

MIDWEST MARTIAL ARTS

A CENTER FOR LIFE SKILLS AND LEADERSHIP DEVELOPMENT



NEW STUDENT RESOURCES



Find more curriculum resources and training videos on the members only section of our website.

Simply create an account and let us know once you are done. Once we approve your membership, you will have full access to a library of tools and resources only available to our students at no additional cost.

www.MartialArtsIN.com (219)921-4190

MIDWEST MARTIAL ARTS

RULES OF CONDUCT

ALL STUDENTS

- All members are expected to embody the highest standards of good sportsmanship, courtesy, and ethics both on and off the mat.
- There is absolutely no smoking on the premises at any time.
- Be on time for class, as proper stretching before a workout is crucial for injury prevention. If you are late, you are expected to warm up and stretch on your own.
- All students are expected to perform a standing bow when entering or exiting both the dojo and the mat area.
- In the Martial Arts, it is important to address the instructors with respect; they are sharing their knowledge and experience. Students should address the instructors as “Sensei, Sir, Ma’am, Instructor, or Master” and adults as “Mr.” or “Mrs.” as appropriate. However, we are NOT your typical dojo. Adults are welcome to address us by our first name. (Chris and Anita)
- No unnecessary talking during practice. Coaching from the sidelines by family or friends is prohibited for reasons of both safety and courtesy. If parents are interested in getting involved and learning to coach, let us know.
- All students and spectators should be respectful of each other’s classes and should keep voices low to avoid distracting those on the mat.
- Students are expected to exercise control when applying techniques and to consider their opponent’s relative size, experience level, and any injury or health concerns.
- All students are responsible for helping keep the dojo clean and running smoothly. If you are not sure where to help, please ask – there are always things that can be done!

JUNIORS

- Juniors are responsible for learning dojo etiquette as outlined above and should learn to tie their obi (belt) on their own as soon as possible. The older juniors will be glad to help the younger students until they can learn.
- Juniors should not drop their gi’s or belts on the floor in the changing room or bathroom and should be responsible for helping with washing their own gi’s at home.
- There is absolutely no horseplay in the dressing room, bathroom, or the hall.
- We strongly encourage all juniors to complete their homework before class and to consider their academic studies their first priority.
- Please let the Head Instructor know of any special academic or other accomplishments so that everyone can offer congratulations!

HEALTH AND HYGIENE

- Please make sure to pay attention to your personal hygiene before stepping on the mat.
- Please avoid applying any strong scents before a workout. Wearing nail polish is discouraged as it can and does come off on the mat.
- Shoes must be worn at all times while off of the mat and removed before stepping on to the mat.
- Long hair must be pulled back and secured with an elastic hair tie. No jewelry of any kind is permitted. (Silicone rings are allowed)
- If you are ill or think you might be ill, please do not come to class until you are feeling better.
- If you must wear a brace or other supporter, please try to use one that does not have any hard pieces. If that is not possible for medical reasons, please inform your training partners.
- Report any injuries to the head instructor immediately.
- If at any time you should notice that you are bleeding, excuse yourself from the mat and bandage/tape the area. The mat and gi/dobok should be inspected for any other traces of blood and sprayed with the disinfectant spray provided.
- The contents of the medical box are available to all; please be considerate of the next user and keep the contents orderly.

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DOJO SAFETY RULES

1. Warm up properly to avoid injury.
2. Care should be taken to be aware of the ability (rank) of the uke.
3. Tap when you feel pressure, not pain.
4. When the uke taps, don't add more pressure to the lock.
5. No jewelry while training. (Watches, earrings, necklaces, rings, etc.)
6. Students must properly groom their finger and toenails.
7. Any open wounds or injuries that are hidden from view by the Gi or bandages should be reported to the instructor prior to working out.
8. Let your instructor/training partner know of any injuries or sore areas of the body before performing techniques.
9. No shoes on the mats
10. No bare feet in the bathroom.

Gi/Dobok Care

We practice Korean and Japanese martial arts. We use the Taekwondo V-neck DOBOK and the traditional style crossover GI for Judo, Jujitsu, and Hapkido training. Whichever uniform you are using, it should be washed after every practice. Not having a clean gi is disrespectful to your training partner. Also, unclean gi's can pick up and transmit unwanted skin infections [such as ringworm] to your partner's skin and the mat. Here are some gi care tips:

- Wash your gi as soon as possible after practice. If you cannot wash it immediately, hang it up so it can 'air out' until you wash it. Once certain bacteria start growing in your gi, no washing will get them out and the gi will acquire a certain smell every time you work out in it.
- Do not bleach your gi - bleaching will greatly reduce the life span of your gi.
- Wash your gi on the regular cycle using warm or cold water. Hot water will shrink it.
- Remove bloodstains by using hydrogen peroxide instead of bleach. The sooner you apply hydrogen peroxide to the bloodstains, the better the chance you have at removing them.
- Line drying or the dryer is fine for drying your gi. Line drying will leave your gi stiff like it has been starched. If you put your gi in the dryer it will come out softer, drying will also shrink your gi. Drying your gi in the dryer will shorten its life.

Additionally

- Get a bag to carry your gi in.
- Gi's are to always be neatly folded and carried if you do not have a bag to carry it in
- Taekwondo doboks are very thin and lightweight. They can wrinkle easily, especially after a sweaty training session. Folding or hanging the dobok is recommended.
- Always repair your gi as soon as possible when you notice it is damaged.
- Write your name on the inside of your gi with a permanent marker (Except for RENTAL judo gis).

Belt Care

- Wash your belt as needed. Belts are cotton and can collect bacteria like a GI. Kids taekwondo belts don't normally need to be washed because they are not practicing a lot of groundwork. Adults practicing throws and jujitsu should wash their belts as needed.

Slippers

They go by many names: slippers, flip-flops, zori, or slippah if you are from Hawaii. Bringing slippers to practice is just as important as bringing the GI or DOBOK to practice. Wearing slippers while off the mat is very important because it represents good hygiene and shows respect to the Dojo. Good hygiene is not only important at practice, but all players need to follow the same guidelines at tournaments. All of these topics will be covered in this article. Generally, Judo, Jujitsu, and Hapkido practitioners spend a lot of time practicing mat work or newaza (groundwork). While practicing newaza, student's faces and bodies come into close contact with the mat and their opponent. During a practice session a player will share whatever is on their gi, on their opponent's gi or whatever may be on the mat with each other.

For example, if a person walks into a bathroom or out of the dojo without slippers during practice and then returns to the practice mat, whatever germs or bacteria that got picked up during that trip is now on the mat. Later two students may be working out over that same spot and are now exposed to those germs. Bottom line: personal cleanliness is extremely important. Close contact demands that everyone involved is as clean as possible. Every student's body must be clean, the mats should be swept and wiped down when dirty, and the gi must be clean. GI is a great bacteria attractor, especially when they are moist and warm after practice. It is highly recommended that you wash your gi as soon as possible after practice and that you wash your gi after every practice. (Please see the article on caring for your gi).

Aside from the medical implications of wearing your slippers off the mat, the second reason for taking wearing shoes off while off the mat is respect for the dojo. In the Japanese language the word 'do' means way and word 'jo' means place, so literally dojo means 'the way place'. In a room where Martial Arts is practiced, it is important that students give the 'way place' the utmost respect by properly bowing and wearing their slippers while off the mat. Not wearing slippers or shoes off the mat, and then walking on to it is considered a form of disrespect. It may be just a gym to others, but when Martial Arts is practiced there, it is the dojo.



MIDWEST MARTIAL ARTS

KOREAN TERMINOLOGY

TERMS OF RANK:

- Kwan Jang Nim: Grand Master (7th Dan and Above)
- Sa Bum Nim: Master Instructor (4th to 6th Dan)
- Kyo Bum Nim: Instructor (2nd Dan & 3rd Dan – Degree)
- Kyo Sa Nim: Training Instructor High Belts (1st Dan)
- Sun Bae Nim: Senior Dan Holder (4th Dan and above)
- Dan: Black Belt Degree Levels
- Gup: Yellow Belt to Red Belt (Lower TKD Levels)

COMMANDS:

- Chariot: Attention
- Kyong Ne: Bow
- Choonbi: Ready
- Shijak: Start (for instance, to commence fighting at a tournament)
- Kooman: Stop
- Kallyo: Separate (no grappling in Taekwondo tournaments)
- Kyesok: Continue

BASIC KOREAN TERMS:

- Tae: Foot (balance, mobility, stability, and to kick)
- Kwon: Fist
- Do: The WAY (the principles)
- Poomsae: Pattern
- Dojang: Training Hall (Dojo in Japanese)
- Dobok: Uniform (Gi in Japanese)
- Hogu: Chest protector for sparring
- Chung: Blue
- Hong: Red
- Kiai or Kiap: Spirit yell (to release energy)

COUNTING IN KOREAN

- | | |
|----------------|----------------|
| • Hana: one | • Ya-sot: six |
| • Dool: two | • Ilkop: seven |
| • Set: three | • Yodol: eight |
| • Net: four | • Ahop: nine |
| • Da-sot: five | • Yol: ten |



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5 TENANTS OF TAEKWONDO

1. **COURTESY:** Politeness in your attitude and behavior towards others and yourself.
2. **INTEGRITY:** Doing the right thing. Legally and morally.
3. **PERSERVERANCE:** Never giving up. Fulfilling obligations and reaching your goals.
4. **SELF CONTROL:** Controlling your actions, emotions, and behavior even when it's difficult.
5. **INDOMITABLE SPIRIT:** A spirit that cannot be overcome with negativity. Not allowing anyone to drag you down! Having self-confidence.



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L.D.R.S.H.I.P. VALUES

1. **LOYALTY** – Faithfull, steadfast, true to someone or something. Loyalty should be earned and maintained through respect.
2. **DUTY** – Fulfill your obligations. If you commit to something, see it through. Your word is important because it shows your character.
3. **RESPECT** – Treat others as they should be treated.
4. **SELFLESS SERVICE** – As a leader, everything you do should be for the wellbeing of your team or students. A good leader does not act with pride or ego, but with compassion and understanding.
5. **HONOR** – Live up to these Leadership Values! Lead by example!
6. **INTEGRITY** – Do the right thing. Even when no one is looking.
7. **PERSONAL COURAGE** – Face fear, danger, and adversity both physically and mentally.
 - ❖ Overcoming adversity means getting through a difficult and challenging situation.

MIDWEST MARTIAL ARTS

STRIPE SYSTEM



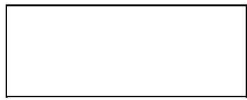
BLUE

– BREAKFALLS



RED

– FORMS



WHITE

– SELF DEFENSE



YELLOW

– STRIKES



GREEN

– KICKS



SILVER

– KNOWLEDGE



BLACK

– CHARACTER



MIDWEST MARTIAL ARTS

A Center for Life Skills and Leadership Development

Greetings from Mr. and Mrs. Haleva of Midwest Martial Arts. Your child or student is up for promotion but he/she has one more task to accomplish before being eligible to test for their next rank.

Please join us as we attempt to create a line of communication between parents, teachers, and martial arts instructors. It is our mission to educate and guide our students to understand and demonstrate the core values of the martial arts. (Respect, Integrity, Initiative, Duty, Perseverance, Personal Courage, Self-Control, and Indomitable Spirit.)

We put a strong focus on leadership development and personal accountability within the walls of our Dojo. We believe the values and leadership skills our students learn should be demonstrated not just at our dojo, but at home and school as well.

Please join us in our mission of building strong leaders by grading the student listed below. Your assessment is important, and it will support their growth and development.

STUDENTS NAME: _____ RANK TESTING FOR: _____

1 = STRONGLY DISAGREE 2 = DISAGREE 3 = SOMETIMES 4 = AGREE 5 = SUPERSTAR (STRONGLY AGREE)

PARENT /GUARDIAN	
NAME:	
Chores are completed as expected.	1 2 3 4 5
Homework is completed as expected.	1 2 3 4 5
RESPECT is demonstrated regularly to parents, siblings, other family members, and to themselves.	1 2 3 4 5
POLITENESS and COURTESY are demonstrated regularly.	1 2 3 4 5
My child makes noticeable efforts to learn from his/her mistakes.	1 2 3 4 5
I believe my child has made improvements in his/her behavior and deserves to promote.	YES / NO

TEACHER #1	
NAME:	
Student shows respect to teachers, staff, and other students.	1 2 3 4 5
Student turns in homework on time.	1 2 3 4 5
Student makes noticeable efforts to learn from his/her mistakes.	1 2 3 4 5
Student demonstrates initiative, integrity, and personal accountability.	1 2 3 4 5
Student demonstrates good behavior in the classroom.	1 2 3 4 5
I believe this student has made improvements in his/her behavior and deserves to promote.	YES / NO

TEACHER #2	
NAME:	
Student shows respect to teachers, staff, and other students.	1 2 3 4 5
Student turns in homework on time.	1 2 3 4 5
Student makes noticeable efforts to learn from his/her mistakes.	1 2 3 4 5
Student demonstrates initiative, integrity, and personal accountability.	1 2 3 4 5
Student demonstrates good behavior in the classroom.	1 2 3 4 5
I believe this student has made improvements in his/her behavior and deserves to promote.	YES / NO

TEACHER #3	
NAME:	
Student shows respect to teachers, staff, and other students.	1 2 3 4 5
Student turns in homework on time.	1 2 3 4 5
Student makes noticeable efforts to learn from his/her mistakes.	1 2 3 4 5
Student demonstrates initiative, integrity, and personal accountability.	1 2 3 4 5
Student demonstrates good behavior in the classroom.	1 2 3 4 5
I believe this student has made improvements in his/her behavior and deserves to promote.	YES / NO

MARTIAL ARTS INSTRUCTOR #1: Master Chris Haleva _____

MARTIAL ARTS INSTRUCTOR #2: Mrs. Anita Haleva _____

MIDWEST MARTIAL ARTS

LEADERSHIP STRIPE SYSTEM



1 GOLD STRIPE

INSTRUCTOR
LEVEL 1



2 GOLD STRIPES

INSTRUCTOR
LEVEL 2

LEADERSHIP ACADEMY

This program is designed to provide students with a foundation for developing leadership skills. This program has different levels and challenging milestones to achieve.

As students advance through the levels, they will continue learning valuable skills while gaining experience and practice leading other students. As students progress in rank and experience, they can achieve higher level certifications and responsibilities.

Learning good leadership habits will help children/teens build confidence, self-discipline, public speaking skills, and excel in activities like group projects and team sports. These skills will continue to evolve and benefit them as they grow older.

MIDWEST MARTIAL ARTS

Hybrid Taekwondo (White to Yellow Belt)

<p><u>STANCES:</u></p> <p>Attention Front Stance Ready Stance Defensive Stance / Fighting Stance Horse Riding Stance</p>	<p><u>KICKS:</u> (Green)</p> <p>Front Kicks (ball of foot and instep) Roundhouse Kick (sport & power) Back Leg Side Kick Knee Strike</p> <p>Kicking combos: Front kick – Outside, inside, low, high block Roundhouse – Outside, inside, low, high block Front kick, roundhouse, sidekick</p>
<p><u>STRIKES:</u> (Yellow)</p> <p>Low Strike High Strike Inside Strike Outside Strike Middle Punch Palm Strike</p>	<p><u>BREAK FALLS (Ukemi):</u> (Blue)</p> <p>Back Fall (from a push) Drill – Defend from ground.</p>
<p><u>FORM:</u> (Red)</p> <p>Taeguk - Kicho</p>	<p><u>BASIC SELF DEFENSE:</u> (White)</p> <p>Choke (2 defenses)</p> <p>Wrist escapes: <i>(Opposite side & cross grab)</i></p> <ol style="list-style-type: none">1. Basic Wrist escape2. Thumb wrist entry3. Web up
<p><u>KNOWLEDGE:</u> (Silver)</p> <p>What is Tae Kwon Do mean in English? The way of the hand and foot. Tae means FOOT, Kwon means FIST, and do means the WAY.</p> <p>5 Tenants of Taekwondo</p> <ol style="list-style-type: none">1. Courtesy – Politeness in your attitude and behavior towards others and yourself. <p>What are the color codes of awareness? They are a guide to practicing good situational awareness.</p>	



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Kicking Combinations – Hybrid Taekwondo

White to Yellow

- Front kick – Outside, inside, low, high block.
- Roundhouse – Outside, inside, low, high block.
- Front kick, roundhouse, sidekick.

Yellow to Orange

- Front kick, jumping front, step behind side kick.
- Axe kick, roundhouse, jumping roundhouse, step behind side kick.

Orange to Purple

- Immediate front kick, back leg front kick, repeat.
- Immediate front, back roundhouse, immediate round, back front kick. *(mix it up)*
- Immediate front kick, back leg front kick, back leg roundhouse, turning side kick.

Purple to Green

- Immediate front kick, back leg front kick, skipping front kick, Jump front kick. *(Same order for roundhouse, & axe kick)*
- Immediate front kick, back leg round, skipping side kick.
- Inside crescent kick, turn side kick.
- Outside crescent, turning side kick.

Green to Blue

- Double roundhouse, olympic jump roundhouse, jump axe, back leg hook kick.
- Double side kick, olympic jump roundhouse, jump axe, back leg hook kick.

Blue to Brown

- Immediate hook kick – roundhouse, step down, spin hook, roundhouse.
- Slap kick, roundhouse, spin hook – roundhouse.

Brown to High Brown

- Inside crescent, spin crescent, axe kick, tornado, turning side kick, drop knee turn hook kick.
- Double roundhouse, switch tornado, turning back kick.

High Brown to Red

- Spin roundhouse, back leg roundhouse, jump turn back kick.
- 360 jump turn side kick, immediate axe kick, tornado round, step forward fake, jump turn side kick.

Deputy Black and up

- Create 5 kicking combinations using at least 5 different kicks in each combination.