

MBMA'S  
Handbook for  
Students



# **Midnight Blue Martial Arts Academy, LLC**

## **Teens and Adults**

**Classes: Tuesdays and Thursdays**

**6:40pm to 7:30pm**

**Saturday 10:00am 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 Adult's Class!

Dear Student,

On behalf of the students and staff of Midnight Blue Martial Arts, we would like to take the time to welcome you to our school! We take a lot of pride in the accomplishments and skills of our students and we have no doubt that YOU are capable of becoming a successful martial artist as well.

There are many reasons why everyone should study martial arts. Among them are self-defense (protection), physical fitness, exercise, mental discipline, and toughness, just to name a few. As adults also, we appreciate and understand that you probably have a tight schedule, thus, you need to get the most out of your activities that you can.

**\*\*Stress Management:** With today's hectic lifestyles, stress is an ever present factor. In business, at home, at school, even in our social lives, stress is on the rise. Through exercise, special breathing techniques, and concentration skills, MBMA has developed a methodology for dealing with stress.

**\*\*Self-Discipline and Will Power:** These are inbred in our programs. The classes are structured with certain formalities and procedures that have been passed down for centuries. By following the step-by-step procedures, you will find you are rewarded physically, mentally, and spiritually; and you therefore develop the self-discipline and willpower to go on to the next set of challenges within your training. And obviously, because you know there are always more new and exciting skills to be learned, you retain a high level of motivation.

**\*\*Goal Direction:** Goals are VERY important to any success-minded person in any endeavor. Our programs give you short-range goals (individual techniques), mid-range goals (the colored ranks), and long-term goals (Black Belt and beyond). They provide well-defined procedures that develop your martial art skills, as well as the lifelong character traits that go hand-in-hand with martial arts training. This helps you to develop into a goal-directed/goal oriented, character-lead person, on your way to a happy, successful, and rewarding lifestyle.

**\*\*Confidence:** Mental and physical confidence is also developed by the MBMA programs, through body awareness and mastering control of the body, which also increases the individual's self-esteem. The practice of martial arts strengthens all muscle groups, increases flexibility, and builds aerobic conditioning as well. The skills learned also provide an increased sense of personal security, which help to decrease fear and also increases your ability to relax and focus. This newfound confidence is then carried over into your personal life. As you master more complex skills, you start to emanate a self assurance, which is evident by increased self-respect and the respect shown to you by your instructors and fellow students. This becomes a self-perpetuating circle of ever increasing confidence, which then shines through in all areas of your life!

In the beginning, however, your expectations in yourself should not be too great. Just as it takes quite a while for a tiny seed to grow into a mighty tree, such is the case with the beginning student. Your instructor will introduce you to martial arts in a

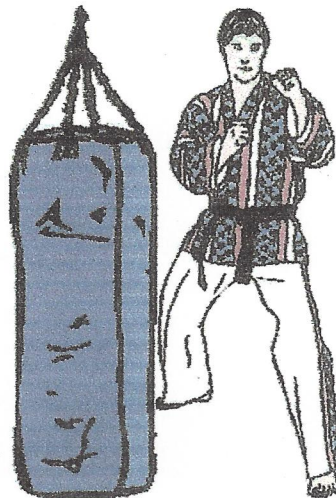
manner that is meaningful, interesting and challenging as well. Martial arts classes are a lot of fun, so that it is easier to stay self-motivated.

Rank advancement as well as achievement awards are given out on you OWN level and are based solely on personal development with no comparison of any kind to group standards. Each student is evaluated on his or her own merits, accomplishments, and abilities. Attitude, effort, etiquette, self-control, and physical prowess are all equally important.

What can you do to help yourself along? If you practice the exercises and techniques learned in class at home, your retention and skill level will become greater and improve more quickly than the student who does not. The Martial arts is best learned by repetition and example. Watch your instructor and higher ranked students during class times and try to repeat the movements you see and have learned from them as closely as possible at home.

Pursuing goals in the martial arts is closely paralleled to those in life. In both cases, motivation and deep commitment are necessary to succeed. We share your commitment and promise to strive and do our best to challenge and help you at every turn in your path to success, as we all grow and learn these wonderful arts together. Thank you, for having enough confidence in our school to trust us with your training.

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!

# 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 Defanse 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

## 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).



# Dojang Protocol

- Please arrive 5-10 min. prior to class time.
- Quietly prepare for your class.
- Remain off the mat in proper warm-up area until your class begins.
- Keep your uniform/work-out apparel clean and wrinkle free.
- Practice good hygiene, bathe before each class.
- Remove all jewelry prior to class.
- Wear a complete and approved school uniform. No exceptions please.
- Come to classes designated to your belt color only.
- Sparring gear is required for sparring classes.
- Learn to tie your belt properly. (Martial Arts Students)
- Place shoes in shoe area.
- Introduce yourself to fellow students whom you do not know and make them feel welcome.
- If you bring a guest, introduce them to your instructors.
- Small children should be supervised and not allowed to climb, run or play loudly.
- No gum chewing or candy in the training area.
- Come to class with a level 10 energy and enthusiasm.
- Don't let anyone be better than you.
- Enter each class with spirit and energy for learning.
- Remember: "He who is afraid to do too much...always does too little."
- Work hard and encourage your team-mates to work hard as well.
- Notify staff if you will be away for more than 3 days.
- As a member of our team we're counting on your enthusiasm and contribution each and every day, train at least twice a week.
- Never miss belt exams, get extra help to stay on schedule.
- Never forget your goal; **Black Belt Excellence!**

# 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:

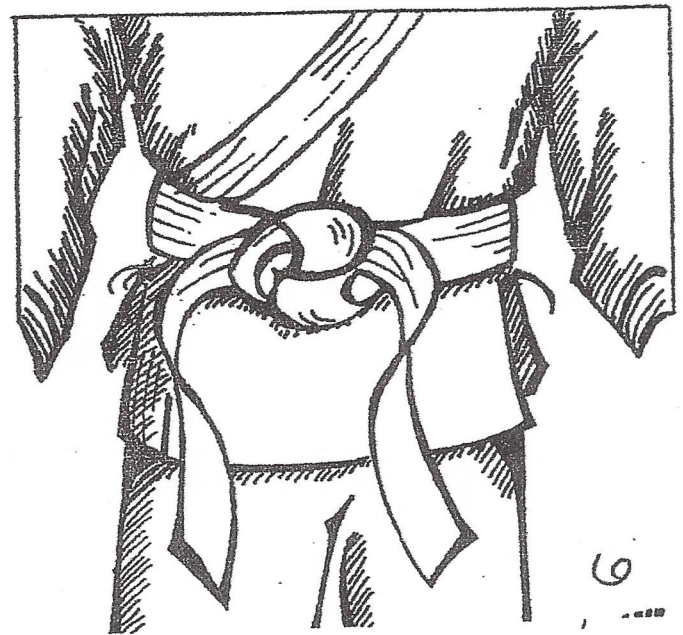
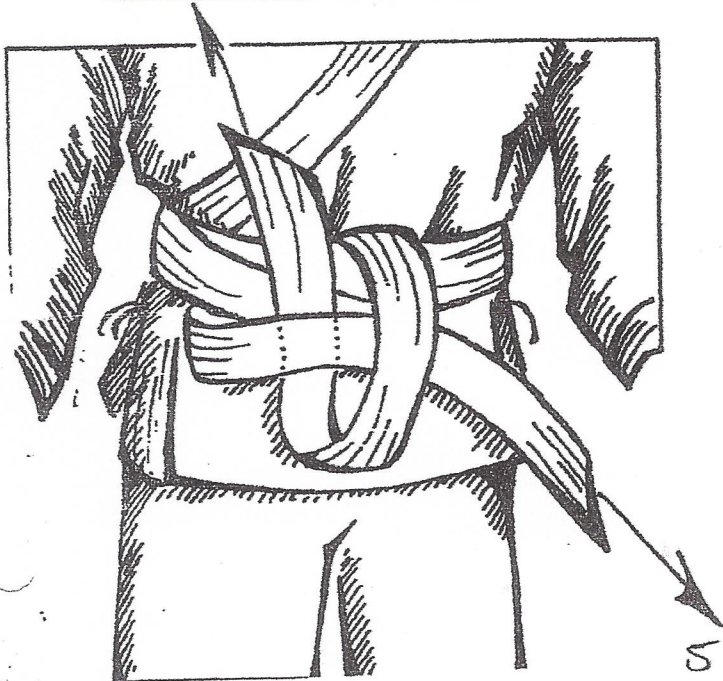
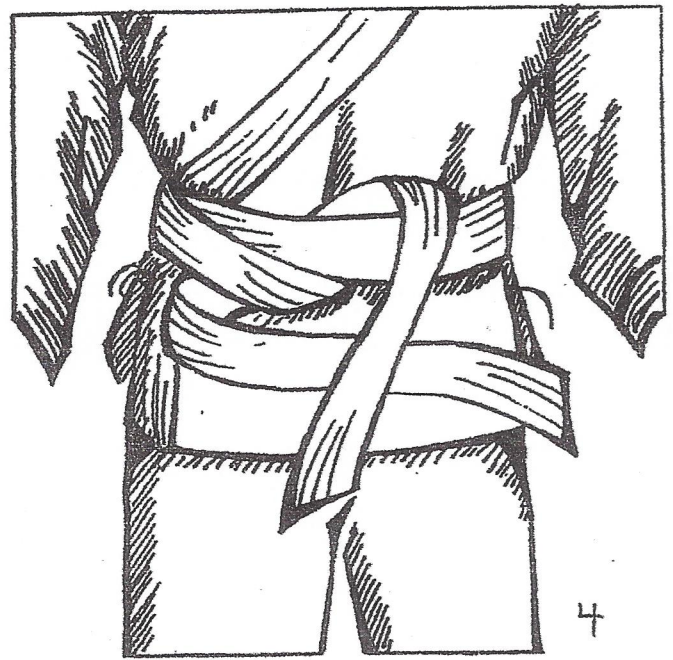
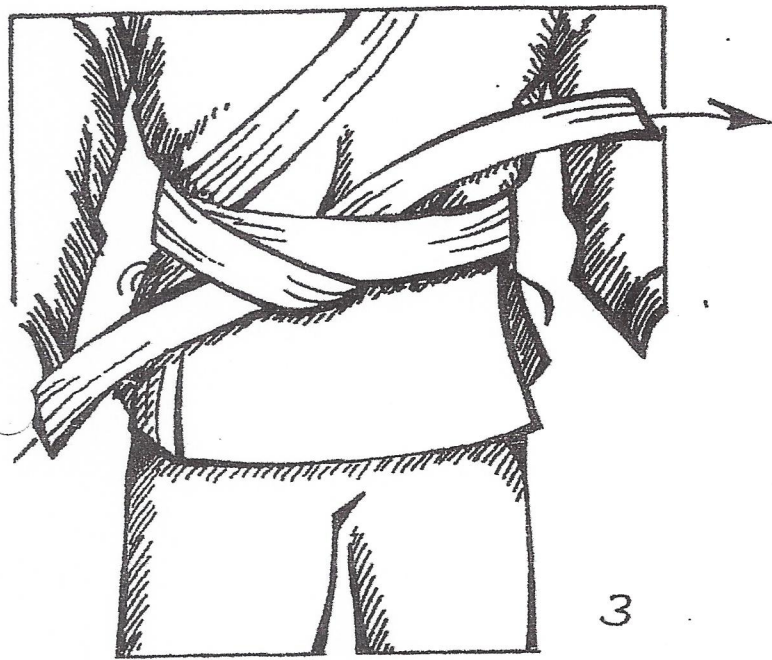
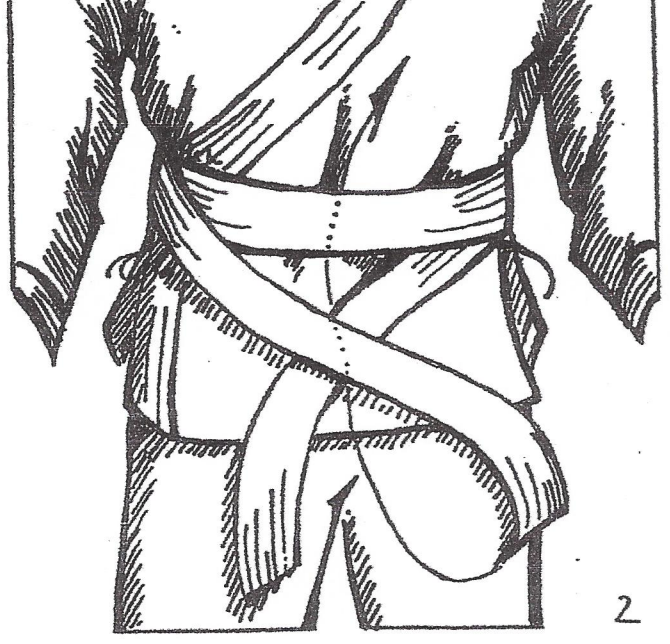
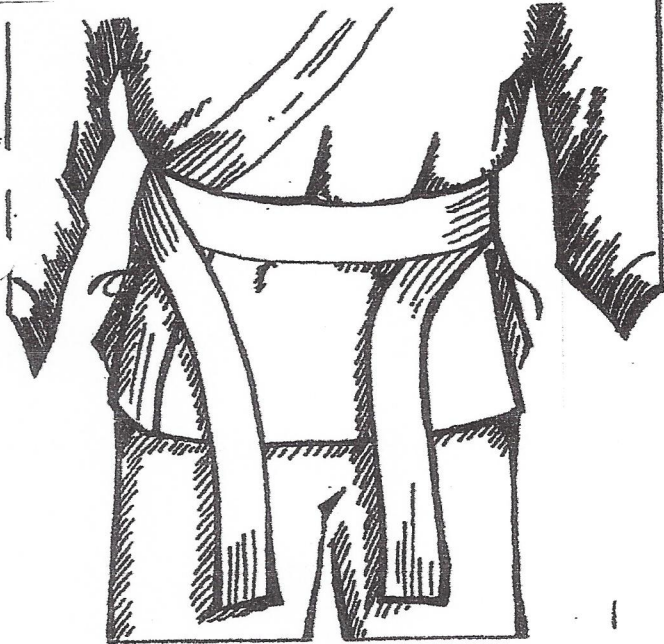
A framed certificate

A Black Belt Jacket

An embroidered Black Belt

Each student writes an essay

“What earning a Black Belt means to me”



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 .



# Placement of Patches

Tang Soo Do – Right Chest

MBMA school patch – Left Chest

## Stars for Forms



## Basic Commands in Korean

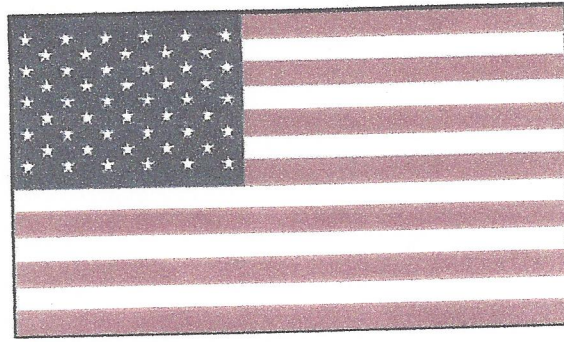
Attention - Cha Ryut  
Bow - Kyung Yet  
Ready - Joon Bee  
Begin - See Jack  
Return - Ba Ro  
Relax (rest) - Shio  
Turn - Tora  
Turn to Flags - Kuk Gi Tora  
Salute the Flags - Kyung Yet  
Sit - Ahn Jo  
Meditation - Mook Yum  
Stand - Che Ra Sut

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


This is the first kata we teach in MMA. It is called "Kee Cho Hyung II 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



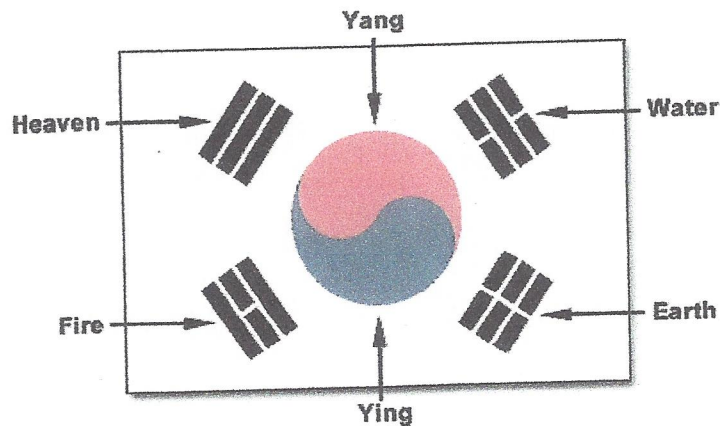
**Red:** Stands for courage: it is symbolic of the blood that was shed for our country.

**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.



## 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.