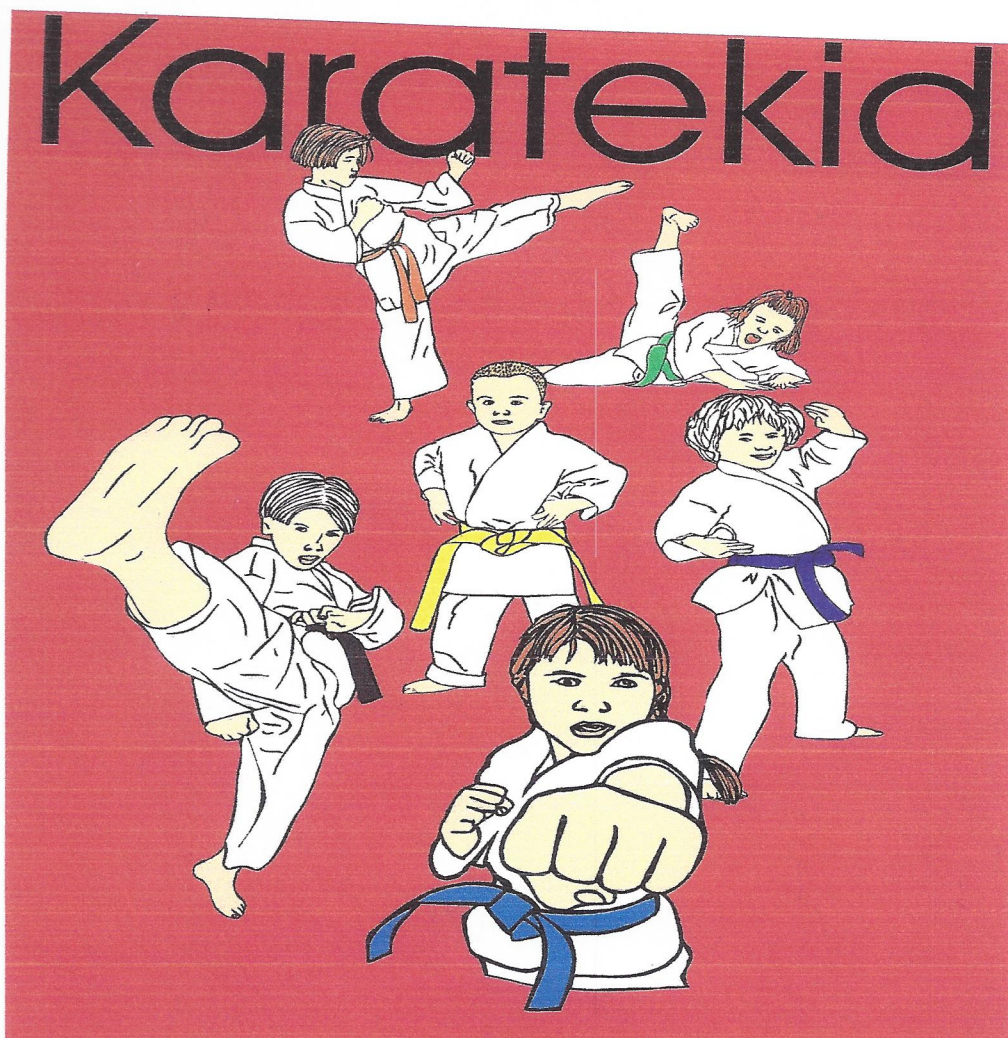


MBMA'S HANDBOOK FOR STUDENTS



Midnight Blue Martial Arts Academy, LLC

Children ages 7 and up

Classes: Tuesdays and Thursdays

5:45pm to 6:30pm

Saturday 11:00am to 12noon

Master Belt Instructors: Neal and Kimberly Harris

Office 252-316-6060 Cell 252-767-8398

Students are expected to:

- 1. Arrive 5-10 minutes prior to scheduled class.**
- 2. Pull attendance cards before class.**
- 3. Keep uniforms neat, clean, and odor-free.**
- 4. Check the bulletin board or calendar for any changes.**
- 5. Quietly prepare for class.**
- 6. Practice good hygiene.**
- 7. Attend class on a regular and consistent basis.**
- 8. Make arrangements with instructors for private lessons.**
- 9. Show proper effort and spirit in the classroom.**
- 10. Practice and exercise at home for better results.**
- 11. Show respect always to instructors and students.**
- 12. Keep finger and toe nails trimmed.**

Welcome to the Junior's Class!

Dear Parents,

On behalf of the students and staff of Midnight Blue Martial Arts, we would like to take the time to welcome you and your child to the Junior Class. We take a lot of pride in the accomplishments and skills of our children and many of them have remained very successful students.

There are many reasons why parents wish to have their children participate in martial arts:

**** Although self-defense and/or discipline are usually given and the first reason, it is our opinion that they are not the only necessary aspect of our programs. The emphasis of our program is on establishing character, effort, and courtesy in the child. Students will develop self-confidence, courage, awareness, and grace. The structure of respect is built into the programs with gestures of respect and polite greetings.**

**** Our programs build confidence and character by providing the child with control over his or her body and an ability to stand up to negative peer pressure and other intimidating situations.**

****The awarding of higher levels of belts gives the child goals to work toward and a sense of achievement and accomplishment. The length of time for attaining belts varies from 3 to 6 months. Children may not be promoted to their next rank at every testing, but every child will receive some form of recognition for their efforts. Training for these belt levels and passing them, enhances the child's ability to concentrate, plan for, and triumph over learning hurdles that will eventually challenge them in the future. This is an excellent reinforcement of study techniques for school.**

****The positive environment that exists in our school provides motivation and an incentive to excel in both the martial arts and everyday life. The higher-ranking students serve as positive role models, which then carry over into your child's personality. The camaraderie between our students is high and provides a sense of belonging to an outstanding group, which all children need. During the year, we have many outside activities that we all do as one big Karate family, these also build the closeness and camaraderie of our group.**

****The foundations of our program are, of course, its self-defense value. The physical side of martial arts improve motor coordination skills and increases flexibility and aerobic capacity. Children learn to control their emotions and this inhibits aggression and hostility. We are VERY careful to teach our kids that martial arts techniques are not to be used outside of the controlled atmosphere of the class in any manner whatever, other than true self-defense. The result is a self-controlled, self-confident child, who does not need to bully or show off to other children.**

****And finally, martial arts training is good, clean FUN for kids! And a great way to burn off that excess energy, Mom!!**

A parent's expectation in their child should not be too great early on. Just as it takes a tiny seed a long time to grow into a mighty tree, such is the little growing martial artist. The Junior Class is designed to introduce martial arts in a manner that is both meaningful and fun, so that the child will learn to become self-motivated. The techniques are non-intimidating and are designed in such a way as to help the child advance as quickly as their abilities and attitude will allow.

Also included in the Junior Class, are things to teach and reinforce discipline, awareness, etc. And to reinforce positive self-imagery. A variety of exercises are used to build hand-eye coordination and motor skills; as well as increase physical endurance and the attention span. Rank advancement, as well as all achievement awards are given out based solely on a child's own development with no comparison to group standards. Each child is evaluated on his or her own merits and accomplishments. That is one of the many reasons why children who tend to fail or may have failed at other sports, usually excel in martial arts training. Attitude, effort, self-discipline, and physical prowess are all equally important.

What can you do to help your child along? The most important thing is to keep the experience positive. Never criticize or belittle any of the instructors or other students in the presence of your child, this will give him/her negative affirmations, plus it will only teach him/her to be a critic. Instead, try reinforcing the experience of the class by making each class a special outing. Positive motivation is a key factor in your child's success. You can help reinforce what is learned in class by showing your support with praise and encouragement. Too much praise can never be given to a child. Children naturally want to please, and with a little positive reinforcement, they will work and try all the harder.

Let us help you with all of your Martial Arts needs. We have two Martial Arts companies from whom we do our ordering. They are Asian World of Martial Arts and Century Martial Arts. These companies carry an assortment of merchandise such as sparring gear, complete uniforms, tops, pants, and punching bags just to name a few things. If you are interested in any items please ask one of our staff members. All of our catalogs are located at the front desk.



The 10 Creeds of Tang Soo Do

1. Be loyal to your country.
2. Be obedient to your parents.
3. Be respectful to your elders.
4. Be faithful to your friends.
5. Be loyal to your teacher.
6. Be cooperative between brothers and sisters.
7. Be loyal to your husband or wife.
8. Be just in battle, use just enough force to protect yourself.
9. Never retreat in battle.
10. Accompany your decisions with action and always finish what you start!

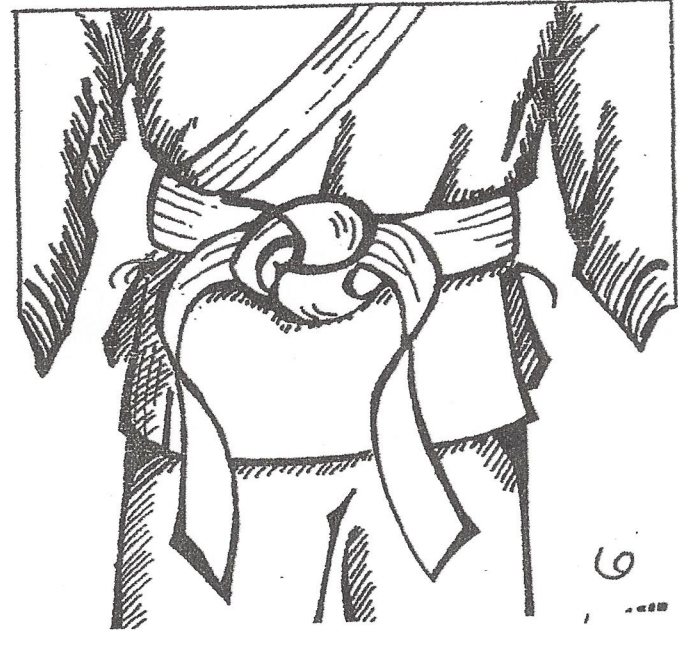
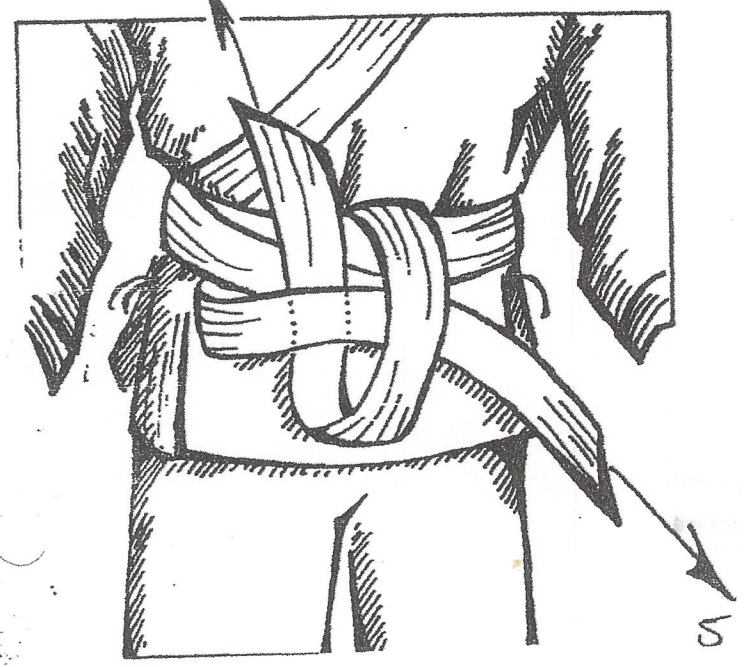
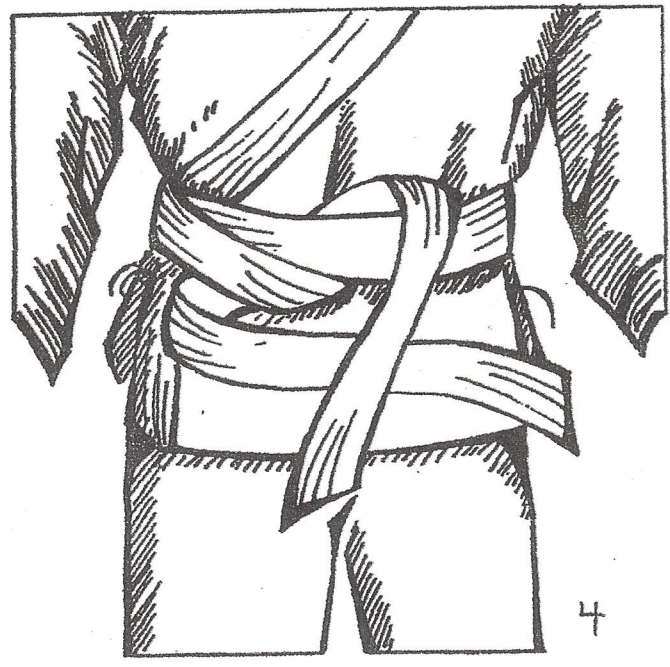
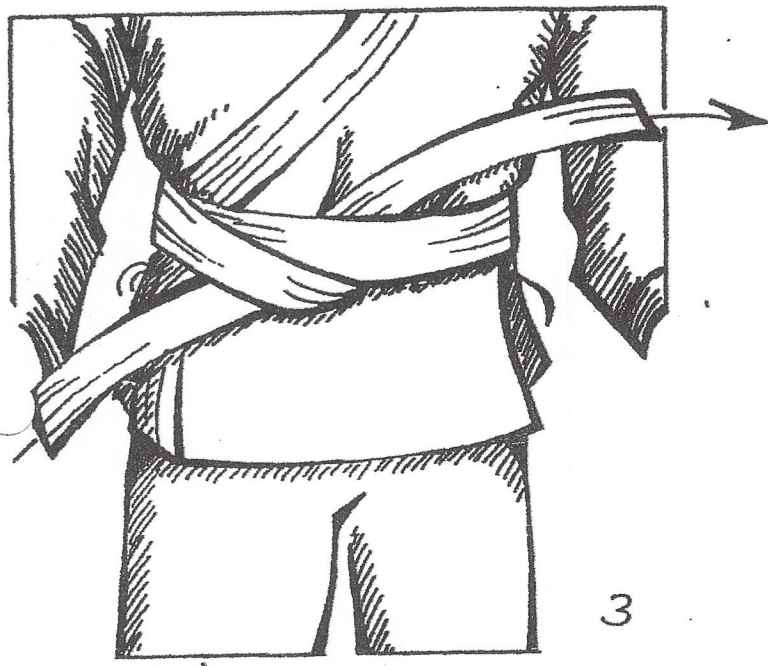
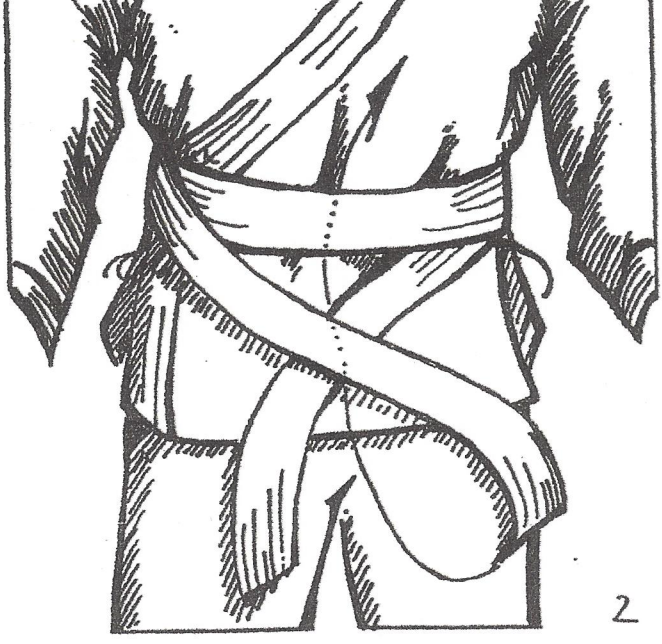
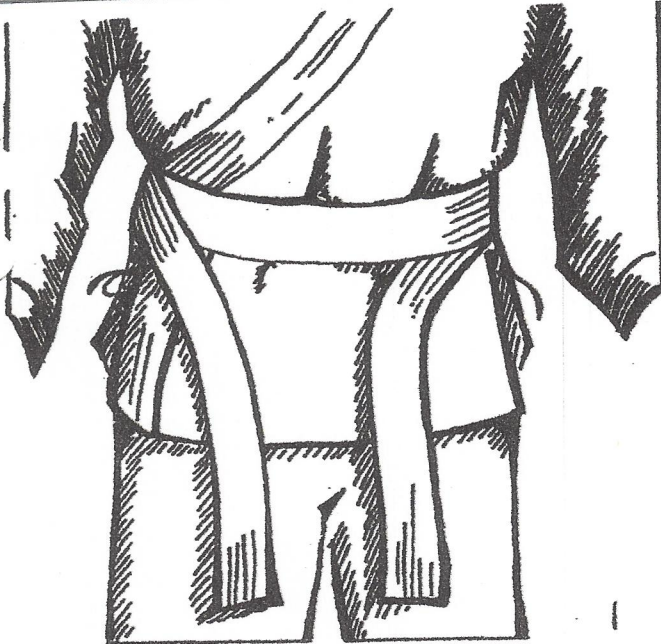
THE GOALS OF OUR SCHOOL

1. **CHARACTER BUILDING**: Learning to make correct moral decisions and having both physical and mental courage; of the two, moral courage is the more important.
2. **SINCERITY**: Being true to yourself, as well as the other members of the dojang. It is YOUR commitment to train hard and your instructor's to teach well. The martial arts are a SERIOUS endeavor.
3. **EFFORT**: To train at your best at all times. It is not fair to yourself, your sensei, or the other students to give less than your best effort.
4. **ETIQUETTE**: Proper attitude, manners, and social behavior towards your teachers, your seniors, and your juniors.
5. **SELF-CONTROL**: Keeping your fighting spirit in check so as to injure your brothers and sisters in the art. It also means learning to control ALL of your emotions, particularly anger. Emotions must not take charge in one's private life outside the Dojang (Dojo).

Basic Commands in Korean

Attention - Cha Ryut
Bow - Kyung Yet
Ready - Joon Bee
Begin - See Jack
Return - Ba Ro
Relax (rest) - Shio
Turn - Tora
Turn to Flags - Kuk Gi Tora
Salute the Flags - Kyung Yet
Sit - Ahn Jo
Meditation - Mook Yum
Stand - Che Ra Sut

One - Ha Na
Two - Dool
Three - Set
Four - Net
Five - Da Sot
Six - Yuh Sot
Seven - Il Gop
Eight - Yo Dull
Nine - Ah Hope
Ten - Yol



Placement of Patches

Tang Soo Do – Right Chest

MBMA school patch – Left Chest

Stars for Forms



Midnight Blue Martial Arts: Hwang Kee's philosophy is that no one could ever reach perfection. His decision for using the midnight blue belt is that the midnight blue sky is limitless, like your training and knowledge that one could practice for a lifetime. Black belt meant the end, death, or perfection, and humans are never perfect. 3 Kicking Figures : the 3 Grandmasters , 1 Grandmaster Hwang Kee Tang Soo Do - Soo Bahk Do , 2 Grandmaster Gichin Funakoshi Shotokan Karate , 3 Grandmaster Helio Gracie Brazilian Jiu-Jitsu . 1999: Represent the year that Master Kimberly Gupton started MBMA.



Laurel Leaves: The 14 laurel leaves on each side represent the 14 provinces of Korea and the advancement of peace. 6 seeds: They indicate the world and represent the 6 continents on which Tang Soo Do is taught. The Fist: Represents power and justice. The Characters: Under the fist in circle means Moo for Moo Duk Kwon Moo Means stop conflict, left of circle means Tang , right means Soo .



GOLD TIP

1. "Karate" – empty hand fighting - Founder - Gichen Funakoshi
2. "Tang Soo Do" – way of the China hand
3. System - kicking, blocking, punching, striking, attacking, throws and takedowns
4. Forward Stance - Chun Kul Cha See
5. Gliding – One forward stance to another - Omgyo Tidigi
6. Front Snap Kick – Up Cha Kee
7. Horse stance – Ki Ma Cha See
8. Middle punch – Choong Dan Kung Kyuk
9. Low Block – Ha Dan Mah Kee
10. High Block – Sang Dan Mah Kee
11. Hammer fist(both kinds) - Kwan Do
12. Forward Roll, front fall, side fall, and back fall
13. Proper Etiquette – Bowing - respect for Senior ranks, flags, and Do Jang (School)
14. Ki-ai- Thoracic control – to scare opponent; strengthen yourself and add power to your attacks
15. Shio – Relax, Rest

Self Defense Moves Ho Sin Sool

Jiu-Jitsu

Front Choke Escape & attack

Stand up in base

Push and Pull drill

1. Escape from mount (upa) and elbow
2. Position names: mount, guard, ½ guard
3. Double leg take down

GOLD BELT

1. Founder of Tang Soo Do – Grandmaster Hwang Kee
2. American Flag – stars, stripes, and colors
3. Tapping (for safety in class)
4. Reverse Punch – Yuk Jin
5. Inside Block – Ahneso Pahkero Mah Kee
6. Outside Block – Phakeso Ahnero Mah Kee
7. Inside Knife Hand Strike – Ahneso Pahkero Soo Do
8. Outside Knife Hand Strike – Phakeso Ahnero Soo Do
9. Double Fist Punches – Yang Pahl Kung Kyuk
10. Side Block—Yup Mah Kee
11. Rear Elbow Strike – Dul Pal Koop Chil Kee
12. Palm Heel Strike – Chang Kwon Chil Kee
13. Side Snap Kick – Yup Cha Kee
14. Ke Cho Hyung Il Bu – Form # 1

Self Defense Moves Ho Sin Sool

Jiu-Jitsu

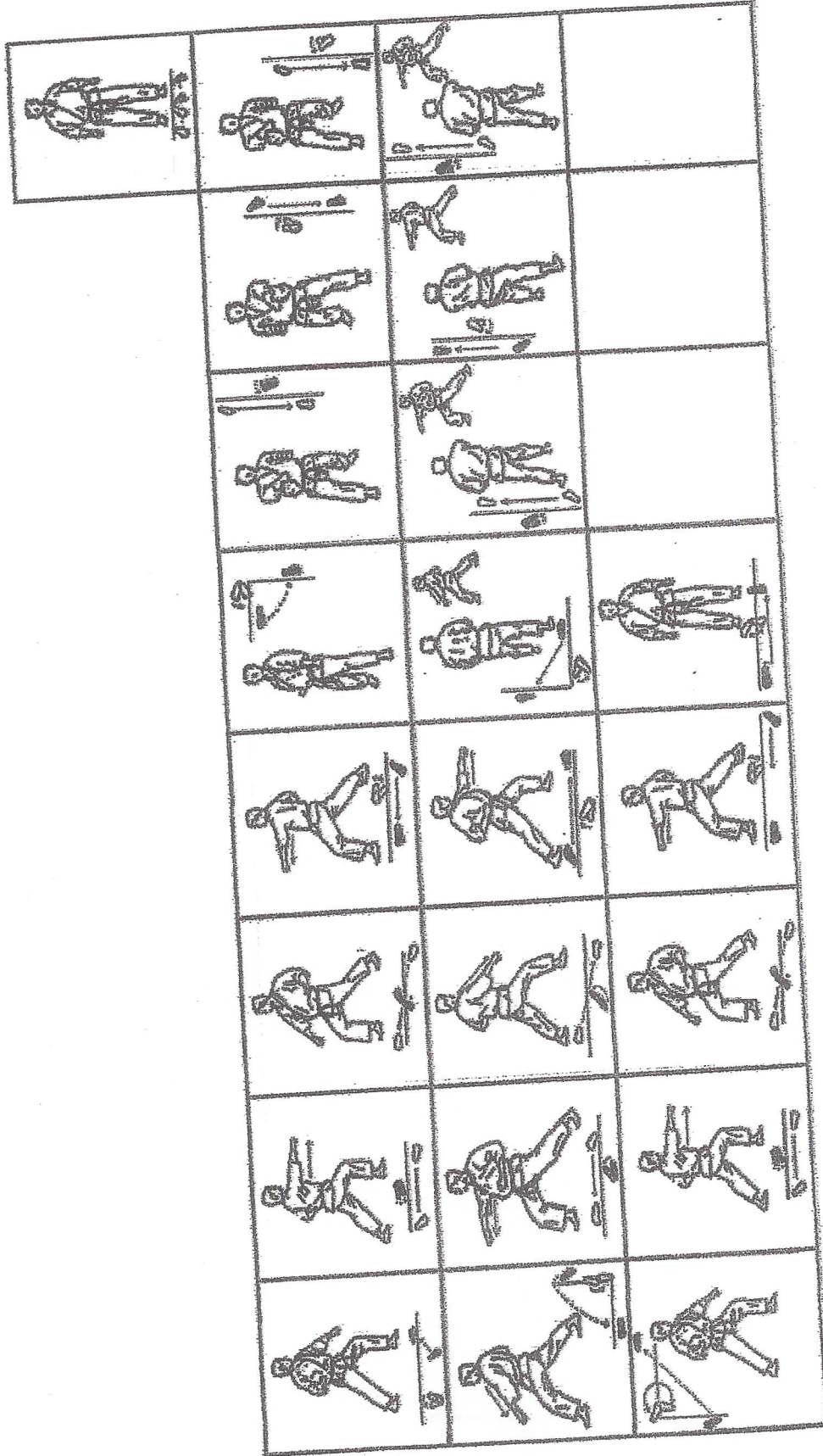
Cross arm and same side arm grab escape

1. Passing the Guard

Hay maker defense

2. Guard kimura

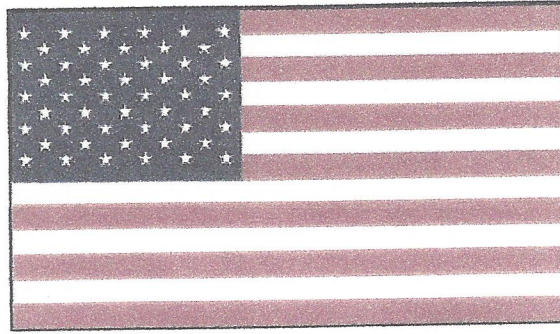
3. rear choke



This is the first kata we teach in M BMA. It is called "Kee Cho Hyung Il Bu", which means basic kata 1. This chart is not meant to teach you the kata, but rather as a reminder as to what was covered in class. Only by attending regular class can one learn the kata. We hope this will aid you in the learning process.

Flags

American Flag



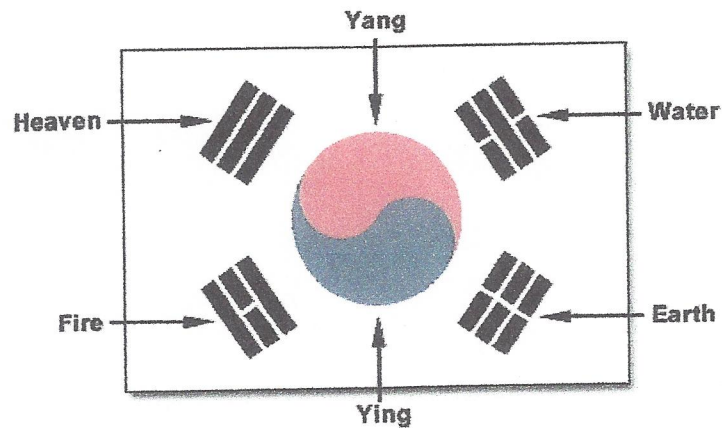
Red: Stands for courage: it is symbolic of the blood that was shed for our country.

White: Stands for purity and honesty.

Blue: Stands for justice.

Stripes: Stands for the 13 original colonies.

Korean Flag



Black: Stands for balance of nature.

The center circle is Yin/Yang.

White: stands for Purity.

Four Trigrams: Heaven(metal), Water, Fire, Earth.

Promotion Fees

Black Belt Extravaganza [promotion time] is held at our school every 3 months. A student is tested and promoted depending on his/her attitude, attendance, and abilities. Students who are not ready or have not met the required 20 classes should test at the next session. The head Black Belt instructors will make the final decision.

All promotion fees are included in the monthly tuition until Black Belt.

Black Belt promotion fee is \$260

Black Belt Promotion includes:

A framed certificate

A Black Belt Jacket

An embroidered Black Belt

Each student writes an essay

“What earning a Black Belt means to me”

The History of Karate

Our art of karate comes from Okinawa. Okinawa is an island between Japan and China. A long time ago it was illegal for the people of Okinawa to carry any kind of weapon. At first, an Okinawan king named Shoshin made this rule. Then, in 1609, Japanese samurai invaded Okinawa and took over. The Japanese did not let the Okinawan people carry weapons either. With the samurai soldiers around, the people of Okinawa did not feel safe. So, they wanted to know how to fight.

During that time, people from China lived in Okinawa. Some of them knew Kempo, the Chinese art of fighting. The Chinese taught kempo to the Okinawans. The Okinawans also had their own fighting art called te. They mixed kempo with te and made a new art called Ryukyu kempo karate-jitsu.

The word *Ryukyu* means "Okinawa." The word *kempo* means "boxing." The word *kara* means "China." The word *te* means "hand." The word *jitsu* means "fighting art." So, Ryukyu kempo karate-jitsu means "Okinawan boxing, Chinese-hand fighting art." Because this is such a long name, it is mostly just called kempo or karate.

The study of weapons was also a part of karate. Since it was illegal for people to own weapons, the karate experts had to use farming and fishing tools. They were very good at fighting with wooden poles, boat oars and hand-tools.

Things started to change about 1860. At that time, Japan stopped having samurai soldiers, and built an army like armies of Russia and the United States. The new army used guns and cannons, so no one cared if the Okinawan people learned self-defense, or learned to use poles and oars as weapons.

In 1902 a karate master named Itosu started to teach karate to schoolchildren. For the first time, karate was taught in public, and not in secret, Itosu changed the karate he taught the children so that it would not be dangerous, he wanted the children to learn self-control and fitness. He thought it was important for them to be good people than to be good fighters.

One of Itosu's students was named Funakoshi. Funakoshi went around with some of his friends to show people what was all about. Once he was asked to show karate to the Japanese prince. This was in 1922. The prince and the people with him were very pleased with karate. They asked Funakoshi to come to Japan to show this art. There he found that the Japanese people were eager to learn karate. So, he stayed in Japan the rest of his life to teach.

Funakoshi agreed with Itosu's ideas about karate, and he taught, "The goal of karate is not winning and losing; it is to be a better person inside." Itosu had wanted a new name for karate so that everyone would know that it was not just about fighting. So he used different words to make the name karate. Instead of writing karate-jitsu, "Chinese hand fighting method," he wrote, karate-do, which means, "the way of the empty hand." Funakoshi helped spread this idea, and was one of the first people to write karate-do the new way.

The new name was trying to say that karate training is a way to empty our hearts of what is mean and bad. Many other karate teachers liked this idea and followed Funakoshi's lead. They began to use the karate-do and teach the way Itosu taught the school children.

In Okinawa, some of the old masters worried that karate was becoming a weak art, so they kept the name **karate-jitsu** and taught the old karate, which are used for fighting. They also taught the old way, keeping their **karate-jitsu** secret.

Even today there are still these same two ideas about karate. Some people think it is for self-control, fitness, and to be a better person. Other people think that karate is for fighting and self-defense.

The people who teach the older, more dangerous **karate-jitsu** do not teach very many people. This is out of fear that someone might learn from them and then try to hurt others. But the people who teach **karate-do** will teach anybody. They think that good karate makes for a good person. For this reason, **karate-do** is practiced all over the world, and **karate-jitsu** is still mostly secret.

The style I teach is mostly **karate-do** in the beginner classes with little emphasis on **karate-jitsu**. As they progress through the belts, there is a role reversal. **Karate-jitsu** is emphasized more than **Karate-do**. The type of **karate-jitsu** taught in class is called **Ryukyu kempo Tomari-te**. This is a very old type. It is named for a small village on Okinawa called Tomari, where it came from.

Ryukyu kempo Tomari-te is for self-defense. Everyone should try to be a better person. And **karate-jitsu** can teach us how to be good people as well. By combining the two, I hope to teach not only discipline, but also self-defense as well.