

PAK'S KARATE ACADEMY



*Quality Martial Arts
Since 1985*

*Award-Winning
Leadership Team*

Student Handbook

**5302 Barksdale Blvd.
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318-752-2221**

**1040 Bellevue Road
Haughton, LA 71037
318-949-5675**

**Visit us on the Web at www.pakskaratelouisiana.com
www.facebook.com/pakskarate.louisiana**



Pak's Karate Electronic Media

The below electronic methods of communication are provided for you to keep in touch with what is happening at the schools and to provide a quick way for you to receive information needed. It is highly encouraged that you utilize these resources to stay informed about school activities, due dates for required items, and to stay up to date on events. The Facebook page and the smartphone App are the two most popular and most used methods.

WEBSITE: www.pakskaratelouisiana.com

- Click on the MEMBERS ONLY link at the top of the page. This section is where you can go to download information about upcoming events, paperwork required for certain events, and other important items.

EMAIL: bossier@pakskarate.com, haughton@pakskarate.com, minden@pakskarate.com

- Use these emails to communicate with your respective school via email.

FACEBOOK: www.facebook.com/pakskarate.louisiana

- Like/Follow this page to stay informed about events, activities, and announcements from the school and to post comments about items posted by the school. Once you like this page, request access to our special **Pak's Karate Louisiana Parents and Students** closed group by searching for this name in the Facebook search area. Click on the request access/join button to send us a request.

YouTube: www.youtube.com/user/pakskaratelouisiana1

- Subscribe to this channel to quickly look at videos produced by the school. If you have your own videos of your students, bring them to us and we will post them to the channel.

Smartphone App: Download our App FREE from the iTunes or Google Play stores. Search for "pakskarate" in the store. This app will keep you posted about upcoming events, has a link to our online study guide for Terminology, has the daily schedules, and includes an alert system that allows us to quickly notify you of an important event at the school, allows you to quickly refer a friend, has a quick way to submit a photo of your child to the school, etc. It has a ton of extras also – try it out.

Google+ Page: www.plus.google.com and then search for Pak's Karate Louisiana

- Add us to your circle to help boost the school rating

Text Messaging: 318-703-4149 (Bossier Location Students Only),
318-703-5964 (Haughton Location Students Only)

- Add the appropriate number to your contacts as an SMS message number for the school. THIS IS NOT A VOICE LINE and cannot receive voice calls, only text messages.

Online Terminology Study Aid: www.quizlet.com/class/971844

Go to the site and create an account to join the class or you can enter as a guest. This site helps students study the Student Creed and Korean Terminology in a mobile format. Simply click on the word group you want to study and choose your study format. As an option, you can download the quizlet app for your smartphone or tablet and use it to study on the go.

USB Media Drive: The flash drive media storage device that comes with your enrollment includes training videos for all major aspects of your training program that can be used to practice at home. The Beginner Curriculum is included initially and as you transition into the Intermediate and Advanced courses, we will update your device to include the videos for your current curriculum. It works on most computers and the newer "Smart" TVs with the USB port.

Student Handbook

Welcome to one of the greatest Martial Arts academies in the nation!! This is not just a physical training gym. We are one of over 100 schools in the United Tang Soo Do Federation. You have just joined the ranks of over 15,000 active Martial Arts students currently studying Tang Soo Do. Our goal is to provide you with the training necessary to become one of the 1600 active Black Belts in the United Tang Soo Do Federation. Our school is a BLACK BELT SCHOOL!! This means that our course is designed to train future Black Belts. Our program will provide children, teenagers, and adults with the preparation necessary to become future leaders in today's society. Important values such as respect, self-discipline, leadership qualities, confidence, self-control ... these are just a few of the core principles that future leaders of today must have to succeed. Our adult program provides students with greater flexibility, increased stamina, improved overall physical fitness, and excellent self-defense training. Our staff of well-trained instructors is dedicated to providing you with the best instruction available.

The journey towards excellence begins...

You have just taken the first step in your journey towards your future Black Belt. During the next few months, you will be evaluated based on performance, your attitude, your willingness to learn, and your desire to improve and excel in the Martial Arts. After your Beginner Course, you may be recommended for extension into the Black Belt Course and possible nomination for the Black Belt Club.

What to expect in our course...

In this package, you will find much of the information you need to succeed in our course. You are expected to attend a minimum of 2-3 lessons per week and to make up any missed classes in a timely manner. You will be assigned homework and you will be expected to complete it. You will be tested monthly to measure your progress. You will be given an exam every quarter for promotion to higher rank. You will be given leadership challenges to test and improve your leadership abilities. Your training will include both physical and mental activities designed to increase your flexibility, your strength, your agility, your balance, your muscle control, your breathing abilities, and broaden your knowledge of the history and development of the martial arts. We will teach you how to avoid conflict and confrontations, how to "defeat the bully" without fighting, and how to successfully defend yourself when the situation absolutely demands it.

What you need to succeed...

Success in achieving Black Belt in our course depends on your willingness to learn, your dedication of the time to attend the lessons required, your willingness to practice at home, and your attitude. Our program is based on self-improvement as a whole, not strictly on physical abilities. You will not be judged based on the talents or ability of others. We recognize that some people have greater physical and mental abilities than others. Your level of success will depend on how hard you try to improve yourself. The greater the amount of effort put into your training, the better the reward for your efforts will be.

What to do if you need help...

Sometimes everyone needs some extra help learning something, and the Martial Arts is no different. We are dedicated to providing you with the greatest chance to succeed in our program. If you are having difficulty learning a technique or a series of techniques, all you have to do is ask for help and we will schedule you a private lesson with one of our instructors or S.T.O.R.M. team members to assist you with your techniques. These private lessons must be scheduled with the instructor in advance to make sure time is available. We also have an "Open Door" policy with all students and parents. If you need to talk with us about anything at any time, please feel free to ask us and we will gladly sit down with you anytime that we can.

One final note...

Again, we want to welcome you to our school and the Pak's Karate family. We hope that your experience with us is very rewarding and that you achieve all your goals in the Martial Arts. Please be sure to bookmark our web site as it contains a wealth of information including downloadable files needed for study as well as the school calendar of events and newsletters. The web address is www.pakskaratelouisiana.com. Click on the "Members Only" link and you will be directed to the student site. We also encourage you to reference the previous page with the electronic media/methods to stay in touch with the school and the activities we do, especially the smartphone app. The Pak's Karate experience is so much more than just learning how to kick and punch...it is a family that you are joining and we do many things together as a school. We greatly respect and appreciate the trust you place in us for your personal development.

Pak's Karate Academy

Mission Statement & School Philosophy

Our mission is to develop our students into Black Belt Champions, to make our students more successful in life by giving them the tools to progress, and to always influence them positively.

To accomplish this, we must instill in the students a winning attitude: to teach them how to set goals for self-improvement, and to develop the persistent spirit that is necessary to overcome obstacles and become victorious in life.

Next, we hope to educate and shape a student's overall behavior so that he will improve the habits and lifestyle that will lead him toward long-term success and to learn and practice self-discipline in everything he does.

Finally, to reinforce solid character development and to live by a set of principles and standards that can be applied to daily living, to encourage the formation of high personal standards and demonstrate respect for all human beings.

We will constantly strive to maintain our commitment to lead by example with the energy for excellence and to go above and beyond expectations!!!

Black Belt Excellence since 1989

BLACK BELT SUCCESS FORMULA

1. **Set A Specific Goal** – If you, like most people, consider the goal of **Black Belt** to be a positive and worthwhile objective, then you should look at where you are now in your **Black Belt** journey, and then set a target date for yourself.
2. **Develop A Plan of Action** - Every goal, especially the goal of **Black Belt**, needs an action plan to make things happen. Action plans might include your class schedule, your nutrition plan, or fitness areas that may need extra effort
3. **Take Massive Action** – Once you’ve designed an action plan, it’s time to take action. *Massive action leads to massive results!*
4. **Study and Analyze Your Results** – We all need progress checks and measuring rods. By giving ourselves an occasional “check-up from the neck up”, we can determine if our plan is working. Sometimes the plan is working fine, but we need to fine tune it and make positive adjustments.
5. **Continue What Works, Change What Doesn’t** – Simple advice, yet, you would be surprised how many people need this straightforward and powerful reminder. If something is working for you, keep doing it. If it isn’t, change your approach. Keep your goal in mind and keep at it until you reach it!!

Junior Black Belt Champions: 10 Guidelines to Being A Good Kid

1. **Good kids** always give polite greetings and uses the “8 polite words”: Yes sir, yes ma’am, no sir, no ma’am, thank you, you’re welcome, excuse me, and please. A polite and cheerful “hello” and “goodbye” is always appreciated by your parents, teachers, and instructors.
2. **Good kids** always demonstrate respect towards others.
3. **Good kids** try extra hard to be nice to their brothers, sisters, and family members.
4. **Good kids** do not rudely interrupt conversations.
5. **Good kids** never misuse or abuse their karate skills.
6. **Good kids** pick up their room and help out around the house to keep it clean and neat.
7. **Good kids** brush their teeth and keep themselves neat and clean.
8. **Good kids** try to make good grades in school.
9. **Good kids** get along with others and aim to treat others better that they are treated.
10. **Good kids** are always ready when it’s time to go to karate, baseball, Girl Scouts, etc.

STUDENT CREED

- ☯ I will develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.
- ☯ I will develop self-discipline in order to bring out the best in myself and others.
- ☯ I will use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.
- ☯ This is a Black Belt School. I am motivated, I am dedicated, I am on a quest to be my best.

Sparring Rules and Safety Equipment Requirements

Sparring is an integral part of our program. Sparring is how our students test their techniques in a controlled environment and learn how to judge distance, gauge speed, and practice their defensive and offensive agility. This portion of our program requires contact with other students and following certain rules and wearing the proper equipment is necessary to ensure the safety of the students.

Sparring Rules:

White Belt and Yellow Belt/White Stripe ranks – No Contact

Students who are wearing these ranks will practice judging distance and reaction drills with no striking contact with each other. Students will practice their blocks and moving away from an opponent's attack.

Yellow Belt through Blue Belt/White Stripe – Light controlled contact to the chest guard

Students who are wearing these ranks will practice making contact with each other in a light and controlled manner while continuing to develop their blocking and avoidance skills. Students will be required to wear their required Chest Guard and Mouth Guard (and Groin Cups for males). No contact is allowed to the head at these ranks.

Blue Belt through Black Belt – Light controlled contact to the chest guard and head guard

Students who are wearing these ranks will continue practicing making contact with each other and will develop more practical personal defense techniques. Students will only be allowed to make contact on the chest and head guards to ensure the safety of the students. All students will be required to wear all required safety gear for each sparring practice class.

Safety Equipment:

Students who are enrolled in the “All-Inclusive” program will receive the various parts of their required safety gear at certain ranks as they achieve that particular rank. Other students will be required to purchase the safety gear required for their rank.

Mandatory Safety Equipment for all students – Groin Protector (males), Head Guard, Olympic Style Chest Guard, and mouth guard

All sparring gear must be acquired from the school as our safety equipment has been certified to meet the safety regulations required of our Federation.

Optional but recommended equipment – Forearm Guards, Shin Guards, Instep Pads, Sparring Gloves, Foot Guards

These items are recommended for enhanced safety and will be required for tournament competition in most cases.

Replacement Safety Gear and uniforms:

Your uniform and safety gear must be maintained in serviceable condition and be properly sized to provide the protection it was designed to provide. As you or your child continues through the training course, it may be necessary to replace certain safety items or uniform as it wears out or becomes too small. It is the responsibility of the student (and the parent) to ensure that all safety gear is available and is in good working condition and that the student uniform is of proper size and appearance. Lost mandatory gear must be immediately replaced or the student will be unable to continue training.

Pro Shop:

Our school is equipped with a Pro Shop that stocks all items needed for classes as well as many other popular items or training equipment that can enhance your ability to practice at home. The items carried by our Pro Shop are specifically designed for use in class and have been certified through our insurance carrier as being of proper quality and level of protection. ALL SAFETY GEAR TO BE USED IN CLASS MUST BE PURCHASED AT OUR PRO SHOP. Weapons and some other items may be acquired through other sources but must be inspected and certified by our staff prior to use in class. We encourage you to shop with us to ensure that you receive a safe and high quality product.

Rules of the Do Chang

1. Do not wear shoes in the Do Chang (Martial Arts School)—please place shoes neatly on the shelf provided
2. Students should ask senior belts for general information—this will help reduce the workload on the Master (senior) Instructor
3. Unnecessary talking is a distraction to others—Please don't do it
4. Tang Soo Do is never to be used for picking on others—offensive use of this Martial Art will result in disciplinary action
5. Students are required to answer “yes/no sir “(or ma'am) to all belts and instructors. Students must answer loudly when called on.
6. Profanity, alcohol, or any other vice is not permitted in the school at any time. We must set a good example for all other students.
7. Never smoke in the presence of a master instructor, grand master, any black belt, or near the front doors of the school. Students and black belts must never smoke while wearing their Dobok (uniform) and Dee (belt).
8. No students will drink alcoholic beverages while wearing his/her Dobok.
9. Your Dee must be removed when eating , when drinking anything but water, and when in public.
10. No food or drinks are allowed in the Do Chang or waiting area at anytime.
11. Students may receive only emergency phone calls during class.
12. Students may make phone calls only with permission.
13. Loyalty to your school and your Master Instructor is a time honored tradition and custom in Tang Soo Do. To keep loyalty is to keep honor.

Martial Arts Protocol and Etiquette

Before Class

- ❖ Arrive to class a minimum of 10 minutes early if you can. If you are late, enter quietly, take 3 minutes to stretch, and then wait for the instructor to grant you permission to join the class.
- ❖ Make it to class regularly. If you are injured, the instructor may be able to give you other workout activities so that you may still participate.
- ❖ Always bow to the flags each time you enter and leave the training floor – this shows respect to your school. It also serves as a reminder that when you enter the training room, you should be focused on the Martial Arts.
- ❖ Always bow to any and all black belts when you see them for the first time each day.
- ❖ For the safety of yourself and your teammates, please do not wear jewelry to class. Plain wedding bands may be allowed according to the instructor's discretion.

During Class

- ❖ Class begins when the instructor asks the students to line up. Students will line up according to rank. The highest-ranking student will take the farthest right position in the first line. The remaining students will line up to his/her left in descending rank. The person on the farthest right will begin the class.
- ❖ Classes begin and end with the same format.
- ❖ When lining up, students will stand in “charyet” (attention) position. Stand with good posture and look straight ahead. At this time, no conversation will be allowed.
- ❖ The class will begin with Basic Movements and exercises. After the exercise portion is completed, practice will begin on the curriculum set for the day. Classes may focus on forms, one and two-step sparring, kick drills, self-defense, or any combination of these. Give each exercise and drill 100% effort. Don't cheat yourself and HAVE FUN!!
- ❖ The four most common corrections:
 1. Always have a good technical stance with correct posture
 2. Always keep your head up and your eyes on the target
 3. Every time you punch, check your posture as well as the position of your hand
 4. Every time you kick, be sure to execute your kick the same, correct way. This will train your body and your muscles to always kick the same way.

Conduct Towards Others

- ❖ Always meet and greet your fellow teammates with a smile and by name
- ❖ Always conduct yourself with the highest levels of courtesy, integrity, and self-control
- ❖ Always pay attention in class. It is considered impolite to talk to another student when the instructor or a teammate is talking.
- ❖ Refer to adults and instructors as “Mr./Ms.-----”. Refer to the Master instructor as “Master-----“ while inside the dojang.
- ❖ Whenever an instructor or another teammate assists you during class, be sure to thank them.
- ❖ If you are asked to come to the front of a class to help demonstrate a technique or to receive something from an instructor, bow to the instructor when you get to the front of the class and again when you are finished.
- ❖ When you are training with a partner, always show them respect. Bow when necessary, help them up if they fall, and treat them as you would like to be treated.

Promotional Belt Etiquette

- ❖ As you move up through the ranks you will be tested on your abilities. Promotional Exams are administered in two parts: an in-class portion conducted during “Spotlight Week” where students will demonstrate their knowledge of their forms, self-defense combinations, kicks, terminology, and the Student Creed and at a formal exam day portion scheduled on a Saturday in front of a Testing Committee of senior Black Belts where students will demonstrate their formal promotional requirement of Forms, Sparring, and breaking a board with their required techniques.
- ❖ Students are required to attend at least two classes during “Spotlight Week” and to attend the Saturday promotion exam. Promotional Exam day is usually held on the second Saturday in the months of March, June, September, and December however this is subject to change due to events. The promotional exam day schedule is set a year in advance and all scheduled dates are available on the school calendar for the

year. Family members and friends are highly encouraged to attend every Promotional Test as this is a special day for each student. Students who are not testing and are not Black Belts should attend in street clothes to support their teammates. All Black Belts will assist in testing, regardless of testing eligibility. If you are a student watching the test, you are not required to bow in with the candidates.

- ❖ If you have multiple uniforms, please wear the highest quality one. It should be clean and pressed and complete with the school patches (flags on arms and Federation patch on chest). Arrive to your scheduled exam time at least 15 minutes before your scheduled time. No formal warm-up will be conducted. It is up to you to warm-up and practice on your own however a Black Belt may lead the group in stretching. All candidates **MUST** have all required safety equipment on and in good condition. If you are missing your required safety equipment, you will have to acquire the minimum required safety gear before you are allowed to continue.
- ❖ When testing begins, all students are to line up and bow in just as they would for class time. The Testing Committee may give a few words to the audience before testing commences. After the Committee's speech, all candidates will be asked to sit down in the back of the room.
- ❖ When your name is called, stand up quickly and respond loudly to the Committee. They will show you where to stand for your test. When you are in your spot, stand in "charyet" (attention) position until you are told to bow in. When asked a question, make sure that you respond politely and appropriately. When you are finished, the Committee will bow you out where you are to quickly and quietly return to your seat at the back of the room with your teammates.
- ❖ While you are in the back of the room, you are to conduct yourself with highest levels of courtesy and respect for your teammates. When others are testing, you should remain still and quiet. Misconduct during a testing may result in immediate dismissal from the test, a reprimand from the Instructor, and/or a belt suspension.
- ❖ One comment we sometimes hear is, "My child isn't ready to take the test." Consider for a moment how exams are scheduled in school. The math teacher doesn't administer the exam when the students are ready. He would say instead that the exam will be given a week from Friday. Ready or not, each student will take the exam on the given day.
- ❖ This is a **Black Belt** school. This means that it is our goal to help each student achieve a **Black Belt**. From our years of experience, we know that the best way to assist a student to **Black Belt** is to build up a series of successful belt promotions. It doesn't help to be too critical at the Yellow or even Green belt level. We know this system is working because the quality of our Black Belt candidates has improved steadily over the years.
- ❖ The information that we receive by watching the exams helps us to determine which areas need the most attention. When a student does well or poorly, we take that information back to the teaching staff. Upcoming plans are written accordingly.
- ❖ Finally, just remember that it is the lesson, and not the exams, that inspire the student to learn and progress.

Conduct Towards Other Martial Arts Schools and Students

- ❖ You are a representative of Pak's Karate Academy; all of its students, history, philosophies, and its instructors are seen through you. When speaking with other Martial Artists from other schools and styles, always treat them with the same respect that you would give to a teammate.
- ❖ On a regular basis, there will be guest speakers and demonstrators. Guests are to be treated with the highest levels of courtesy and respect. Be sure to go out of your way to make them feel welcome.
- ❖ ***Please check with your instructor before you visit another school.*** They may be able to offer you some tips about the etiquette of their style. When visiting another school, be sure to bow when you enter and leave, show the instructor and all students the proper courtesy and respect, and conduct yourself with the highest levels of integrity.
- ❖ You will find that true Martial Artists love to talk with one another and share experiences and ideas. Pak's Karate Academy encourages you to expand your horizons through conversation with other Martial Arts students.
- ❖ In the unlikely event that you encounter an unfavorable situation with another Martial Artist in another school or on the street, continue to conduct yourself with courtesy and integrity. Please inform your instructor of the situation. **You should NEVER challenge or accept a challenge from another person.** Any conduct unbecoming of a Pak's Karate Academy student will result in belt suspension and/or dismissal.

Student Terminology Listing

Yellow/White Belt Test

Kook Ki -- *Flag*
Char-yet -- *Attention*
Kyong Yet -- *Bow*
Chun Bee -- *Ready Position*
Ba-row -- *Recover to Ready Positon*
Tang Soo Do (Tae Kwon Do) -- *Korean Martial Art*

Yellow Belt Test

Do Jang -- *Martial Arts School*
Dobok -- *Martial Arts Uniform*
Dee -- *Belt*
See-Jak -- *Begin*
Ha Na -- *1*
Dool -- *2*
Set -- *3*
Net -- *4*
DaSut -- *5*

Yellow/Black Belt Test

Nim -- *Instructor (base word)*
Jo Kyo Nim -- *Assistant Instructor (1st Dan)*
Kyo Sa Nim -- *Instructor (2nd & 3rd Dan)*
Sah Buh Nim -- *Head Instructor (4th Dan & up)*
Kwan Jang Nim -- *Grandmaster*

Green/White Belt Test

Jar -- *Student (base word)*
Moo Kup Jar -- *White Belt Student*
Yoo Kup Jar -- *Color Belt Student*
Yoo Dan Jar -- *Black Belt Student*
YaSut -- *6*
Il Kup -- *7*
Yuh Dul -- *8*
Ah Hop -- *9*
Yul -- *10*

Green Belt Test

Bang Uh or Makee -- *Block*
Ha Dan -- *Low (below belt)*
Joong Dan -- *Middle (body area)*
Sang Dan -- *High (face area)*

Green/Black Belt Test

Ha Dan Bang Uh -- *Low Block*
Joong Dan Bang Uh -- *Middle Block*
Sang Dan Bang Uh -- *High Block*
Aneh Seh Bake Ro Makee -- *Inside-Outside Block*
Bakeh Seh Aneh Ro Makee -- *Outside-Inside Block*
Sang Soo Joong Dan Makee -- *Double Middle Block*

Blue/White Stripe Belt Test

Ja Sae -- *Stance (base word)*
KeeMa JaSae -- *Horse Riding Stance*
Joon Kul JaSae -- *Forward Stance*
Hoo Kul JaSae -- *Cat Stance (Freefighting Stance)*

Blue Belt Test

ChaKee -- *Kick (base word)*
OleKee -- *Stretching (base word)*
Aup ChaKee -- *Front Kick*
Aup OleKee -- *Front Stretch*
Yup ChaKee -- *Side Kick*
Yup OleKee -- *Side Stretch*
DolRyo ChaKee -- *Roundhouse Kick*
**** Note – know how to put the words for low, middle, and high in front of the base words****

Blue/Black Stripe Belt Test

Kyong Kyuk -- *Attack (with the hand)*
Il -- *1 (Sino-Korean version of counting)*
Yi -- *2*
Sam -- *3*
Sah -- *4*
Oh -- *5*

Brown/White Stripe Belt Test

Soo Do -- *Knifehand*
Kwan Soo -- *Spearhand*
Yuk Soo -- *Ridge Hand*
Dae Ryun -- *Sparring (the base word)*
Il Soo Sik Dae Ryun -- *One Step Sparring*
Yi Soo Sik Dae Ryun -- *Two Step Sparring*
Ja Yoo Dae Ryun -- *Free Sparring*

Brown Belt Test

Hyung (Poomsae) -- *Form (pattern)*
Yuk -- 6
Chil -- 7
Pal -- 8
Koo -- 9
Sip -- 10
Com Sah Hom Ne Da -- *Thank You*
Chu On Ma Nayo -- *Your Welcome*

Brown/Black Stripe Belt Test

Jung Kwon -- *Fist*
Kap Kwon -- *Back Fist*
Ee Ma -- *Head*
Dora -- *Change Direction*
Kalyeo -- *Break*

Red/White Stripe Belt Test

Tuel Oh -- *Reverse*
Chung -- *Blue*
Hong -- *Red*
Kae Sok -- *Continue*
Keu-man -- *Stop*
Sung -- *Winner*
****Note – Know how to use the word for Reverse with block and attack****

Red Belt Test

Kyung Go -- *1/2 Point Deduction*
Gamjeon -- *1 point deduction*
Joo-eui -- *Warning*
Moo Roop -- *Knee*
Pal Koop -- *Elbow*
****Note – Know how to use the words for knee and elbow with the words for attack and kick****

Red Belt/Black Stripe Test

Yi Sip -- 20
Sam Sip -- 30
Sa Sip -- 40
Oh Sip -- 50
****Note – Know how to build the numbers together so you can count from 1 to 50****

Black Belt/White Stripe Test

Yuk Sip -- 60
Chil Sip -- 70
Pal Sip -- 80
Koo Sip -- 90
Baik -- 100
****Note – Know how to build the numbers together so you can count to 100 and beyond****

Physical Fitness

Physical Fitness is a critical part of your Martial Arts training. It is necessary for both strength development and endurance. Combined with proper nutrition, excellent physical fitness keeps the body strong and healthy and helps ensure the mind is sharp and focused. Developing and maintaining a physical fitness routine may not be fun for everyone but is a necessary part of your training at Pak's Karate Academy. Each student is expected to meet the minimum Physical Fitness standards set for each rank. The standards for each rank are posted at the school and are available for review at any time. We WILL help you meet your fitness standards but you have to do your part too. We can meet with you one-on-one and help you develop a fitness/nutrition plan if you wish. You are encouraged to work out on your own when not in class.

The physical fitness test is structured to aid and encourage you to improve over time. Obviously, you are not expected to be in top physical condition on your first day. As you attend class and progress in the ranks, you will see improvements in both your physical strength and your endurance. This process takes time. Do not be discouraged if you have difficulty in any area. The requirements start off at a very basic level and will gradually increase as you gain experience.

Students with medical conditions precluding the performance of some parts of the physical fitness test will be accommodated as needed to ensure that they do not further injure themselves during training.

There are four components to the Pak's Karate Physical Fitness test:

- Upper body strength will be measured by performing push-ups. The time frame is 90 seconds.
- Core body strength will be measured either by the sit-up or the plank. The sit-up time frame is 120 seconds and the optional plank will be a timed exercise graduated by rank, age, and gender.
- Lower body endurance will be measured using a seated wall squat. This will also be a timed exercise graduated by rank, age, and gender.
- Cardio endurance will be measured with a 1-mile timed run. The time requirements are graduated by rank, age, and gender.

Your fitness test will be administered during class at a set time in the 3-month test cycle. If you pass your test, you will be awarded your fitness stripe for your belt. If you need to retake your test (or a portion of your test), you will be able to do so at any of your scheduled classes during the same week. After that time, you will need to make an appointment with an instructor to retake any portion of the test to earn your fitness stripe.

Should you have any questions or concerns about our fitness requirements or your performance, please do not hesitate to ask. We are here to help you reach and exceed your personal goals.

System of Ranking

Tang Soo Do Belt Ranking System

Students of Pak's Karate Academy show their progress in Tang Soo Do by the colors of the belt that they wear. Each rank is a marker along the way to the ultimate goal of *Black Belt*.

Requirements for each rank differ for the Tiger program as well as those in the Tang Soo Do program. Tigers have their own Student Manual. Please see Master Heidi if you are enrolled in Tiny Tigers and do not have a manual.

The purpose of the test is to make sure that each student is progressing on schedule. Your first step is the white belt. During each quarter, you will receive progress stripes for learning certain techniques. After you receive all your required progress stripes for your rank, you are eligible to test for the next belt rank. Test for belt ranks are every three months up to Dan Levels. The Tang Soo Do Belt Ranks are as follows:

Beginner Kup (Rank) Levels

8 th Kup	Yellow/White Stripe Belt
Advanced 8 th Kup	Yellow Belt
7 th Kup	Yellow/Black Stripe Belt
Advanced 7 th Kup	Green/White Stripe Belt

Intermediate Kup Levels

6 th Kup	Green Belt
Advanced 6 th Kup	Green/Black Stripe Belt
5 th Kup	Blue/White Stripe Belt
Advanced 5 th Kup	Blue Belt
4 th Kup	Blue/Black Stripe Belt
Advanced 4 th Kup	Brown/White Stripe Belt
3 rd Kup	Brown Belt

Advanced Kup Levels

Advanced 3 rd Kup	Brown/Black Stripe Belt
2 nd Kup	Red/White Stripe Belt
Advanced 2 nd Kup	Red Belt
1 st Kup	Red/Black Stripe Belt
Advanced 1 st Kup	Black/White Stripe Belt

Dan Levels

1 st Dan	Black Belt with 1 Gold Stripe
2 nd Dan	Black Belt with 2 Gold Stripes
3 rd Dan	Black Belt with 3 Gold Stripes

Master Dan Levels

4 th , 5 th , 6 th Dan	Black/Red Stripe Belt
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Requirements For Promotion

The following sections outline your requirements to promote to the rank indicated. Keep in mind that your promotion is based on your time in training and your class attendance, not solely on your knowledge of the techniques listed. A good Martial Arts student is one who takes the time to train consistently and repetitively on everything they have learned to not only commit the techniques to memory, but to condition the body to execute those techniques automatically as needed.

Beginner Ranks

8th Kup – Yellow Belt/White Stripe

Basic Movements & First Half of Basic Form 1
One Step Sparring
Free Sparring
Self Defense
Board Break with Front Kick
Terminology and 1st two Tenants of Student Creed

7th Kup – Yellow Belt/Black Stripe

Basic Form 2 & 3
One Step Sparring
Free Sparring
Self Defense
Board Break with Back Pivot Side Kick
Terminology and Student Creed

Advanced 8th Kup – Yellow Belt

Basic Form 1 & 2
One Step Sparring
Free Sparring
Self Defense
Board Break with Front Foot Side Kick
Terminology and Full Student Creed

Advanced 7th Kup – Green Belt/White Stripe

Basic Form 3 and Dol Phoong 1
One Step Sparring
Free Sparring
Self Defense
Board Break with Back Spin Kick
Terminology and Student Creed

Intermediate Ranks

6th Kup – Green Belt

Dol Phoong 1 & 2
One Step/Two Step Sparring
Free Sparring
Self Defense
Board Break with Speed Back Spin Kick
Terminology and Student Creed

5th Kup – Blue Belt/White Stripe

Dol Phoong 2 & 3
One Step/Two Step Sparring
Free Sparring
Point Sparring Basics
Self Defense
Board Break with Speed Hook Kick
Terminology and Student Creed

Advanced 6th Kup – Green Belt/Black Stripe

Dol Phoong 1 & 2
One Step/Two Step Sparring
Free Sparring
Self Defense
Board Break with front foot Hook Kick
Terminology and Student Creed

Advanced 5th Kup – Blue Belt

Dol Phoong 3 & 4
One Step/Two Step Sparring
Free Sparring
Point Sparring Basics
Self Defense
Board Break with Side Kick/Speed Hook Kick Combo
Terminology and Student Creed

4th Kup – Blue Belt/Black Stripe

Dol Phoong 3 & 4
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense
Board Break with Front Inside Ax Kick
Terminology and Student Creed

Advanced 4th Kup – Brown Belt/White Stripe

Dol Phoong 4 & 5
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense
Board Break with Front Speed Inside Ax Kick
Terminology and Student Creed

3rd Kup – Brown Belt

Dol Phoong 5 & 6
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense
Board Break with Front Kick/Speed Inside Ax Kick
Terminology and Student Creed

Advanced 3rd Kup – Brown Belt/Black Stripe

Dol Phoong 6 & 7
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense
Board Break with Back Outside Ax Kick
Terminology and Student Creed

Advanced Ranks

2nd Kup – Red Belt/White Stripe

Dol Phoong 6 & 7
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense
Board Break with Front Outside Ax Kick
Terminology and Student Creed
Ability to lead class in Basic Movements

Advanced 2nd Kup – Red Belt

Dol Phoong 7 & 8
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense
Board Break with Speed Back Outside Ax Kick
Concrete Break – Hand Technique
Terminology and Student Creed
Ability to lead class in Basic Movements and Forms

1st Kup – Red Belt/Black Stripe

Dol Phoong 8 & 9
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense
Board Break with Back Outside Ax Kick/Side Kick
Terminology & Student Creed
Concrete Break – Hand Technique
Ability to lead class in Basic Movements, Forms, Kicks

Advanced 1st Kup – Black Belt/White Stripe

Dol Phoong 8 & 9
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense
Board Break with Tornado Ax Kick
Terminology & Student Creed (Written Test)
Concrete Break – Hand Technique
Ability to lead an entire class

Dan (Black Belt) Ranks:

Refer to the Black Belt Handbook for Testing Requirements for Black Belt ranks.

School Policies and General Information

Class Times and Attendance

Please refer to your schedule for class times. Classes are divided by age and rank. Students are required to attend at least two classes per week, however, we recommend three classes per week for most students. Our class schedule is built with flexibility for the convenience of our students and parents, however, we highly recommend you commit to specific classes each week so that regular attendance becomes part of your weekly routine. Makeup classes are available if a class is missed during the week due to illness or other reason. If for some reason you are not able to attend class, we ask that you call the school or send a text to the school text number (see inside front cover) and inform the receptionist. Parents dropping off children should do so ten minutes prior to class start time and pick them up within ten minutes of class end time. **We are extremely interested in the safety of your children. However, the school becomes very busy around class times and we cannot be held responsible for watching unattended children. Please make an extra effort to pick your children up on time.**

Class Attendance is tracked by our computer system in the lobby. Students are required to attend a set minimum number of classes each quarter. Students are responsible for pulling their card out of the box at the front desk and bringing that card with them to class. The instructor will collect ID cards at the beginning of each class and scan the cards for attendance. PLEASE DO NOT LOSE, DAMAGE, OR OTHERWISE DESTROY YOUR CARD. Damaged cards will not scan properly and you want to make sure you get credit for class. If you are late to class, please don't forget to pull your card and bring it to your instructor. Students who fail to bring their card to class will not receive credit for that class.

Class Tardiness

Students are required to arrive on time for class. Tardiness for class causes major disruption for the students who are already in class and wastes valuable class time. Students who continue to be late for class will be asked to attend a later class.

Safety Equipment

Students are required to maintain certain mandatory safety equipment. This equipment must be acquired from the school to meet required safety regulations and dress code. Students enrolled in our "All-Inclusive" program will be issued their initial set of required safety gear at certain belt ranks as they progress through our course. Safety equipment must be brought to every class and taken home every night. Storing your gear at the school is not permitted. Students are responsible for their own gear and must purchase replacement gear if it becomes lost, worn beyond usefulness, and/or outgrown. The school is not responsible for equipment left at the school. If you are missing something, please check our lost and found shelf in the lobby.

Missing Equipment Policy – Students who do not have their required safety gear will be given one warning and disqualified from sparring practice for that day. **Subsequent Equipment Policy violations will result in the student not receiving class credit for attendance that day.** Please ensure you or your child has all required gear every day.

Damaged Mandatory Equipment Policy – Students who have damaged mandatory safety equipment that jeopardizes their own safety or the safety of other students will be required to purchase replacement equipment. Students will be told when replacement gear is required and will be given a one week grace period in which to replace the damaged equipment. **After the grace period, the student will not receive class credit for attendance on days that the mandatory gear is required for training.**

Late Pick-Up Fees

A late fee will be applied if the student is not picked up within 10 minutes of class end time. Late fees are \$1.00 per minute and is due at the time the student is picked up. Failure to pay late pick up fees and/or being late more than three times may result in cancellation of belt promotion test for that quarter. If you know you are going to be late ahead of time, please notify the receptionist. We are not responsible for watching unattended children.

Viewing Classes

Parents are encouraged to watch classes. In fact, you may be asked to participate in a particular drill for the day. We only ask that you respect the class by keeping noise levels to a minimum. Also, we do not provide a play area for children who are watching brothers/sisters/parents in class. Children are not allowed to run around and play in front of the classroom and are not allowed on the mats. Some of our students have very short attention spans and/or are easily distracted by this behavior. In addition, children and toys going onto the floor are a safety hazard for our students. Spectators who disregard this policy will be asked to leave the classroom area.

Instructor Notices

From time to time, the instructor may send a note home with your child to inform you of an event that happened in class. This notice must be signed and returned to the school no later than one week after receipt for inclusion in the student's record.

Family Memberships

Pak's Karate prides itself on our family environment and highly encourage our parents and family members to participate and learn together. We provide special family member discounts to help encourage our families to learn together. To inquire about these discounts, please see our receptionist for details.

Financial Responsibilities

Financial obligations are a necessary part of our lives. Likewise, your school has financial obligations as well. Similar to courses at a university or a private school, you are enrolling in a course of study that includes knowledge and personal attention. Our programs are set up to provide 4 training periods each calendar year and take into account holidays and staff training breaks. Payment plans are set up through a third-party billing company for your convenience and your account is due whether or not you or your child attends classes or completes the course. Your Student Enrollment Agreement outlines the financial responsibilities, payment plan, and payment method you have agreed to follow and lists conditions whereby the Agreement may be changed and/or altered. Your tuition is divided into monthly payments for your convenience. You are required to keep your accounts current and up-to-date. We are fully committed to keep our promise to you to provide the best training facility and course of instruction that we can. We know that you will keep your promises to us, too. We appreciate your sacrifice to make tuition payments on time.

Students who budget their programs do so through our billing and tuition company, Educational Funding Company. If you do not receive a notification from EFC within two weeks or you do not see a deduction for your tuition on your bank statement of a payment that has been made, please notify the school as soon as possible. Or, if you wish, you may call EFC at 301-654-8677.

Payments may be made at the school for program down payments, to purchase equipment, or for seminars, tournaments, etc. Payments may be made in cash, money order, Visa/MasterCard, or personal check. However, any checks returned from the bank due to insufficient funds or other reasons will result in a \$35 return check fee in addition to the amount of the returned check.

Parents and students have 10 days from notification to pay the outstanding balance or will incur a late charge of \$10. We will no longer continue to accept checks on any account that has had more than two returned checks. You will be put on a Visa/MasterCard, money order, or cash only basis.

Students who leave the school with a completed program or under good terms are considered Inactive-Good Standing. You retain all rights, ranks, and privileges for life and are welcome to visit or return to complete your training at any time. Students who quit without notification, are dismissed for rules violations, or owing a balance due are considered Inactive-Incomplete Standing. Any students who are in Incomplete Standing will not receive their belt certificates, references, etc., until they have fulfilled their obligations to place them into Good Standing.

Uniform Dress Code

Student uniforms consist of a white traditional Karate uniform with school logo on the back, flag patches on the sleeves, and a Federation patch over the heart plus a colored belt. All students are issued their first uniform when enrolled in a regular program. Replacement and/or spare uniforms are the responsibility of the student and must be purchased at the school. Males do not wear shirts under their uniform tops. Females are required to wear solid white, solid black, or solid belt color shirts under their uniform tops. T-shirt days are Wednesdays, Thursdays, and Saturdays. On these days, students may wear their issued school Martial Arts T-shirt with their pants and belt instead of their uniform top. **Non-karate shirts are not considered part of the uniform and will result in the student not receiving class credit for the day.** Black Belt Club members have a special red trimmed uniform that they may wear to any class. During classes and promotional testing, all students must wear their full uniform. Uniforms worn to class **MUST** be kept clean and neat. Uniforms that have holes, tears, or that are too small for the student must be replaced. Students who attend class with uniforms that do not meet standards or are missing required uniform items for the day will be allowed to participate in class for training but **will not receive class credit for that day.**

Belts, except for red, red/white, and red/black, should not be washed. Belts with red should be washed once before wear due to the red color bleeding out onto the uniform when it becomes sweaty. It is customary to not wash the student's belt, no matter how dirty it becomes. In addition to tradition, it will teach the student how to care for and maintain his/her belongings. Belts should never touch the ground until the day of promotional testing. Students are allowed to participate in class if they forget their belt but are unable to earn progress stripes and **will not receive class credit for that day.**

Uniform Flags/Patches are provided with your initial enrollment and must be sewed onto the uniform as soon as practical. Additional uniforms and patches may be purchased at the Pro Shop at anytime.

- Patch placement
USA patch – on the right sleeve of the uniform top, just below the armhole seam
Korean patch – on the left sleeve of the uniform top, just below the armhole seam
Federation patch – on the left side of the uniform front, over the heart, with the top of the triangle pointing up
Black Belt Club patch – over the top of the Federation patch
Weapons Achievement patch – on the left sleeve cuff
Please see Master Heidi or Master Chapman if you would like your uniform marked for placement
- Belt tying
Locate the center of the belt and place it on your stomach

Wrap the belt around your waist, bringing both ends to the front. Make sure the ends are even. Cross the right end over the left end and bring it up under all parts of the belt (against the stomach). Then cross both parts of the belt again, bringing the bottom end up and around the top end and pull tight.

Tournament Competition

Periodically, we hold competitions at the school or we attend competitions in other locations. Information about tournaments that we feel are suitable for our students will be posted and announced in class. Tournament competition is strictly voluntary, however, we encourage all students to compete in at least a few tournaments in their Martial Arts career because the experience that comes with competing is unmatched in the classroom setting. We provide tournament competition training classes and seminars for those students who are interested in competing. Don't forget that tournament competition requires additional safety gear not normally required for class. Leave yourself enough time to purchase and receive any gear required.

Seminars and Clinics

Pak's Karate Academy hosts a multitude of seminars and clinics each year to provide additional training to our students. Many of the seminars are free but some will require a registration fee to cover the expenses of the seminar instructor. You are encouraged to attend as many of these events as possible. Some may be mandatory for a particular belt rank or for Black Belt Club and others are included to enhance the overall experience of the Martial Arts. It is best to support as many of these clinics as possible for the benefit of all students.

Special Help, Makeup Classes, and Private Lessons

If for any reason you or your child falls behind in classes or if you feel that there is a need for some extra help, please see the front desk to schedule a time for a private lesson. Sometimes the instructors may feel that a student needs some additional practice with a form or a kick. If so, they may recommend an additional makeup class or a private lesson for you or your child. Makeup classes are held on Saturdays and are free of charge. Private lessons are scheduled at the convenience of the student with their instructor of choice. Private lessons will be charged at a rate of \$30 per session which is due prior to the scheduled session.

Holiday Schedule

Pak's Karate Academy is closed for most major holidays. Please be sure to check the announcement sheet or bulletin board to see if we are open. Closed holidays normally include: Martin Luther King Day, Memorial Day, Fourth of July, Labor Day, Veterans Day, Easter weekend, and Thanksgiving holidays. We are closed for approximately two weeks during the Christmas break and from time to time, we will bring our staff to a special training event and may close for a few days during the summer. You will be notified in advance of these events.

Vacations or Extended Absences

If you will be absent from class for more than three weeks due to a medical reason or vacation, please notify Master Heidi. Time that you miss can then be added back into your program for credit.

Sparring

Sparring is the application of all of the technical aspects of Tang Soo Do such as basic movements, breaking, forms, as well as the mental discipline and the school philosophy. Sparring benefits the student in many ways.

- It improves endurance, balance, and flexibility

- It builds reflexes for quicker movements of attack, block, counter attack and ability to dodge an attack
- It develops greater muscle and respiratory control

Your partner is your friend, without whom you cannot improve your techniques. You must show respect for your partner through light contact and control. If during sparring, your partner accidentally hits you too hard or in the wrong location, you must learn to control your temper. Losing control of yourself would mean defeating your mental discipline objectives. Be patient and show friendly support for your partner.

Sparring is introduced to the student gradually, beginning with learning how to do one and two-step sparring. This is sparring with a partner, without contact. As the student progresses in rank, light contact will be introduced so that the student can progress in self-defense knowledge. Insurance regulations require each student have certain gear at certain ranks. Refer to the Sparring Rules and Safety Equipment Requirements section in this handbook to understand our safety equipment requirement. No strikes are allowed to the face, neck, back, or below the belt. Students who continuously disregard sparring rules or are dangerous and malicious in sparring with other students will be expelled from the school.

Lost and Found

If you have left something behind, please check our lost and found box at the front desk. Items will be held for two weeks before being discarded or donated. Please do not interrupt classes to ask the instructors for something that is lost.

Special Orders

We have several different Martial Arts catalogs available. If you are looking for a weapon, video, book, or any particular type of equipment, please ask our front desk staff to see the most current catalog. Catalogs may not be removed from the front desk. A 50% deposit is required on all special orders. Deposits are non-refundable once the order has been placed. Special order delivery depends on the company the order is placed from. Delivery could be as fast as 3 days or as long as several weeks.

School Communication

Our staff utilizes multiple methods to communicate with our students and parents. It is imperative for the student's success that parents maintain open, two-way communication with our staff. That way we can pass on important information about the student's progress and/or challenges in class. Also, with so many events and activities at the school, regular review of displayed posters and electronic communications is vital to ensure you know what is happening each week. Feel free to call or email us anytime you would like an update on events/activities and student progress.

- End of class announcements are provided every day
- Emails are sent out on a regular basis so please ensure you have pakskarate.com in your list of allowed email addresses
- Posters – located in the lobby and in the parent's viewing area inform everyone of upcoming events and activities
- Facebook – our Facebook page is a great place to keep in touch, especially the special **Pak's Karate Louisiana Parents and Students** group. We post to this group regularly so that students and parents know what is going on.
- iPhone/Android App – our FREE app also provides great information and study tools for the student. Download it from the associated store for your phone type.
- Text Messaging

Inclement Weather

Pak's Karate Academy's policy is to close if the weather/road conditions become hazardous. The school will open as soon as possible, but will always keep the safety of our students and staff first in mind. If the weather becomes hazardous during class, we encourage all parents to pick up their students as soon as possible. If you suspect that we may have implemented our inclement weather policy, you may call the school to find out if we will be open or if we need to close early.

Emergency Information

It is essential that you keep all records current. If your business or home phone numbers change, or if you change jobs or move to a new address, make sure that the information is given to us to change on the student's records. Emergency notifications cannot happen if our records are outdated.

Illness

Pak's Karate Academy is a place for well children, so please do not bring your child when he/she is sick or has signs of a contagious illness. Students should be free of fever for 24 hours before returning to Pak's Karate Academy. If a student becomes ill while at the school, his/her parents will be notified immediately and asked to come for the child. If the student is not picked up within 30 minutes, the emergency number or a third person will be called. We reserve the right to ask a student to leave due to medical reasons restricting them from safely functioning in classroom activities.

Birthdays

The student's birthday is special to us! If you would like to send refreshments for your child's class to share, please speak to an instructor. Pak's Karate Academy can host your birthday party if you wish to have a Karate themed birthday party. Please see a staff member for more information.

Parent/Student Conferences

Our goal is to partner with you in order to see you and your child achieve their goals. If your child is ever struggling at home or at school, please feel free to schedule a conference with us. We take our student's progress very seriously and have helped numerous families overcome struggles at home and school. In addition, if you notice that your child is struggling to maintain focus and interest with their training, please let us know as soon as possible. Everyone goes through times when they do not feel like coming to class (adults skip gym days all the time when they are not "feeling it"). Your child will also. Usually, a loss of focus and interest has to do with an activity that is hard for them or something they do not understand. These issues can easily be resolved with a little extra attention from our staff. We want your child to achieve their goals and we will do everything we can to help them reach their goals.

Arrival and Departure

We have limited parking spaces available. Parents may park and attend classes with the student. However, if you are dropping a student off at the door, please make sure that the student is completely in the building before leaving. Also, be aware that during change of classes, the parking lot becomes extremely busy. Please watch out for students and other vehicles. Children are not allowed to leave the building without a guardian and are not allowed to wait outside of the building for a ride. We strive to put the safety of our students first. Please be courteous and help us out.

Other Available Programs

After School Program

Pak's Karate Academy has an active After School program. We pick up students from most Bossier Schools. Students attend classes daily, have quiet time to complete homework, are provided with a snack if they wish, and have access to computers, games, and arts/crafts for their enjoyment while at the school. This program is an excellent economical alternative to traditional After School care. If you are interested in more information concerning the Transported After School Martial Arts (TASMA) Program, please contact Master Chapman.

Summer Camp

Our summer camp program runs all day for approximately 10 weeks during the summer school break. This program is an excellent alternative to prevent students from getting bored during the summer. With weekly themed training activities, daily field trips that include skating, swimming, and park time, and much more, our summer camp will be sure to keep your child's mind and body active. Students may sign up for a single week, multiple weeks, or all summer long. For more information, contact Master Chapman.

Judo Program

Judo translates to "the gentle way" and is modern Martial Art and Olympic sport created in Japan. Judo teaches the student ways to use an opponent's force or weight against them. Learning how to redirect an attack is central to this form. Students learn how to defend against and even throw much larger opponents in this dynamic style of Martial Arts. Open to students ages 7 and up, Judo is an excellent program for anyone who enjoys a hands-on style.

Mixed Martial Arts Program

Mixed Martial Arts (or MMA) is becoming ever more popular by the UFC and other organizations that promote the professional aspects of MMA competition. Our MMA program is designed for serious competitors who want to improve their overall skills in the ring or for those teens and adults who want a harder workout and want to push their bodies to their limit. Our instructors are certified by American Top Team (ATT) and our program includes the practical aspects of ground fighting, karate, and Muay Thai. The MMA program's main focus is teaching in-the-ring skills for those who want to push themselves physically and mentally and providing an outstanding workout for those who are not interested in competing. Students have the option of fighting in the local amateur events under our team name *Team Fearless* if they choose.

Grappling

Sport grappling is a class taught to those who seek to compete in judo and wrestling competitions. Students learn take-downs, grabs, and ground grappling techniques for use in a sport environment. This is an excellent supplemental program for those who are wrestlers or for those who just want to learn the ground techniques associated with Jujitsu. This program is open to all students ages 7 and up.

Tiger Program

Our Tiger Program is a Martial Arts Program designed specifically for our 4-7 year old students. The students are taught basic Martial Arts skills in a fun and exciting atmosphere with drills and games that are intended to focus on a particular skill. The classes are parent-interactive and lessons may be converted to home use for practice. Master Heidi is the Head Instructor of this program and can be reached for more information.

Black Belt Club

The Black Belt Club is a special program for those students who have set their long-term goal of reaching the coveted **Black Belt**. Members receive an extra class each week, special extra-curricular activities, a 1st Dan **Black Belt** to go on our BBC wall with their picture, a club patch and t-shirt, as well as discounts on supplies and school-sponsored events. If you are dedicated to the Martial Arts, have a goal of **Black Belt**, and have been nominated by the Instructor Staff, you should talk to Master Chapman to convert your membership to that of the Black Belt Club.

Master's Club

The Master's Club is a special program for those students who have set their goals beyond merely reaching a 1st Dan Black Belt. Members take formal classes in Grappling and begin to expand their experiences beyond a single style of Martial Arts. Master's Club students will learn aspects of Muay Thai, Aikido, and various other styles to enhance their training. Students will also continue their weapons training. If you are dedicated to continuing your training beyond 1st Dan Black Belt, have been recommended by Master Chapman, and want to enhance your training, make an appointment to talk with Master Chapman about Master's Club enrollment.

Te-Geri Kickboxing Fitness

Te-Geri is a high energy, explosive, exciting and motivating workout program. It is the non-contact Martial Arts workout with the kicks and punches of karate. Te-Geri will give you the excellent physical fitness results you've always wanted while also learning to defend yourself in many situations. From shoulders to calves, you will become lean and strong. You will tighten, tone, and firm your body while building a positive self-image, increasing your self-confidence, and reducing your stress level. Te-Geri is for everyone -- from those who want to get into shape to those who are looking for a new and exciting type of workout.

Student Referral Program

Throughout history, all institutions of learning have been judged by the quality of the students they produce. Martial Arts institutions such as ours are no exception. As our numbers have grown, our school has strengthened. This is because of the fact that the greater number of good examples a person comes into contact with, the greater the chance that he will become like those examples. Also, if a student is surrounded by positive energy and enthusiasm, he will become a positive person characterized by greatness.

Our student strength is due largely in part to referrals from our students. It is an indication of the confidence that the students have in their instructor and school. It is also an indication that the student is sincere and thinks not only of their own development, but the development of others.

Our referral program rewards the student for their loyalty. Any student or parents who refers an individual who enrolls in a regular course of instruction at Pak's Karate Academy will receive a special reward as a Thank You from the school. These rewards vary throughout the year and include gift certificates, cash rewards, and/or special awards. If there is anyone who you know that is interested in our school, please let us know how we can help you refer them to the school.

Parents As Coaches Guide

Martial arts training is unlike any other activity your child will engage in. The Martial Arts are not just a sport, such as football or basketball, and they are not just an art like ballet or dance. The Martial Arts are a combination of both. It is the depth of the Martial Arts that make it so great for so many. Over time your child will develop superior physical and mental abilities that will help him develop the character traits that will make him a **Leader of Tomorrow**.

Advancement through the Beginner ranks

As your child moves through the beginner ranks, a great deal of time and attention will be spent on the development of the core structure that is the framework of our style. Focus will be placed on balance, coordination, flexibility, stances, basic blocks, punches, and technique. Attention will also be placed on the development of his confidence, focus, etiquette, self-control, and respect.

Before moving on to green belt and the intermediate ranks, the student will have a firm understanding of the class structure, have shown consistently good behavior and respect for others, and be able to demonstrate the core physical points addressed above. He/she will also have an understanding of how to avoid and deal with conflict as well as overcoming obstacles.

Students will spend anywhere from three to five months per belt in the beginner ranks. Several factors are involved in the amount of time needed to test for new ranks: class attendance, amount of home practice, attention span in class, physical and learning ability, desire to learn and excel, and age.

Advancement through the Intermediate ranks

The intermediate ranks are a time of tremendous growth. Your child will find comfort in several techniques that he does very well and will become confident in himself and his abilities. Continued emphasis will be placed on development of the core structure with certain emphasis on the improvement of strength, speed, and stamina. The curriculum will include more advanced movements including weapons training for BBC members, basic tumbling, spinning and jumping kicks, and an in-depth focus on practical self-defense movements.

Mentally he will be confident, proud of his abilities, and accomplishments, able to identify flaws in a technique and correct them. He may also have a strong focus on excellence and the desire to achieve it, and have a high level of etiquette, courtesy and respect. He will be able to deal with adversity and know how to deal with conflict. At this point you should consistently see your child demonstrate the traits they practice in the Martial Arts school and in all other areas of their daily lives.

Advancement through the Advanced ranks

A red belt is a *Black Belt* in training. A *Black Belt* is someone who has a superior understanding and ability to demonstrate the basics. Therefore, continued tuning will take place on all of your child's techniques. He will learn highly advanced forms and individual techniques, and engage in more exclusive weapons and tumbling skills.

Red and brown belt students are required to assist with lower ranking classes. This is a significant part of their training, because it helps to develop leadership skills, creativity, communication skills, and an ability to demonstrate what they have learned. These are the character traits expected of an advanced student. Your child will have an established presence at Pak's Karate Academy, be identified by his peers as a role model, be modest in his approach to others yet be highly confident in his abilities and knowledge, and have consistently demonstrated superior Martial Arts etiquette.

Key Point for Parents

Being parents ourselves, we know how difficult it is to raise strong, healthy, well-behaved kids. In enrolling them at Pak's Karate Academy, you have added an additional tool to your "parent's tool box"! Follow these points and you and your child will reap the full benefits of the Martial Arts.

- ❖ **Do not take Martial Arts away if your child misbehaves.** It is our job to assist you in developing your child into a well-behaved, controlled individual. The easiest way to discipline a child for a wrongdoing is to take away something they enjoy. However, this will only succeed in the child finding other ways to accomplish his objectives and keep the privilege. When positive images, people, and environment surround your child, taking that away may do more harm than good. Instead of keeping them at home (which punishes you as well as your child), tell your child that you will inform Master Chapman of his behavior. When he realizes that poor behavior in school or at home will be tied into "rewards" in Karate class, he may think twice about misbehaving.
- ❖ **Encourage and support.**
- ❖ **The Martial Arts are not a seasonal sport.** Karate is not a sport—it is a life-change. Occasionally a parent will remove their child from martial arts because he wants to play another sport. Martial Arts skills often enhance the abilities to play other sports such as increasing speed and flexibility. If your child gets out of their routine, it may be harder than you realize to get him back in. If he is after competition and success, try placing him into the tournament competitions that are available. 1 out of every 15 people who enroll in Martial Arts obtains a Black Belt. Don't let your child be a statistic!!
- ❖ **Make them come, even if they don't want to.** Kids (like adults) love video games, junk food, and sitting in front of the TV and are easily distracted by any/all of these activities. In fact, the number one reason why the U.S. has such a high child obesity rate is because of these things. If this was one of the reasons that you chose to place your child in Martial Arts, don't take it away. Days will arise when your child would rather sit at home like a couch potato than attend class. This is a normal cycle in any physical training program. Think about the times you may have committed to an exercise plan, only to make some excuse or "needing" to do other things instead of going to the gym. Make him come and explain to him about setting goals and the persistence needed to achieve them. 99% of the children who did not want to come to class, don't want to leave by the end of class!!! In fact, consider attending a class or two yourself. If you feel that your presence can re-motivate your child, we can arrange for you to be a special buddy for your child during his/her class. You may wind up enrolling in a course yourself! Do not inadvertently teach your child that it is ok to quit something that is challenging. You will not be setting him/her up for future success.
- ❖ **Help us help you.** We both understand the character traits that we want our children to have when they grow up. Help your child to apply those traits that we address in class in all other aspects of their lives. When they get your values at home and then they are reinforced at the dojang, it will really sink in. If you see his behavior slip, let us know and we will talk with your child. Sometimes it takes an outside voice to change a behavior at home or school (they "hear it from you" all the time). As the saying goes, "it takes a community to raise a child". Let us be an integral part of that "community".

Parents As Coaches

Success Tips

- Keep yourself and your child on a regular schedule
- Any missed classes should be made up as soon as possible
- **Praise** your children for the improvements you see in them, no matter how big or little, on a regular basis
- Remember, when dealing with children, ...**PROGRESS** not perfection
- Avoid blowing things out of proportion. At any given moment, we can all make a statement that we may not really mean, and if we become reactive due to the statement or the feeling that was expressed, we can make the situation much worse
- Practice at home is encouraged and should be praised
- **OUT OF SIGHT-OUT OF MIND:** We have found that when a student misses a week or more due to vacation or sickness, they need a gentle push to get back on track. Motivation promotes action.
- Share with our staff the *victories* your child has achieved at school and in other areas of their lives
- We have found that when children are here 5-10 minutes prior to their scheduled class, we can get them focused and have a more productive program
- Your involvement will lead to their commitment. If you are excited about their training and their goals, then they will also be more proud of their accomplishments and this in turn will increase their self-esteem. Watch classes; give lots of hugs and kisses afterwards. This way, your child will associate positive things with the Martial Arts
- Don't punish, criticize, or reprimand your child for something you saw in class. The instructors will use a combination of praise, role models, and constructive criticism to correct your child without embarrassing them.
- Speak to an instructor immediately if you have any questions. *An ounce of prevention is better than a pound of cure*
- **Give your biggest, best hug after every class and tell your child how proud you are of them**

Martial Arts Training is Two-Fold

Mental

Personal Development
Success Oriented
Esteem Growth
Through Achievement

Physical

Art of Protection
Physical Fitness
Confidence
Strength, Control, and Balance

