

# Noble's Martial Arts Homeschool Handbook

## NMA Rules

At Noble's Martial Arts, we embrace three fundamental rules that our students are expected to uphold at all times. These guidelines are simple yet essential to fostering a positive and enriching learning environment.

1. **Always try your best:** Embrace the challenges of martial arts with determination and effort. Remember, the journey may be tough, but your commitment to always giving your best will lead to success and growth.
2. **Always show respect:** Extend respect to yourself, instructors, family, friends, and peers. Our goal is not to cultivate fighters, but rather to empower individuals with confidence and character. By demonstrating respect, you contribute to a supportive community that values personal development and positive influence.
3. **Always have fun:** Amongst all, the most cherished rule is to always have fun! Let the joy of learning and practicing martial arts be your guide. Embrace the excitement and passion that come with each session, and make the most of your martial arts journey.

Together, by adhering to these rules, we create a welcoming and encouraging space for everyone at Noble's Martial Arts. Your commitment to these principles contributes to a positive and enjoyable experience for yourself and your fellow students.

## Student Creed

*We will begin each class with our student creed. As the student creed is recited at the beginning of each class, the students are pledging their commitment to learning to live by tenets of martial arts.*

1. I will develop myself in a positive manner. And avoid anything that will reduce my mental growth or physical health.
2. I will develop self-discipline. In order to bring out the best in myself and others.
3. I will use common sense before self-defense. And never be abusive or offensive.
4. I lead by example, excitement and enthusiasm. I find the good in people and situations.
5. I represent myself, my family and my dojo. I'm defined by my actions.

## Principles of the Black Belt

*The principles of the black belt are recited at the end of every class. These principles are a reminder of the positive life skills that our students should learn, practice and exhibit everyday!*

"I'm a dedicated student of the martial arts. I will live by the principles of the black belt. Modesty, Courtesy, Patience, Integrity, Self-Control, Courage and Indomitable Spirit."

Instructor: "What kind of school are we?"

Student: "A black belt school, sir!"

Instructor: "What is our goal?"

Student: "Black belt excellence, sir!"

Instructor: "How do we lead?"

Student: "By example, sir!"

## Uniform

Many of you may be accustomed to the traditional karate uniform, also known as a gi or the "pajama style." Starting martial arts is an exciting journey for many children, but it can also be a bit overwhelming for some. In an effort to ensure that the learning experience is both comfortable and enjoyable, I encourage our beginner students to wear clothing that allows for ease of movement and fun.

For beginners, comfortable "workout style" pants and a t-shirt are ideal choices. If you'd like to add a touch of Noble's Martial Arts flair to your attire, we offer our branded t-shirts for \$10. While these shirts are fantastic for training and proudly representing our community, please note that they are not mandatory. Feel free to choose what makes you feel most at ease during your martial arts practice.



## Belt

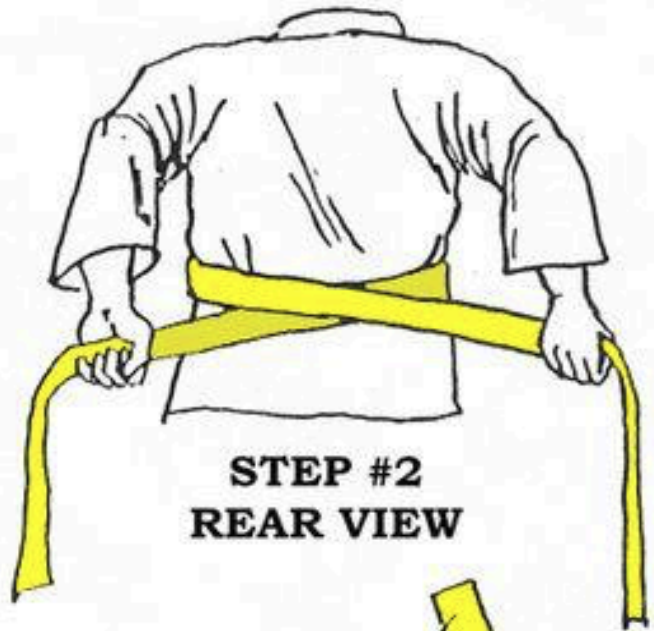
The belt holds a special place in our martial arts attire at Noble's Martial Arts, being the one essential piece required for every class. It symbolizes the unique journey each student undertakes in their martial arts experience. The knot tied on the belt is believed to encapsulate the knowledge gained through instruction.

In keeping with this symbolic tradition, we encourage you to view your belt as a repository of your martial arts wisdom. It signifies the distance you've covered and the skills you've acquired along the way. To honor this philosophy, we kindly advise against washing your belt. The idea is that the knowledge embedded within the fabric should be preserved, much like the knot holding it together.

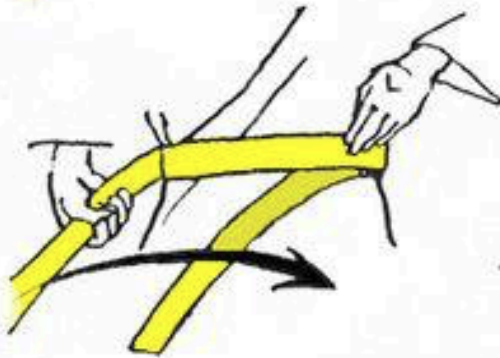
Your belt is not just an accessory; it's a reflection of your dedication and progress. Treat it with care and let it serve as a tangible representation of your martial arts journey. As you wear your belt with pride, remember that it carries the valuable lessons and experiences that make your martial arts adventure uniquely yours.



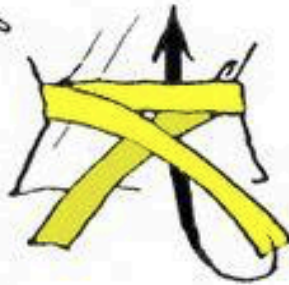
**STEP #1**



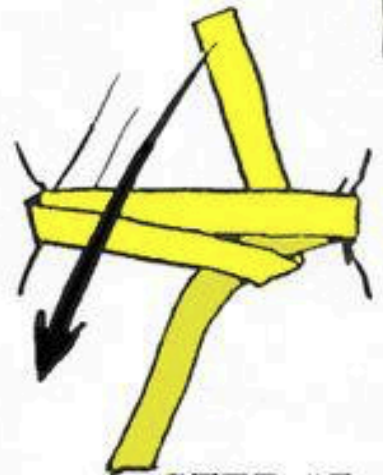
**STEP #2**  
**REAR VIEW**



**STEP #3**



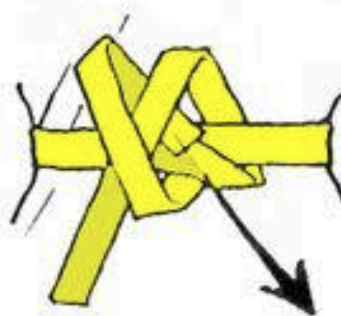
**STEP #4**



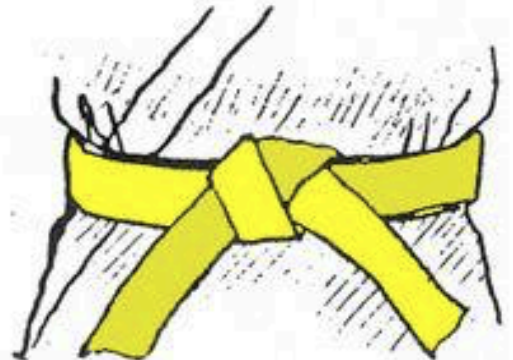
**STEP #5**



**STEP #6**



**STEP #7**



**STEP #8**

## Ranking System

### Little Dragons -

The main focus of our Little Dragons training class at Noble's Martial Arts is to nurture character traits and behavioral skills in our youngest members. To achieve this, the Little Dragons follow a structured 3-cycle rotation. As they advance through the ranks in this program, every three sets of 2-month cycles, we revisit and reinforce the 3-cycle curriculum.

This intentional repetition has a purpose: as our Little Dragons successfully complete the program and attain the prestigious Little Dragon Black Belt, they seamlessly transition into the Karate Kids program as a Yellow belt. While this shift places them among an older crowd, the curriculum covered will be familiar, having been experienced three times already.

It's worth noting that any Little Dragon who turns 7 has the opportunity to join the Karate Kids program as a Yellow belt during the subsequent belt test. This transition allows for age-appropriate progression while maintaining a supportive learning environment.

For those dedicated Little Dragons who stay with the program and achieve the coveted Little Dragon Black Belt, it's a testament to their commitment, often having started their martial arts journey at 5 and a half or even younger. The deliberate repetition of the curriculum aids in solidifying the acquired knowledge, ensuring a strong foundation as they advance in their martial arts endeavors.

**Little Dragon Ranking (18 months to reach Little Dragon Black Belt) - White, Yellow, Orange, Purple, Blue, Green, Brown, Red, and Black.**

### Karate Kids -

At Noble's Martial Arts, our classes are structured into three distinct levels: beginner, intermediate, and advanced. Each belt cycle typically spans a minimum of 2 months, with the exception of the final three ranks before the black belt, which require a dedicated 4-month commitment. The earliest eligibility for black belt testing is 36 months.

It's crucial to understand that achieving the rank of black belt is not the culmination of one's journey but rather a significant milestone. Earning a black belt reflects mastery of fundamental martial arts techniques, showcasing a depth of knowledge. However, it's essential to recognize that reaching this level is akin to donning a fresh white belt and embarking on a brand new journey.

In essence, the black belt signifies a new beginning, a continuation of growth, and an opportunity to explore martial arts at a more advanced level. Our focus is not solely on the destination but on the continuous evolution of skills, knowledge, and personal development. So, as you strive for your black belt, remember that it's not an endpoint but a doorway to further exploration and excellence in your martial arts journey.



**Beginner Class (6 month minimum) - White Yellow and Orange Belt.**

The Beginner Class at Noble's Martial Arts is where we lay the groundwork for your exciting martial arts journey! In this class, we focus on building a strong foundation in essential techniques such as strikes, blocks, stances, and movements. It's the perfect starting point for anyone new to martial arts, ensuring that you develop a solid base of skills that will serve you well as you progress through our program.

We are dedicated to providing a supportive and encouraging environment, helping you grasp the fundamentals with confidence. Whether you're here to enhance your physical fitness, learn self-defense, or simply explore the world of martial arts, the Beginner Class is designed to meet you where you are and guide you towards a successful and enjoyable martial arts experience. Get ready to embark on this exciting journey, laying the foundation for your growth and success in the world of martial arts!

- Each rank takes at least two months to complete.

**Intermediate Class (12 month minimum) - Purple, Purple II, Blue, Blue II, Green and Green II.**

The Intermediate Class at Noble's Martial Arts is where we take your skills to the next level! Building on the foundation laid in the Beginner Class, the Intermediate Class is designed to broaden your understanding and proficiency in martial arts.

In this class, you'll delve into more advanced fight sets and katas, exploring higher-level self-defense techniques and the principles of Krav Maga. Our goal is to provide you with a well-rounded martial arts education that encompasses both traditional forms and practical self-defense strategies.

Get ready to step into the world of sparring, honing your skills in controlled and supportive environments. Additionally, the Intermediate Class introduces you to the art of handling non-bladed weapons, expanding your martial arts repertoire in a safe and supervised setting.

We are here to guide you through this exciting phase of your martial arts journey, ensuring that you not only master advanced techniques but also find joy and fulfillment in the learning process. Get ready to embrace the challenges and rewards that come with the Intermediate Class!

- Each rank takes at least two months to complete.

**Advanced Class (18 month minimum) - Brown BrownII BrownIII Red, Red II and Red III**

The Advanced Class at Noble's Martial Arts, where the journey continues to new heights! As the name suggests, this class is all about elevating the skills acquired in the Intermediate Class to a whole new level.

In the Advanced Class, you'll find an enriched curriculum that builds upon the foundations learned in the previous stages. We take pride in offering a well-rounded training experience that seamlessly integrates various martial arts disciplines, including Kenpo, Muay Thai, Hwa Rang Do, XMA, Krav Maga, and Jiu-Jitsu. This diverse approach ensures that you receive a comprehensive and dynamic education in martial arts.

Prepare to delve into the world of advanced weapons training, where we introduce the use of bladed weapons (dull and non-sharpened) in a controlled and supervised environment. This exciting addition to the curriculum provides a unique opportunity to expand your expertise and enhance your martial arts repertoire.

We are committed to guiding you through this advanced stage, fostering not only technical proficiency but also a deep appreciation for the art and philosophy of martial arts. Embrace the challenge and excitement that the Advanced Class brings to your martial arts journey!

- Each rank takes at least two months to complete.
- Red, Red II and Red III each take 2 2-month cycles to complete.
- The second 2-month cycle as a Red III, the student is considered a black belt candidate and will participate in boot camp training and black belt prep classes.



**Noble's Martial Arts**  
Confidence + Integrity + Respect

## Stripe/Belt Testing

### Progress Checks

In our Noble's Martial Arts community, we understand that your martial arts journey is a continuous process of growth and achievement. Each belt cycle spans a motivating and enriching 2 months, during which we conduct three types of progress checks to support your development. Our emphasis, especially in the beginner ranks, is on fostering confidence.

Worried or unsure? Don't be! We're here to assist and ensure that no one feels embarrassed. The purpose of these progress checks is two-fold: to allow you to recognize and celebrate your progression, and to provide a confidence boost as you reach your goals.

Here's a friendly breakdown of each test and what they involve:

1. First Stripe (Last class of Month 1 of the belt cycle):

- Students perform movements in a group, following the instructor.
- Eligibility requires attending at least 3 classes, with exceptions considered on a one-on-one basis.

2. Second Stripe (2nd to last class of Month 2 of the belt cycle):

- Students perform movements in a group without instructor lead.
- Eligibility requires having earned the first stripe, with exceptions considered individually.

3. Belt Test (Last class of Month 2 of the belt cycle):

- Students showcase their knowledge of the curriculum individually.
- Eligibility requires having accumulated at least 2 stripes.

Our aim is to make this process supportive and uplifting, emphasizing your achievements and the progress you're making. Rest assured, your martial arts journey is a personal one, and we are dedicated to guiding you every step of the way. Let's celebrate your growth and success together!

### Intent to Promote Letter –

At Noble's Martial Arts, we believe in fostering not just exceptional karate skills but also a culture of respect, responsibility, and excellence both inside and outside the dojo. To uphold this commitment, following the 2nd stripe test, you will receive an "Intent to Promote" letter.

This letter will include your child's name, the rank they are testing for, and details about the upcoming belt testing, including the associated fee. However, what makes this process special is the inclusion of a section for parents to sign off if their child has been demonstrating "black belt excellence" at home.

We strongly believe that our students should shine not only in the dojo but also in their daily lives, showing respect and responsibility with family and friends. If, for any reason, your child's behavior at home needs improvement, they can still proceed with the belt test. However, the actual belt will be given to you upon passing. It allows you to decide when the time is right to reward them, ensuring that their actions align with the values we uphold at Noble's Martial Arts.

While it's common for such letters to be signed by teachers to affirm good behavior at school, we recognize that you play a crucial role in guiding your child's conduct. You are their first teacher, and your involvement in this process is essential. Your signature not only acknowledges their karate achievements but also signifies their commitment to embodying the principles of martial arts in all aspects of their life.

Thank you for being an integral part of our martial arts community, and we look forward to celebrating your child's achievements and growth both on and off the mat!

## **Belt Testing**

As we look forward to belt testing at Noble's Martial Arts, I want to provide you with insights into our approach and how it differs from other karate schools. Your experience here is unique, and I aim to make it both enriching and rewarding.

### **Frequency:**

While many karate schools conduct belt testing every 2-3 months, we prefer a 2-month frequency. This allows more opportunities for our young participants to experience the satisfaction of achieving their goals and triggering that delightful surge of accomplishment. While this pace maintains motivation, it's important to note that some of the later advanced ranks may require two belt cycles before testing eligibility.

### **Criteria:**

For our belt testing, I focus on three fundamental attributes: a positive attitude, vibrant energy, and unwavering perseverance. During the test, each student will perform their curriculum individually, following my verbal cues. Following the curriculum, a physical segment involves activities like push-ups, squats, wall sits, plank, and jogging. Effort and positivity are the key elements I'm looking for in each participant.

### **Cost:**

I understand that the cost of belt testing can vary among different schools, often factoring in expenses like new belts, materials for demonstrations, certificates, instructor presence, and association registration fees. At Noble's Martial Arts, being a smaller setting without the need for additional judges or association registration for non-advanced ranks, we keep the process simple.

Therefore, during the early stages of belt testing here, the only cost incurred is for the belt itself. Our belt testing "fee" is a minimal \$10, which covers the essential cost of the belt you'll proudly earn. This ensures that your journey through belt testing is accessible and focused on your growth and accomplishment rather than unnecessary expenses.