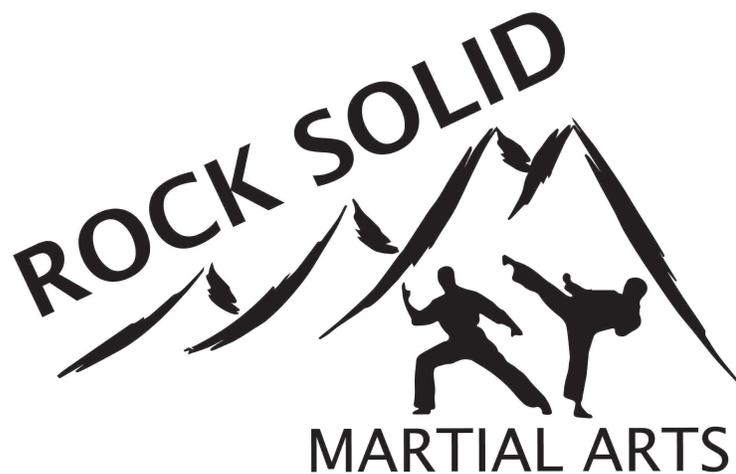


# PRE SKILL CLASS HANDOUT



Dear Parents/Guardians,

Welcome to the wonderful world of pre skill martial arts! We are honored to have your child in our school and in our pre-skill martial arts program. Please be sure to read the student handbook thoroughly so you understand the dojo rules and rank advancement.

Each month we will focus on a life, safety or a martial arts skill. The students will have an opportunity to earn a new belt every eight-ten weeks and stripes every two. Please make sure your child comes to class consistently and on time, dressed and ready for training excellence. One of the most important traits we can teach is to set goals, commit to them and then steadily work toward them.

We are excited to train your child and work in partnership with you. We know that your child cannot fully participate in this program without your full support. Thank you for taking the time and effort to help your child be the best he or she can be! Please contact me anytime you have questions or suggestions.

I look forward to working together in order to create a positive experience for your child. Taekwondo is not an easy activity to participate in, especially for some children. As a parent, positive reinforcement and encouragement, along with some participation (practice at home) must be offered to your child. Again if there is anything needed at any time please call. I'm always available for my students.

*Mr. Jonathan Waterfall*

Instructor

## Rules of the Dojang:

1. Students must bow upon entering or when exiting the school or workout area.
2. All students and spectators must remain quiet during class. Parents of the Pre-Skill class are encouraged to stay in the waiting room.
3. Shoes must be removed before entering workout area.
4. All senior-ranking students must be addressed as “Sir” or “Ma’am.”
5. Children must address all adults as “Sir” or “Ma’am”.
6. A student’s uniform must be kept neat and clean at all times. If a uniform is damaged or stained you should see your Instructor to purchase a new one.
7. Students may not eat in their uniform.
8. Students should arrive and be dressed 5 minutes early. If a student should arrive earlier, he/she may work out quietly in the rear of the class.
9. Students that arrive late for class must wait to be recognized before entering the workout area and be given permission to enter.
10. All equipment should be kept clean and stored neatly out of traffic areas.
11. The Instructor’s office is off limits unless invited to enter.
12. Students should respect the property of others.

# Expectations:

## **Studio Open**

The studio will be open 10 minutes prior to the beginning of classes for the day. The doors will remain locked until then.

## **Bathroom**

Students can come to class in their uniform or change at the dojo. Students who want to change into their uniforms before class and into their street clothes after class may use bathroom.

The bathroom is not supervised. If your child is unable to change on his/her own then please accompany them or have your child change at home. The instructors are not responsible for articles left in the bathroom and changing rooms. Please be sure all your valuables are kept in your gym bag and brought onto the floor with you.

## **Observation Area**

The observation areas are offered as a convenience to parents and guests of students. **While class is going on this area needs to be kept quiet.** Loud talking and disruptive sounds are distracting to the instructors and students.

Guests are to remain in the observation area at all times. Parents may enter the training floor only with the permission of the class instructor. Parents should not distract their child while training.

## **Injuries & Medical Problems**

Students who are injured outside of class or who have a medical problem that was not stated on the application form must notify the class instructor prior to the start of class. Parents of minor students must take responsibility to do this. Do not ask your child to relay this information. If you are not able to come into class please provide a written explanation of the injury and/or medical condition and what limits should be placed on your child's activity. If the child's doctor has provided a note describing the injury and limitations imposed, please provide a copy of this to the instructor.

If you are sick or currently in an infectious state with an ailment **please do not come to class.**

## **Fingernails & Toenails**

Fingernails and toenails should be neatly trimmed. This is a safety requirement meant to protect all students.

## **Rank Advancement**

Students will have the opportunity to earn colored stripes around their current belt, patches for their uniform, and a brand new belt.

### **STRIPES:**

After attending 4 classes (2 weeks) students can earn a stripe of tape that goes around the edge of their belt. A different color of tape can be earned for each belt.

When students earn a new belt they can start to earn new stripes.

### **BELTS:**

Every 8-10 weeks students will have the opportunity to test for a new belt. Testing consists of students demonstrating moves learned in sequence while in a specific stance. Some of the testings will be done in class, while the rest will be set prearranged days (on the annual calendar) where all students who are ready in the school will test. On these testing days the pre skill class students will go first and be allowed to leave early.