

JASPER

NACOGDOCHES

NEWTON

ACSOMA

Arlandus Chimney's Schools of Martial Arts

MARTIAL ARTS WITH A CHRISTIAN APPROACH

ACSOMA MOTTO: "EMPOWER YOURSELF" - *Phillipians 4:13 (NIV)*

¹³ I can do all things through Him that gives me strength.



SENSEI ARLANDUS CHIMNEY

"The Way of the Chimney Warrior"

KARATE * GRAPPLING * MMA * SELF-DEFENSE

Phone: 409.224.1337

WWW.FACEBOOK.COM/ACSOMA

www.acsoma.com

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Introduction to ACSOMA (Arlandus Chimney's Schools of Martial Arts)

Arlandus Chimney's Schools of Martial Arts, an association of martial arts schools focusing on self-empowerment, self-discipline, self-awareness, and self-growth through spiritual, mental, and physical development. ACSOMA is a martial art with a Christian approach teaching that all things can be accomplished through Him that gives us strength (Phillipians 4:13). Sensei Arlandus Chimney has over 27 years of martial arts, personal protection, and teaching experience. He is an Ordained Minister and works diligently in ministry. ACSOMA teaches Shotokan karate as a basis for all students in addition to Sensei Arlandus Chimney's self-defense style Entotsu Senshido (The Way of the Chimney Warrior). The curriculum was developed upon the principles of empowerment, hence; the schools motto, "Empower Yourself!"

Mission Statement

To uphold the traditional values of martial arts which include respect, discipline, honor, loyalty, commitment, bravery, and inner growth to the highest level of Black Belt Excellence. To provide quality traditional martial arts training for children and adults that will promote and encourage the development of life skills and positive development.

Shotokan Karate is a traditional modern art that has its origins from the Ryukyu Islands. Shotokan was developed in Japan and it is one of the most popular forms practiced today. An individual can practice karate for the purpose of sport, combat arts, self-defense or for development of oneself (budo). Kihon (fundamental points), Kata (or forms) and kumite (sparring) are key elements of this art. The development of the correct attitude to training, exercise and competition are strongly encouraged. The training involved in Shotokan Karate is a mixture of aerobic or cardiovascular and anaerobic i.e. leading to development of stronger individual muscle groups. Flexibility depends upon the individual's persistence with dynamic and static stretching exercises as well as underlying genetics. Shotokan Karate is one out of the four main schools of Karate in Japan. This style uses long wide stances and has linear movements. It does not have circular movements, unlike most Okinawan Karate Styles. Sparring and scoring points in tournaments are popular in Shotokan, gradually moving away from the traditional theories set out by Gichin Funakoshi.

Entotsu Senshido is a new martial art system, founded by Sensei Arlandus Chimney, based on different martial art styles with influences of art forms around the world. Entotsu for short was design to empower individuals in their daily live to have a sense of sense of peace by providing the confidence necessary to secure safety for you and your family in the forms of self-defense and awareness. Entotsu uses every aspect of life and creating a balance in each student. Master Chimney believes that knowledge can be powerful, but knowledge applied properly is empowerment.

Empower Yourself Ministries (EYM) is Sensei Chimney's Non-profit ministry that assist unfortunate potential students have the opportunity to experience the benefits of martial arts that otherwise may not be able. Whether providing full or partial scholarships, **EYM** provides a discreet service to bridge the financial gap. **EYM** also assist in offering programs for abused spouses, bullied children, battered women. Sensei Chimney also does Empower Yourself seminar teaching audiences the very principals of putting on the armor of righteousness, the right hand of protection, and the declaration of empowerment summed up into an inner growth experience of body, mind, and soul. For we know we fight against more than flesh and blood! This seminar prepares you for the daily attacks of life by known and unknown, foreign and domestic, predators leaving you with many techniques for an immediate and conclusive solution and resolve.

Contact Information

ACSOMA (Arlandus Chimney Schools of Martial Arts)

Locations: Nacogdoches, Jasper, & Newton

Main Mailing Address

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Nacogdoches, TX 75961

409-224-1337

atchimney@gmail.com

www.facebook.com/acsoma

www.facebook.com/JSOMAJasper

The 20 Shotokan Principles

Gichin Funakoshi is considered the father of modern karate-do.

He summed up his views of karate with 20 principles:

- 01 Never forget that karate begins and ends with respect.
- 02 There is no first attack in karate.
- 03 Karate fosters righteousness.
- 04 First know yourself and then know others.
- 05 Rather than physical technique, mental technique.
- 06 Let your mind roam freely.
- 07 Inattention and neglect causes misfortune.
- 08 Never think that karate is practiced only in the dojo.
- 09 Karate is a life-long pursuit.
- 10 Everything you encounter is an aspect of karate: find the marvelous truth there.
- 11 Karate is like boiling water: if you do not keep the flame high, it turns tepid.
- 12 Do not think about winning; think about not losing.
- 13 Respond in accordance to your opponent.
- 14 Wage the battle with natural strategy.
- 15 Regard your hands and feet as sharp swords.
- 16 Step out the door and you face 10,000 foes.
- 17 Learn various stances as a beginner but then rely on a natural posture.
- 18 The kata must always be practiced correctly: real combat is another matter.
- 19 Never forget your own strengths and weakness, the limitations of your body, and the relative quality of your techniques.
- 20 Continuously polish your mind.

ACSOMA STUDENT'S OATH

By accepting membership in the ACSOMA, I agree to obey all of the rules and regulations that ACSOMA has established or hereafter establishes, and to direct my wholehearted and genuine efforts towards spreading the spirit of Martial Arts in the world. I agree to respect my family, ACSOMA family, the dojo, my community and myself! I agree to exert my best efforts in the study of Martial Arts at ACSOMA, including its theoretical aspects, technical aspects, and most importantly, spiritual aspects!

I understand that my promotion to Kyu ranks (white, yellow, green, purple, and brown belts) and to Dan ranks (black belts) are entirely at my teacher's discretion, and that being recommended to test for such promotions is contingent on my instructors assessment of my daily practice, the frequency of my class attendance, my general progress, my daily mental attitude, and overall personal growth. Finally, I will not, under any circumstances, make illicit or impermissible use of the abilities and techniques that I acquire studying under ACSOMA.

Applicant's Signature: _____

Date: _____

Instructor Signature: _____

Date: _____

ACSOMA (Arlandus Chimney's Schools of Martial Arts)

Chief Instructor: Sensei Arlandus Chimney

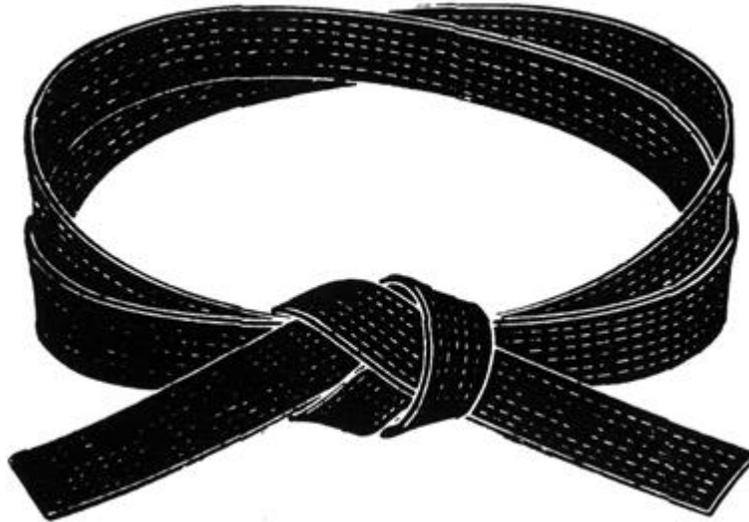
Headquarters, Nacogdoches, Texas

409.224.1337

www.acsoma.com

ACSOMA Ranking System

- White belt
- 1st degree white belt- Ju Kyu
- 2nd degree white belt- Kyu Kyu
- 3rd degree white belt- Hichi Kyu
- Yellow belt- Shichi Kyu
- Green belt- Roku Kyu
- Purple belt- Go kyu
- 2nd degree purple belt- Yon Kyu
- 3rd degree brown belt- San Kyu
- 2nd degree brown belt- Ni kyu
- 1st degree brown belt- Ik Kyu
- Candidate for Black Belt- Shodan Ho
- 1st Degree Black Belt Shodan
- 2nd Degree Black Belt- Nidan
- 3rd Degree Black Belt- Sandan
- 4th Degree Black Belt- Yondan
- 5th Degree Black Belt- Godan (Master Level-Renshi)
- 6th Degree Black Belt- Ryokudan (Renshi)
- 7th Degree Black Belt- Shichidan (Kyoshi)
- 8th Degree Black Belt- Hachidan (Kyoshi)
- 9th Degree Black Belt- Kydan (Hanshi)
- 10th Degree Black Belt- Jyudan (Hanshi)



Black Belt Ranks and Titles

Table 1. Dan (black belt) ranks as defined by the Federation of All Japan Karatedo Organizations in 1971 (F), Robert Trias for the USKA in 1987 (T), and John Linebarger for the KoSho Shuri-ryu organization (1997).

Dan Level	Rank Name	Required Years*					Title** Possible
		(F)	(T)	(K)	(F)	(T)	
10	(Jyu-dan)	70		60			Hanshi
9	(Ky-dan)	10	8	10	60	60	Hanshi
8	(Hachi-dan)	10	7	9	50	55	Kyoshi
7	(Shichi-dan)	8	6	8	42	50	Kyoshi
6	(Rku-dan)	7	5	7	35	40	Renshi
5	(Go-dan)	5	4	6	none	35	Renshi
4	(You-dan)	3	3	5	none	30	none
3	(San-dan)	3	2	4	none	26	none
2	(Ni-dan)	2	1	3	none	22	none
1	(Sho-dan)	1	½	none	17		none

* Years required in grade before becoming eligible for promotion.

** A *renshi* must be 35 or over, and at least two years as a Go-dan. A *kyoshi* must be over 40, and must have held a *renshi* title for at least 10 years. A *hanshi* must be over 55 and must have held the title of *kyoshi* for over 15 years. Titles may not be granted irrespective of rank. They are awarded for exceptional achievement and outstanding character, and do not automatically come when a particular qualifying dan rank is reached.

Getting started *Requirements for ranking the Karateka (Karate Student):*

10th kyu (Ju Kyu) Karate White Belt

No matter what age you are, have confidence in wearing the white belt, it shows your willingness to learn and progress as well as informing other grades of your ability so they understand what level you are at. Usually 3-4 months of training is required before you are allowed to progress to the next rank - the Kyu Kyu

White belt minimum requirements

The white belt can be worn once accepted by your instructor and although there are not any grading requirements first before being allowed to wear this belt, remember as a Karate student - you must respect the Karate Etiquette (below) as well as the Shotokan Philosophy.

- Bow upon entering and exiting the dojo. Be prepared before entering the dojo, have a clean white **gi** (uniform) on, with your belt tied, no jewelry or footwear
- Be prepared mentally and physically.
- Be punctual, if late for class, wait in **seiza** (kneeling positions) at the back of the class and wait for permission to enter.
- If you need to leave early, let the instructor know before class.
- Notify your instructor of any medical condition or injury.
- Keep toe and fingernails short and clean.
- Show respect to your **sempai** (senior student), one another and your dojo.
- Respond quickly to your place or duty, do not keep the class waiting for you.
- Always bow before and after partner drills.
- Avoid lengthy questions during class. Think them out first and then ask the instructor after class.
- Refrain from disrespect by turning when adjusting gi (Uniform), Obi (belt), sneezing, coughing, or yawning.
- If you are watching a class, clinic, grading or tournament, sit quietly at the back and do not talk, eat, read or move around.
- Students are expected to remain throughout an event, just like a regular class.
- No leaning against walls or placing hands on your hips.
- Arms are always to the side behind or folded in front.
- Always try your best, show strong spirit and enthusiasm.
- Train safely and smartly.
- Do not harm or injure one another.
- Notify the instructor if you will be gone for a long period of time.
- Enjoy your practice of Karate-do, remember, you will get out of karate what you put into it.

Signature of understanding: _____ Date: _____

RANK REQUIREMENTS

1ST DEGREE WHITE BELT: (JU KYU)

INFORMATION TO KNOW:

- ✔ Name of Association: **ACSOMA (Arlandus Chimney's Schools of Martial Arts)**
- ✔ **Who is your instructor SENSEI- TEACHER (Mr. Arlandus Chimney)**
- ✔ KARATE- EMPTY HAND
- ✔ SHOTOKAN- HALL OF SHOTO
- ✔ GICHIN FUNAKOSHI- FOUNDER OF SHOTOKAN
- ✔ SHOTO- GICHIN FUNAKOSHI'S PEN NAME
- ✔ ACSOMA MOTTO- **"EMPOWER YOURSELF"**

16 BASICS

4 STANCES (dachi)

- ✔ READY STANCE -
- ✔ INFORMAL STANCE- *SKI*
- ✔ HORSE STANCE-*Kiba-dachi*
- ✔ FORWARD STANCE

4 STRIKES (tsuki)

- ✔ FORWARD PUNCH
- ✔ REVERSE PUNCH
- ✔ BACKFIST
- ✔ KNIFEHAND

2ND DEGREE WHITE BELT (KU KYU)

- ✔ KATA: TAKIOYUKU SHODAN

4 KICKS (geri)

- ✔ FRONT SNAP KICK
- ✔ ROUND HOUSE KICK
- ✔ SIDE THRUST KICK
- ✔ BACK THRUST KICK

4 BLOCKS (uke)

- ✔ DOWN BLOCK
- ✔ OUTSIDE BLOCK
- ✔ UPWARD (RISING) BLOCK
- ✔ INSIDE BLOCK

3RD DEGREE WHITE BELT (HACHI KYU)

- ✔ KATA: HEIAN SHODAN

Requirement for Yellow Belt: (*Shichi Kyu*)

Count 1-10 in Japanese:

1. Ichi

2. Ni

3. San

4. Shi

5. Go

6. Roku

7. Shichi

8. Hachi

9. Kyu

10. Ju

- ✔ Kata: Heian Nidan (Peaceful Mind #2)
- ✔ 1-5 Step Fighting- Right & Left, Hand Attack
- ✔ First Hold Break
- ✔ Kata: Taikyoku Nidan (Second Cause)
- ✔ Definitions: Do Gi (Uniform of the Way)
- ✔ Do Jo (Place where one learns the way) FREE SPARRING

Requirements for Green Belt: (*Roku Kyu*)

- ✔ Kata- Heian Sandan (Peaceful Mind #3)
- ✔ 6-10 Step Fighting Right & Left, Hand Attack
- ✔ Front Rear, & Bar Choke Defense
- ✔ Kata- Taikyoku Sandan (Third Cause)
- ✔ Application of the first three Heian Katas
- ✔ FREE SPARRING (MULTIPLE ATTACKERS)

Requirements for Purple Belt: (*Go Kyu*)

- ✔ Kata-Heian Yondan (Peaceful Mind #4)
- ✔ Hammer Lock Defense
- ✔ (Entotsu Senshido)
- ✔ Wrist Locks
- ✔ FREE SPARRING

Requirements for 2nd Degree Purple Belt: (Yonkyu)

- ✔ Hair Grab Defense, Foot Sweeps
- ✔ FREE SPARRING

Optional Techniques may be required by Instructor such as Spinning:

- ✔ Side Thrust Kick
- ✔ Back Kick
- ✔ Side Snap Kick
- ✔ Front Snap Kick
- ✔ Crescent Kick
- ✔ Round House

Requirements for 3rd Degree Brown Belt: (San Kyu)

- ✔ Teaching Hours
- ✔ Kata – Tekki Shodan
- ✔ 11-15 Step Fighting
- ✔ Spinning Back Fist
- ✔ Bear Hug
- ✔ Choke Holds & Breaks 1-5
- ✔ FREE SPARRING

Requirements for 2nd Degree Brown Belt: (Ni Kyu)

- ✔ Kata -Bassai Dai & Instructors choice
- ✔ Club Defense
- ✔ 11- 15 Instructor's Choice
- ✔ Teaching Hours
- ✔ Essay: History of Shotokan Karate (Min. 3 Sources)
- ✔ FREE SPARRING

Requirements for 1st Degree Brown Belt: (Ik Kyu)

- ✔ Kata- Kankyu Dai & Instructors choice
- ✔ Teaching Hours
- ✔ Formal Class Opening
- ✔ Formal Belt Ranking
- ✔ Supervised Belt Test
- ✔ FREE SPARRING
- ✔

Requirement for 1st Degree Black Belt: (Shodan)

- ✔ Kata- Kankyu Sho & Instructors Choice
- ✔ Formal Awards Ceremony will consist of Kata, Presentation, Free Sparring
- ✔ *SHODAN TEST WILL TAKE FROM 2-6 MONTHS*

Release and Waiver of Liability and Indemnity Agreement

(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the ACSOMA Arlandus Chimney's Schools of Martial Arts Program indicated below and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below martial arts activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/We fully understand, and acknowledge that:
 - a. There are risks and dangers associated with the participation of martial arts events, and activities, which could result in bodily injury partially and/or total disability, paralysis and/or death.
 - b. The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
 - c. These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.
 - d. There may be other risks unknown to us, or are not reasonably foreseeable at this time.
3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees' named below.
4. I/We HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the martial arts facility used by the participant, including it owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions or instructions to engage in risk evaluation or loss control activities regarding the martial arts facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purpose herein referred to as "Releasee" ...From all liability to the undersigned, my/our personal representatives, assigns, executors, heirs and next to kin For any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the events(s) caused alleged to be caused in whole or in part by the negligence of the Releasee or otherwise.
5. I/We HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

7. On behalf of the participant and individually, the undersigned partners(s) and/or legal guardian(s) for the minor participant, executes this Waiver and Release. If, despite the release, the participant makes a claim against any of the Releasees, the parents(s) and/or legal guardian(s) will reimburse the Releasee for any money, which they have paid to the participant, or on his behalf, and hold them harmless

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

ACSOMA: Arlandus Chimney's Schools of Martial Arts

Student Signature _____

Parent or Guardian Signature (if minor) _____

Printed Name of Participant _____

Address of Participant _____

Received by _____

ACSOMA Registrar Printed Name _____ Date _____

HEAD INSTRUCTOR: _____

Sensei Arlandus T Chimney

ACSOMA Student Information Form

In an effort to help ACSOMA keep better track of our students, their tuition payments, equipment purchases, and progression through the ranks, we are asking each student to fill in the following information and return it to an instructor or assistant instructor. Thank you.

Date: _____ ACSOMA Member #:1109-10 _____

Student's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell Phone: _____ Home Phone _____ Alt _____

Student's Email: _____

Birth Date: _____ Check Sex **Male** ___ **Female** ___

Emergency Contact: _____

Relation to Student _____ Phone _____

Emergency Contact: _____

Relation to Student _____ Phone _____

If Student is a Minor, under the age of 18 please fill out the this portion

Mother's Name: _____ Phone: _____

Email: _____

Father's Name: _____ Phone: _____

Email: _____

Start Date: _____

Current Belt Level: _____ Class Type: _____

Class Days: **M T W T H F S** Class Time: _____

Uniform Size (if known): _____ Age: _____

Name for uniform: _____

Has uniform been ordered: _____ Date Ordered: _____

Check here if you have been issued a uniform or you own a uniform: _____

Would you like to join our email list, should we decide to create one? _____

The above information will be for ACSOMA internal use only. No information will be shared with third parties in any way.

ACSOMA (Arlandus Chimney's Schools of Martial Arts)

Chief Instructor: Arlandus Chimney

Headquarters, Nacogdoches, Texas

409.224.1337

www.acsoma.com

PERSONAL MEDICAL INFORMATION

(NOTE: ALL OF THE INFORMATION IN THIS SECTION WILL BE TREATED AS STRICTLY CONFIDENTIAL, AND WILL BE USED ONLY IN THE DETERMINATION OF THE APPLICANT'S FITNESS TO PARTICIPATE IN MARTIAL ARTS ACTIVITIES WITH THE WASHINGTON KARATE ACADEMY AND IN CASE OF EMERGENCY.)

Are you allergic to any medications or drugs? _____

If so, please explain: _____

Do you have any medical/physical conditions that an emergency medical technician or medical worker should know about (for example, recent surgery, diabetes, contact lenses, etc.)? _____

If so, please explain: _____

Do you have any medical/physical conditions that may affect you or your ability to participate in class (for example, knee or back problems, neck injury)? _____

If so, please explain: _____

Emergency contact: _____

Relationship to you: _____

Main Phone: _____ Cell Phone: _____ Work Phone: _____

www.facebook.com/Acsoma

atchimney@gmail.com