



Student Handbook

A GUIDE TO YOUR MARTIAL ARTS JOURNEY

Edmond Martial Arts Academy

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Welcome to Edmond Martial Arts Academy!

You are now on your way to having fun, getting great exercise, and learning skills that will aid you for the rest of your life. We are excited to have you!

In this packet, you will find useful information about the EMAA School Rules, our Student Oath and Six Tenets of TKD, How to Tie your Belt, Belt Testing Procedures, Belt Testing Fees, Order of Belt Colors, Belt Stripes, Personal Training, Basic Taekwon-Do Terminology, and Contact Information.

Academy Rules

1. Show up to class with a good attitude! Our instructors want you to succeed.
2. All TKD students should check in via the tablet before each class.
3. **Students should arrive early or on time. Anyone who arrives more than 10 minutes late will be turned away.**
4. All students will address Black Belts and Instructors as Sir or Ma'am.
5. No gum chewing in class.
6. No horseplay allowed in or around the school.
7. No street shoes allowed in the workout area.
8. No leaning, striking, or kicking the walls or mirrors.
9. Students will remain in the workout area during class, unless given permission to leave by the instructor. This includes going to the restroom, getting a drink, etc.
- 10.No smoking allowed in the school area by students or guests.
- 11.No marking of any kind on the uniform without permission from the instructor.
- 12.No cursing or vulgar language in the school.
- 13.Fingernails and toenails must be kept clean and trimmed.
- 14.No jewelry in class except wedding bands.
- 15.No student should speak of another school, style, instructor, or student in a degrading manner.
- 16.Each student must maintain an acceptable academic standing.
- 17.All sparring must be supervised by a certified instructor.
- 18.Mouthpieces must be worn during sparring.
- 19.Men will be required to wear a groin protector during all sparring drills.
- 20.During sparring, no striking to the spinal or groin area at any time.
- 21.All students 17 years and younger must wear headgear during sparring.
- 22.All sparring equipment must be approved by and purchased from EMAA for insurance purposes.
- 23.All uniforms must be approved by EMAA Chief Instructor.
- 24.Uniforms should be clean and well-kept.
- 25.Full uniforms are required for Belt Promotion Testing.
- 26.Please wear deodorant. No one wants to smell you.
- 27.Remember, you are a Martial Artist, so act like it! Your attitude and attention to detail at home and school should reflect the same attitude and attention to detail that is expected in the Academy.

Student Oath

I shall observe the tenets of Taekwon-Do.

I shall respect the instructor and seniors.

I shall never misuse Taekwon-Do.

I shall be a champion of freedom and justice.

I shall build a more peaceful world.

Six Tenets of Taekwon-Do

COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT, & VICTORY

Courtesy

Taekwon-Do students should attempt to be polite to one another and to respect others. Students should address instructors as Sir or Ma'am and bow to the instructors before and after classes. Turning up early or on time for classes is also an aspect of courtesy.

Integrity

One who has integrity can define what is right or wrong and have the conscience, if wrong, to feel guilt. Taekwon-Do students should strive to be honest and to live by moral principles.

Perseverance

Perseverance means persistence in doing something despite difficulty. A Taekwon-Do student perseveres even if he/she experiences a delay in achieving success.

Self-Control

Without self-control, a Taekwon-Do student is just like any fighter in the street. Loss of self-control is disastrous both in sparring and personal affairs.

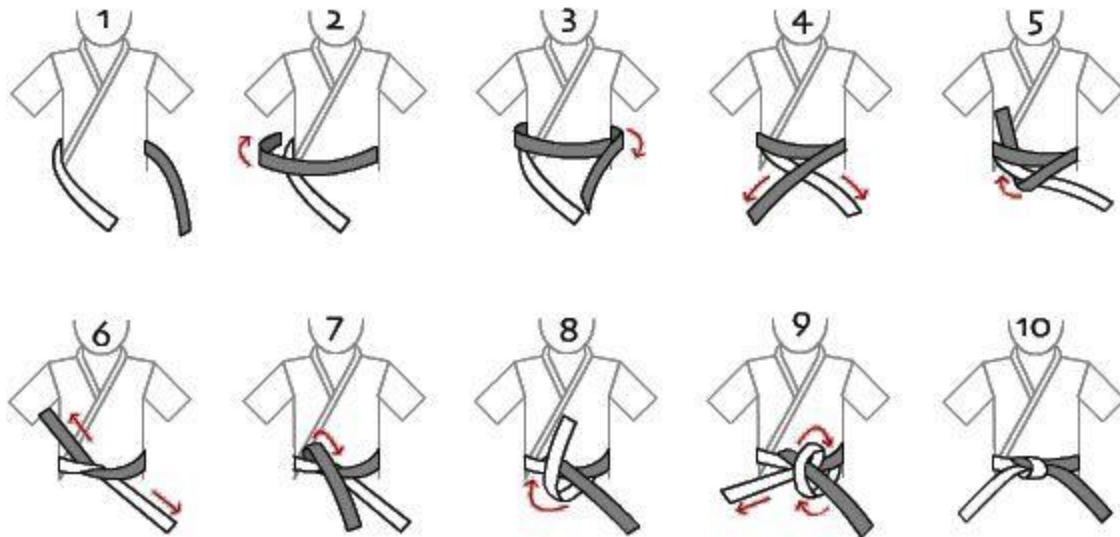
Indomitable Spirit

A true student of Taekwon-Do will never give up, not even when faced with insurmountable odds. The most difficult goals can be achieved with indomitable spirit.

Victory

A student's success in struggle against difficulties or an obstacle.

How to Tie your Belt



Taekwon-Do Belt Testing

What is Belt Testing?

Taekwon-Do Belt Testing is an opportunity for a student to progress in rank by demonstrating the required curriculum for his/her current level. When the student can demonstrate proper technique and understanding of curriculum at Testing, then he/she will advance in rank and be challenged with the next level of Taekwon-Do training. In order to keep the standard high, not all students will receive permission to test, and all students that test may not pass. This is not a reflection of how good a student is but rather an indicator of their current level of understanding within our guidelines.

Who can test?

Students who have attended at least 16 classes in the testing cycles and who have been awarded red, white, and blue stripes on his/her belt from a certified instructor to represent what they know. After receiving all three stripes, students then have permission to test. (For more details on Belt Stripes, see page 7.) If the student has attended fewer than 16 classes or doesn't have all 3 stripes, he/she is welcome to observe testing.

How do you register?

All testing participants must register for testing by signing up in the lobby (name, age, and current belt rank), and then paying the testing fee in the office or via the link sent in a Testing Notification email.

What is the cost?

Warriors (4-6 years old) = \$20

Juniors and Adults Testing (fees are determined by the rank a student's current rank)

White - High Blue Belts = \$40

Blue - High Red Belts = \$50

Brown - 1st Recommended Level 1 = \$60

1st Recommended Level 2 = \$100

1st Degree Black Belt = \$200

Confirmation Testing \$60

First student full price, second student 1/2 price. Discount excludes 1st Recommended Level 2 and above.

When is the deadline?

Warriors

The deadline to register is the before the date of testing.

Juniors and Adults

The deadline to register is always the Friday of testing week. If students are not registered by this time, then he/she will not have permission to test as time is needed to prepare for each student.

When is rank testing?

Rank testing is offered 5 times a year. Testing dates generally fall during the months of March, May, July, September, and December.

Warriors

Thursday during class time. Please be on time so not to disrupt testing. Plan on 45 minutes.

Juniors and Adults

White - High Yellow | Saturday 10:00am @ EMAA

Green - Black | Saturday 11:00am @ EMAA

(Black Belt candidates should arrive by 10:00 am in workout clothes for the physical test.)

****ALL STUDENTS SHOULD ARRIVE 15 MINUTES EARLY FOR TESTING****

When will belts be presented?

Warrior belts will be presented at the end of Testing.

Juniors and Adults will receive their belt within two weeks of testing if they passed. If the student does not pass, he/she will be notified by an instructor to discuss what needs improvement before progressing in rank.

Belt Stripes

Students receive colored stripes on their belt to show progress toward understanding his/her required curriculum. A student is considered ready to test when they have received red, white, and blue stripes on their belt.

Red Stripe: **Lil Warriors:** Basic Technique for cycle
 Juniors & Adults (White - High Yellow): Basic Techniques
 Juniors & Adults (Green - High Purple): Intermediate
Techniques
 Juniors & Adults (Red - Black): Advanced Techniques

White Stripe: **Lil Warriors:** Rotating Curriculum
 Juniors (White - High Yellow): Boxing Modules & One-Steps
 Juniors (Green - Black) & Adults: Joint Locks, Sparring &
Board Breaking

Blue Stripe: **Lil Warriors:** Combination
 Juniors & Adults (all ranks): Patterns

Order of Belt Colors

Warriors (ages 4-6 years)

White
White/Yellow Stripe
White/Green Stripe
White/Blue Stripe
White/Purple Stripe
White/Red Stripe
White/Brown Stripe

Juniors & Adults

White
High White (White/Black Stripe)
Yellow
High Yellow (Yellow/Black Stripe)
Green
High Green (Green/Black Stripe)
Blue
High Blue (Blue/Black Stripe)
Purple
High Purple (Purple/Black Stripe)
Red
High Red (Red/Black Stripe)
Brown
High Brown (Brown/Black Stripe)
Level-1 First Recommended Black Belt (Black Belt with White Stripe)
Level-2 First Recommended Black Belt (Black Belt with Red Stripe)
First Degree Black Belt (Solid Black Belt with one Gold Bar)
Second Degree Black Belt (Two Gold Bars)
Third Degree (Three Gold Bars)
Fourth Degree (Four Gold Bars)
Fifth Degree (Five Gold Bars)
Sixth Degree (Six Gold Bars)
Seventh Degree (Seven Gold Bars)
Eighth Degree (Eight Gold Bars)
Ninth Degree (Nine Gold Bars)

Pattern Meanings (White through 1st Degree Black Belt)

WHITE BELT FORM MEANING: Chon-Ji means literally “the heaven, the earth”. It is, in the orient, interpreted as the creation of the world or beginning of human history; therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the heaven and other the earth. (19 moves – left foot returns)

YELLOW BELT FORM MEANING: Dan-Gun is named after the holy Dan-Gun the legendary founder of Korea in the year 2333 B.C. (21 moves – left foot returns)

HIGH YELLOW BELT FORM MEANING: Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to further the education of Korea and its independence movement. (24 moves - right foot returns)

GREEN BELT FORM MEANING: Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. (28 moves – right foot returns)

HIGH GREEN BELT FORM MEANING: Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents “scholar”. (38 moves – left foot returns)

BLUE FORM MEANING: Joong-Gun is named after the patriot An Joong Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 moves in this pattern to represent Mr. An's age when he was executed at Lui-Shung prison in 1910. (32 moves – left foot returns)

PURPLE BELT FORM MEANING: Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude; the diagram represents “scholar”. (37 moves – right foot returns)

RED BELT FORM MEANING: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the 6th Century AD. This eventually became the driving force for the unification of the three kingdoms of Korea. The 29 moves in this pattern refer to the 29th Infantry Division of Korea in which Taekwon-Do came into maturity. (29 moves – right foot returns)

BROWN BELT FORM MEANING: Choong-Moo was the given name to the great Admiral Yi Sun-sin of the Yi Dynasty. He was reputed to have invented the first armored battleship, the Kobukson, which was the precursor of the present-day submarine (1592 A.D.) The reason the form ends in a left-handed attack is to

symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

(30 moves - left foot returns)

1st RECOMMENDED LEVEL 1 & 2 FORM MEANING: **Kwang-Gae** is named after the famous Kwang-Gae-Toh-Wang, the 19th king of the Koguryo Dynasty, who regained all of the lost territories including the greater part of Manchuria. The diagram (+) represents expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

(39 moves - left foot returns)

1st DECIDED FORM MEANINGS:

Po-Eun is the pseudonym of a loyal subject Chong-Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

(36 moves - left foot returns)

Ge-Baek is named after Ge-Baek, a great general in the Baek-Je Dynasty (660 A.D.). The diagram represents his severe and strict military discipline.

(44 moves - right foot returns)

CHOON-SIL-KWAN PATTERNS

SONG SONG: means Imagination. In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and from this visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.

(30 moves - right foot returns)

YONG GOM: means Inspiration. With goals firmly in mind, the students must learn to self-inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they feel they do not deserve the rewards that accompany achievement.

(40 moves - left foot returns)

HYUNG-SIL: means Actualization. Actualization is to actually take first step and enter the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

(50 moves - left foot returns)

SIL-HYUNG: means Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new

challenges and new responsibilities. This positive-growth cycle not only improves oneself, but also the immediate world around you. This concept of constant and never-ending improvement is the ultimate purpose of Choong Sil Kwan.

(60 moves - right foot returns)

Basic Taekwon-Do Commands & Terminology

Dobak—uniform

Do jang—training room

Cha ryuht—attention

Choon bi—ready

Bah ro—return to starting position

Dorah—turn

Gomahn—stop (also “mum cho”)

Kyung nae—bow

Ahnjoe—sit

Seijak—begin

Shiuh—relax

Counting from 1-10

1 hanah

2 dool

3 set

4 net

5 dasot

6 yasot

7 ilgop

8 yadol

9 ahop

10 yool

Student Uniforms & Gear

Uniforms

Lil' Warriors (4-6 yrs): Black Uniform

Juniors (7-12 yrs) Beginners | White Belt - High Yellow Belt: Black Uniform

Juniors (7-12 yrs) Intermediate | Green Belt - High Purple Belt: Red Uniform

Juniors (7-12 yrs) Advanced | Red Belt - Black Belt: Blue Uniform

Adults (13+ yrs): White Uniform

Black Belts: White Dress Uniform. A white dress uniform is required for all Black Belts for Belt Testing, National Tournaments, and Black Belt Leadership Roles.

All uniforms should be purchased through the EMAA Office.

Caring for your Uniform – Machine wash gentle in cold water. Dry on cool or hang dry. This helps preserve fabric and logo.

Sparring Gear - All gear should be purchased through EMAA for insurance purposes. EMAA Personnel will size the student for gear and order the set. As pieces need replacement, each piece can be ordered individually through EMAA.

Private Lessons & Personal Training

Private lessons and personal training sessions are available to aid you with Taekwon-Do, Krav Maga, Self-Defense, and Fitness Goals. Schedule these at the front desk. Sessions will be scheduled with the instructor of your choosing and held at a mutually convenient time.

\$40/30 minutes

Or

\$160 for five 30-minute lessons

Contact Information

Edmond Martial Arts Academy
610 S. Kelly Ave.
Suite G & H
Edmond, OK 73013

Office Phone: 405-513-6468

Email: Edmondmaa@gmail.com

Website: www.edmondmaa.com

Membership Terms Agreement

Membership Terms for the Edmond Martial Arts Academy (EMAA)

1. **Member understands EMAA classes are physically active.** EMAA recommends the member seeks an evaluation by a physician before participating in this or any physical activity. The member or parent expressly agrees that neither EMAA nor any of its owners, employees, or agents shall be liable for any damages arising from personal injury sustained by the member or such member's guests, in, on, or about the premises as a result of martial arts classes, related activities, or use of equipment therein.
2. By executing this agreement, the member or parent assumes full responsibility of any such injuries or damages which may occur to the member or such member's guests in, on, or about the premises and further agrees that EMAA should not be liable for the loss or theft of personal property.
3. The member or parent does hereby fully and forever release and discharge EMAA, and any owners, employees, and agents from any and all claims, demands, rights or action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising from members or such member's guests use or intended use of the EMAA, classes, related activities, and equipment.
4. EMAA agrees that it will make classes available to students. However, class schedules may change from time to time. EMAA will be closed on occasion during holidays and spring/summer vacation and instructor training.
5. EMAA makes no other warranties and no representations, expressed or implied, other than those specifically set forth herein. If any portion of this agreement shall be held unenforceable, such portion shall be disregarded and the remainder shall remain in force and effect.
6. Members understand that the membership fee and monthly dues paid on this agreement includes martial arts training only. Any extracurricular activities such as testings and tournaments that the students may participate in and enjoy will be an additional charge, and that all extracurricular activities are optional. **Equipment is not included in this membership agreement and must be purchased separately. Members agree that all safety equipment, weapons, and other required materials must be EMAA authorized.**
7. EMAA reserves the right to refuse students and cancel a Membership Agreement without prior notice.
8. Photo Release: I hereby **give my permission for EMAA to use photos of me/my child for the website, promotion, marketing or advertising**, for which I will receive no compensation. Photos are property of EMAA.
9. **CANCELLATION PRIVILEGE—ILLNESS OR RELOCATION:** If a member should become ill or injured and is no longer capable of participating in the program, the member shall be released from any further obligation under this Agreement, provided that a physician's statement attesting to the illness or injury is submitted to EMAA. If the member moves farther than a 25-mile radius from EMAA and, therefore, can no longer participate in the program, the member shall be released. Documentation of relocation is required before a release is granted. *No cancellation fee will be incurred with proper documentation.* **I understand that I have signed a contract note. No monies will be refunded upon cancellation of membership for above-mentioned reasons. My failure to attend and utilize EMAA does not relieve me of my obligation to pay in full as outlined.** It is agreed that no representations or statements except as herein type shall be binding on EMAA or its owners, employees, or agents.
10. **CANCELLATION OPTIONS:** Your cancellation of membership **will result in a charge of 3 months' membership fee** or the remaining balance of the membership time, whichever is less. Alternatively, the remainder of the membership time may be (1) transferred to an immediate family member or (2) placed on freeze (see #11). **I understand that I have signed a contract note. No monies will be refunded upon cancellation of membership for above-mentioned reasons. My failure to attend and utilize EMAA does not relieve me of my obligation to pay in full as outlined.** It is agreed that no representations or statements except as herein type shall be binding on EMAA or its owners, employees, or agents.
11. The member understands he/she has the **option to 'freeze' the membership** by contacting Edmond Martial Arts Academy and completing a 'Freeze Agreement'. **A fee of \$29.00 is due at the time the 'Freeze Agreement' is completed.** See 'Freeze Agreement' for additional details.

I have read and agree to the terms of this agreement.

Signature

Printed Name

Date

EMAA Representative

Printed Name

Date