

# Family Martial Arts Center

## Newsletter

### February Announcements

February 4 - 28 - Skills Exams will be held during the month of February beginning on Monday, February 4 and ending on Thursday, February 28, 2008. For more details on Skills Exams please see the information below.

February 15th, Friday - Beginners Belt test, 6:30 pm

February 23rd & 24th - Kidzdayz at the Bergstrom Indoor Practice Facility. 9 am - 6 pm Saturday and noon to 6 pm on Sunday

February 29th, Friday - **Adrenaline Rush** @ 7:00 pm until 8:30 pm, Middle and High School students, come and learn new and exciting extreme kicking skills. Bring money for PIZZA afterwards.

Friday classes in February - Each Friday we will be focusing on a special aspect of our curriculum in addition to the traditional parts of class.

8th - Board Breaking

15th - Free Sparring

22nd - Kicking Drills

29th - Forms

### March Announcements

March 10th, Monday - No After School Program

March 13th & 14th, Thursday and Friday - No After School Program

March 17th - 21st, Monday through Friday - Spring Break, No After School Program, Reduced class schedule to be announced later.

March 28th, Friday - **Adrenaline Rush** @ 7:00 pm until 9:30 pm, Middle and High School students, come and learn new and exciting falling and rolling skills. We will watch a martial arts movie afterwards at FMAC.

Friday classes in March - Each Friday we will be focusing on a special aspect of our curriculum in addition to the traditional parts of class.

7th - Free Sparring

14th - Self Defense

21st - No class for Spring Break

28th - Board Breaking

### April Announcements

April 4th, Friday - Semester Belt Testing at 5:45 pm

# F a m i l y M a r t i a l A r t s C e n t e r

## N e w s l e t t e r

### Tae Kwon Do Tigers Belt System

Now that we have transitioned to our new curriculum we would like to explain the Tigers/Junior belt system. All Tigers will start out as a white belt. Their first belt they test for will be for a Junior Low Yellow belt. This belt will be yellow with a white stripe running down the length of it. The next belt they test for will be a Junior High Yellow belt, which will be yellow with a black stripe running down the length of the belt. The belts will continue through the colors of Yellow, Orange, Green and Blue with both a Low and a High rank.

A Junior rank means that they have learned much of what is expected of that same colored belt in Tae Kwon Do but not quite all the same techniques and forms. Expectations on form, power, speed, and stances are also set at an age appropriate standard. We have found that most students do not “get” many of those concepts until they are 10 years old. In addition, the Tigers class is structured with more fun activities than are normally used in a Traditional Tae Kwon Do class.

When a Tiger reaches age 10 they will change over to the Traditional Tae Kwon Do program at the same rank they earned in Tigers, that is to say a Junior Green belt will become a Green belt in Tae Kwon Do. They will typically spend their first semester in Tae Kwon Do learning the techniques that were not required of them in Tigers and then be ready to move on in rank.

For general information about skills exams for Tigers please read the first two paragraphs of the section below titled “Skills exams for Tae Kwon Do - ages 10 and older”. The idea of skills exams is basically the same for both Tigers and Tae Kwon Do but the requirements are different.

### Weapons Class

We are opening our weapons classes up to students who have achieved an orange belt or higher and are at least 10 years old. If you are interested in enrolling in the weapons class please speak with Master Shilkaitis or Master Hegland about tuition rates, enrolling and purchasing FMAC approved weapons.

Weapons class meets on Friday nights. The class time for weapons class will be changing. The new time will be from 6:30 pm to 7:00 pm beginning on Friday, February 15th.

Next semester we will be studying Sport Sword beginning on April 11th.

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## **N e w s l e t t e r**

### **Skill Exams for Tae Kwon Do - ages 10 and older.**

Our curriculum is organized into twelve week semesters. Each semester consists of three 4 week cycles. During the first 4 weeks we are introducing the techniques, the second 4 weeks are skills exams and the final 4 weeks focus on preparation for testing at the end of the semester. Each week has a unique set of hand techniques, kicking techniques, one steps and forms. The weeks are color coded; week one is yellow, week two is green, week three is blue and week four is red.

During weeks 5 through 8 of the semester we will be holding skills exams and evaluating the students' progress in class. During the first week of skills exams we will evaluate their progress on the yellow week material. The second week of skills exam will evaluate the green week material, third week will evaluate the blue week material and the fourth week we will evaluate the red week material. Skills exams will NOT be held at separate times but will be held during regular scheduled classes.

Students are grouped into several levels with each level learning the same material. The levels are:

Beginner Level - White Belts

Level 1 - Yellow - Blue Belts

Level 2 - Brown - Recommend Black Belts

Level 3 - Decide Black Belts

Level 4 - 2nd Degree Black Belts

Level 5 - 3rd Degree Black Belts

Beginner Level Stripes - beginner students will be evaluated on the following skills: stances, hand techniques, kicking techniques, white belt form(Kicho Ilbo) and attitude. They will receive a yellow stripe for stances, a green stripe for hand techniques, a blue stripe for kicking techniques, a red stripe for their form and a black stripe for the proper attitude. Once they have earned all five stripes they will be eligible to test for their yellow belt, granted that they meet the minimum attendance requirement for the last month of the semester..

Level One Stripes - If the student can successfully demonstrate the material for the week they will receive a colored stripe that corresponds with that week's "color", ie during yellow week we will award yellow stripes, etc. If a student receives all four technique stripes, yellow, green, blue and red, and the black stripe for attitude, they will be eligible to test for their next belt at the end of the semester granted that they meet the minimum attendance requirement for the last month of the semester.

If a student cannot successfully demonstrate the material for that week we will place a black line on their belt with a marker. This signifies that they have received a skills exam but were not proficient enough for a stripe. At the next skills exam, if the student can demonstrate the the material, they will receive a colored stripe over the black line.

Level Two Stripes - Level two students will be expected to complete at least two semesters at their current rank before being eligible to test for their next belt. If the student can successfully demonstrate the material for the week we will place a silver line on their belt to signify that they have passed their first skills exam.

The next semester when they successfully demonstrate the material for the week again, they will receive a stripe that corresponds with that week's "color", ie during yellow week we will award yellow stripes, etc. If a student receives all four technique stripes, yellow, green, blue and red, and the black stripe for attitude, they will be eligible to test for their

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next belt at the end of the semester granted that they meet the minimum attendance requirement for the last month of the semester.

If a student cannot successfully demonstrate the material for that week we will place a black line on their belt with a marker. This signifies that they have received a skills exam but were not proficient enough for a stripe. At the next skills exam, if the student can demonstrate the the material, they will receive a colored stripe over the black line.

Level Three and above - Decide black belts and above will not receive stripes on their belt but will have their progress recorded in their passport. Requirements for promotion will be spelled out in the passport.

### Expectations in Skills Exams

**Attendance:** We expect our students to attend class on a regular basis to optimize their opportunity to learn and master the material for their level.

Beginner Level and Level 1 students are expected to attend class an average of 2 times per week with **a minimum of 8 attendance's in the first 4 weeks of the semester to be eligible for skills exams.** Please refer to your attendance card for details on attendance throughout the semester.

Level 2 and above students are expected to attend class an average of 2.5 times per week with **a minimum of 10 attendance's in the first 4 weeks of the semester to be eligible for skills exams.** Please refer to your attendance card for details on attendance throughout the semester.

Each student will get the opportunity to earn one stripe each week (Monday - Thursday) of skills exams.

#### **Belt Expectations:**

White belts - A basic understanding of the Beginner Level hand and foot techniques taught during the semester. Correctly perform the beginner form.

Yellow belts - A basic understanding of the Level 1 hand and foot techniques taught during the semester. Basic ability to apply the techniques learned into their one steps. Correctly perform one of the Level 1 forms learned during the semester.

Orange belts - Improved understanding of the Level 1 hand and foot techniques taught during the semester. Improved ability to apply the techniques learned into their one steps. Correctly perform at least two of the Level 1 forms learned during the semester.

Green belts - Solid understanding of the Level 1 hand and foot techniques taught during the semester. Ability to apply the techniques learned into their one steps. Correctly perform at least three of the Level 1 forms learned during the semester.

Blue belts - Mastery of the Level 1 hand and foot techniques taught during the semester. Ability to apply the techniques learned into their one steps. Correctly perform all of the Level 1 forms learned during the semester.

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Brown belts - Mastery of the Level 1 material plus a basic understanding of the Level 2 hand and foot techniques taught during the semester. Basic ability to apply the techniques learned into their one steps. Correctly perform all of the Level 1 forms and at least one of the Level 2 forms learned during the semester.

Purple belts - Mastery of the Level 1 material plus improved understanding of the Level 2 hand and foot techniques taught during the semester. Improved ability to apply the techniques learned into their one steps. Correctly perform all of the Level 1 forms and at least two of the Level 2 forms learned during the semester.

Red belts - Mastery of the Level 1 material plus solid understanding of the Level 2 hand and foot techniques taught during the semester. Ability to apply the techniques learned into their one steps. Correctly perform all of the Level 1 forms and at least three of the Level 2 forms learned during the semester.

Recommend black belts - Mastery of the Level 1 material plus mastery of the Level 2 hand and foot techniques taught during the semester. Ability to apply the techniques learned into their one steps. Correctly perform all of the Level 1 & 2 forms learned during the semester.

Decide black belts - Mastery of the Level 1 and 2 material plus mastery of the Level 3 hand and foot techniques taught during the semester. Ability to apply the techniques learned into their one steps. Correctly perform all of the Level 1, 2 & 3 forms learned during the semester.

2nd Degree black belts - Mastery of the Level 1, 2 & 3 material plus mastery of the Level 4 hand and foot techniques taught during the semester. Ability to apply the techniques learned into their one steps. Correctly perform all of the Level 1, 2, 3 & 4 forms learned during the semester.

3rd Degree black belts - Mastery of the Level 1, 2, 3 & 4 material plus mastery of the Level 5 hand and foot techniques taught during the semester. Ability to apply the techniques learned into their one steps. Correctly perform all of the Level 1, 2, 3, 4 & 5 forms learned during the semester.

**Make up skills exams:** A make up will only be given if the student is sick or is out of town for the entire week (Monday - Thursday). A make up skills exam will only be given if a written notice is provided. The make up will be given within the same semester. Make ups will not carry over to the next semester. If student fails to show up for their make up skills exam they forfeit their make up.

We have tried to lay out the details of this process as completely as possible, however, we know that situations will arise that we have not considered or foreseen and therefore reserve the right to change or adjust these procedures to fit these new or unforeseen situations.