – BLUE BELT | 5TH KEUP (A STRONG TREE HAS STRONG FOUNDATIONS)



As above

- Poomsae Taeguk 3 & 4
- Stances and strikes combined, walking forward and backwards.
- Self defence – from right hand punch:
 - Slide back, inner crescent kick, back kick, outer knifehand and punch.
 - Side kick, double knifehand, hold strike to neck.
- Double round kick, back kick.
- Power techniques on pads, jumping back kick.
- Free sparring x2 1 minute semi-contact. Pads optional.

BLUE – PURPLE BELT | 4TH KEUP (BLUE REPRESENTS THE SKY, IT HAS NO LIMITS, NO BOUNDARIES, NO END)



As above

- Poomsae Taeguk 4 & 5
- Stances – moving, short and back, fingertip trust and double knife hand block.
- Self Defence – from right hand punch
 - Step forward double knife hand block / back fist, step behind take down and punch Kihap!
 - Step forward outside leg, outer knife hand, grab the arm, take down twisting arm up the back, kneel on back.
- Power test on pads, jumping side, 360
- Combo, round kick off front foot to the face, pause-jumping side kick.
- Free sparring x3 1 min round.

OATH

I SHALL OBSERVE THE TENETS OF TAEKWONDO

I SHALL RESPECT MY INSTRUCTORS AND SENIORS

I SHALL NEVER MIS-USE TAEKWONDO

I SHALL BE CHAMPION OF FREEDOM AND JUSTICE

I SHALL BUILD A MORE PEACEFUL WORLD



KORYO TAEKWONDO

GRADING SYLLABUS

GRADING AND TESTING:

Is done 3 times a year, usually in April, August and December. You will grade when you are ready. There is no hurry as everyone learns at a different pace.

Your instructor will tell you when your grading is coming up, we mark the belts with 4 black tips to show the stage you are at in your belt level. Age and ability is taken in to count when training and grading. Grading time can be shortened by the amount of hours you have attended training, competed in tournaments or demonstration team. Fighting is not compulsory, however we do train for tournaments both Poomsae and fighting.

Fitness, flexibility and attitude are all things you can work on yourself. Tidy uniform and belts are compulsory. Keep all nails short and clean. Personal hygiene is a must.

GRADING AND SYLLABUS REQUIREMENTS.

- Blocking, Strikes, and kicks
- Basics #1
- Kibon #1
- Taeguek #1-8
- Power test, kicks on pads
- Self defence
- Board breaking
- Fitness
- Flexibility
- Korean language

WHITE BELT | 10TH KEUP

Beginner, innocents, pure, not trained in Taekwondo.

It is expected that as a beginner you start to follow the instructors instructions. After training for approximately 20 hours you can now tie your own belt and complete a whole class without any problems, you also are aware of the rules of the dojang and understand the “tenets” and respect your instructors and all other students.



WHITE BELT – YELLOW TIP | 9TH KEUP

Basics One – Basic Movements

- Kibon one
- Punching
- High block
- Front kick
- Inner block
- Round kick
- Lower block
- Axe kick
- Power kicking techniques on pads



YELLOW TIP – YELLOW BELT | 8TH KEUP (SUN)

As above

- Kibon one – Taeguek One (poomsae)
- Stances – Chunbi, Long, Walking, Horseriding and fighting
- 3 step self defence x3 hand grab, STOP!!
- Kicks 45*
- Jumping front kick
- Combo front kick, punch, back kick
- Power techniques on pads
- Free sparring, non-contact



YELLOW BELT – ORANGE | 7TH KEUP (SUNRISE)

As above

- Poomsae Taegeuk 1 & 2
- Stance Short and Long
- Self defence
 - From a right hand punch – step forward, right inner block, 3 punches, 2 to body, 1 to the head.
 - From a right hand punch – step forward double knife hand guard and strike to neck.
- Kicks Inner and Outer crescent & Hook kick.
- Power test on pads
- Free sparring, non-contact

