

**NEW STUDENT
PROGRAM
GUIDE**

PKSA
karate

ROYAL OAK

WELCOME!



Thank you for joining our community!
We look forward to getting to know
you!



Our mission is to provide a
community environment that is open
to all . We will guide our students to
grow through professional instruction
and in a disciplined environment.

IT'S TIME TO FLY!

The Journey to Black Belt begins with the first step...your first class.

What will you get out of it? Confidence, focus, and an ability to defend oneself.

Your adventure is just beginning...



WHAT'S INSIDE

- Preparing for Class
- How to Support Your Student in Class
- Checking In
- PKSA App
- School Website
- Curriculum
- How Can Parents Help?
- Testing
- Resources



PREPARING FOR CLASS

- The first class can be very intimidating for any new martial artist. Offer lots of positive encouragement.
- The student should make sure that they have a white t-shirt, uniform (dobak), and belt ready for the day.

MAKE NEW FRIENDS



HOW TO SUPPORT YOUR STUDENT IN CLASS

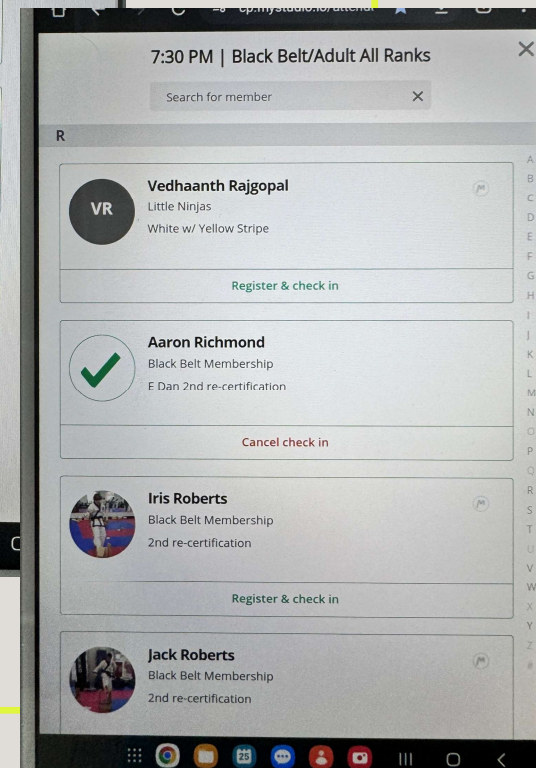
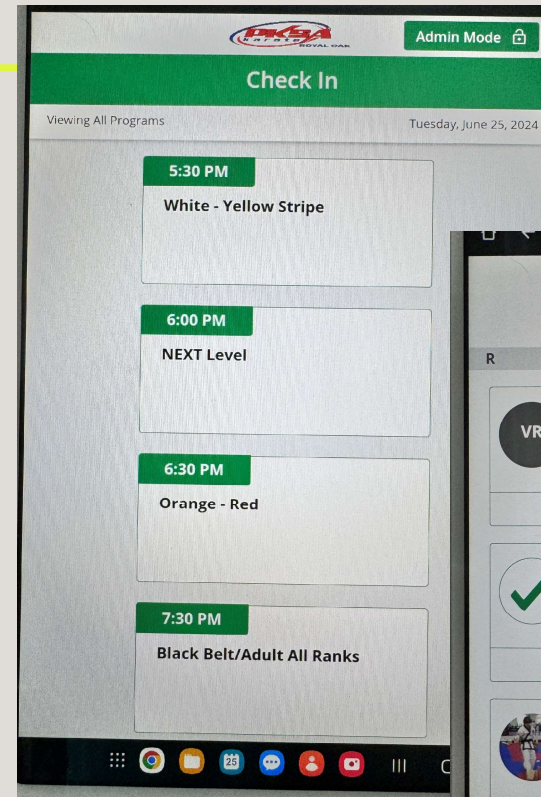
- Have your student at the school and ready to attend class at the scheduled start time
- Refrain from coaching. While it may seem helpful, it's distracting to your student as well as the rest of the class and disrupts the discipline/trust-bond with the instructor
 - Corrections/coaching should only be made by instructors
 - For beginners, we only correct ~15% of errors
- Be attentive to what's being learned in-class
- Be patient. Understand that behaviors and skill improves over time, with regular attendance



CHECKING IN

Checking in for class is easy to do!

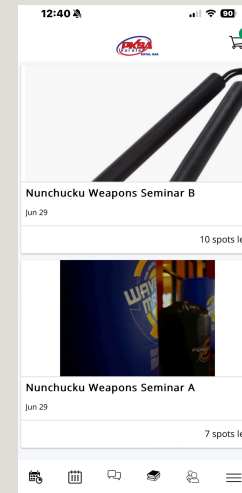
- Arrive early for class to be able to check in
 - Students should be on the floor once class starts
 - If needed, check in after class has concluded
- The student should click on their specific class, then find their name. Click Check In. A green check mark will display if it was accepted.
- See Mr. Aaron or Miss Ronni if you have any problems checking in



PKSA APP

What do I use the app for?

- Communicate with the school
- View instructional videos for practice at home
- Sign up for Events
- Update payment information
- Refer new students (earn credits \$\$)



Download the PKSA app from Apple or Google.
To sign up:


- Use the email registered to your school account
- When prompted use Studio Code: PKSARO21

SCHOOL WEBSITE


- <https://pksaroyaloak.com/>
- Our website contains useful information such as
 - Class schedules & curriculum schedules
<https://pksaroyaloak.com/class-schedule>
 - Calendar of upcoming events
<https://pksaroyaloak.com/member-events>
 - Weekly Announcements
<https://pksaroyaloak.com/announcements>
 - Web Store <https://pksaroyaloak.com/store>

- # SCHOOL WEBSITE
- <https://pksaroyaloak.com/>
 - Our website contains useful information such as
 - Class schedules & curriculum schedules
<https://pksaroyaloak.com/class-schedule>
 - Calendar of upcoming events
<https://pksaroyaloak.com/member-events>
 - Weekly Announcements
<https://pksaroyaloak.com/announcements>
 - Web Store <https://pksaroyaloak.com/store>

REGISTER NOW FOR THE WOMEN'S SELF DEFENSE CLASS - STARTS JULY 10




[HOME](#)
[WOMEN'S SELF DEFENSE](#)
[ABOUT](#)
[TRIAL CLASSES](#)
[CLASS SCHEDULE](#)
[STORE](#)
[MORE](#)




[All Products](#)
[Clearing Gear](#)
[Headgear](#)


[All Products](#)




[HOME](#)
[WOMEN'S SELF DEFENSE](#)
[ABOUT](#)
[TRIAL CLASSES](#)
[CLASS SCHEDULE](#)
[STORE](#)
[MORE](#)



[HOME](#)
[WOMEN'S SELF DEFENSE](#)
[ABOUT](#)
[TRIAL CLASSES](#)
[CLASS SCHEDULE](#)
[STORE](#)
[MORE](#)





[A Traditional Tang Soo Do Uniform \(Jinjeog\)](#)

\$55.00


plus

[Tang Soo Do Flag Patch](#)

\$10.00

CLASS SCHEDULE

Download PDF



Royal Oak CLASS SCHEDULE

7/10 - 7/12/2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 6:30 PM Kids Karate	6:00 - 6:30 PM Kids Karate	6:00 - 6:30 PM Kids Karate	6:00 - 6:30 PM Kids Karate	6:00 - 6:30 PM Kids Karate	6:00 - 6:30 PM Kids Karate
6:30 - 7:00 PM Kids Karate	6:30 - 7:00 PM Kids Karate	6:30 - 7:00 PM Kids Karate	6:30 - 7:00 PM Kids Karate	6:30 - 7:00 PM Kids Karate	6:30 - 7:00 PM Kids Karate
7:00 - 7:30 PM Kids Karate	7:00 - 7:30 PM Kids Karate	7:00 - 7:30 PM Kids Karate	7:00 - 7:30 PM Kids Karate	7:00 - 7:30 PM Kids Karate	7:00 - 7:30 PM Kids Karate
7:30 - 8:00 PM Kids Karate	7:30 - 8:00 PM Kids Karate	7:30 - 8:00 PM Kids Karate	7:30 - 8:00 PM Kids Karate	7:30 - 8:00 PM Kids Karate	7:30 - 8:00 PM Kids Karate
8:00 - 8:30 PM Kids Karate	8:00 - 8:30 PM Kids Karate	8:00 - 8:30 PM Kids Karate	8:00 - 8:30 PM Kids Karate	8:00 - 8:30 PM Kids Karate	8:00 - 8:30 PM Kids Karate
8:30 - 9:00 PM Kids Karate	8:30 - 9:00 PM Kids Karate	8:30 - 9:00 PM Kids Karate	8:30 - 9:00 PM Kids Karate	8:30 - 9:00 PM Kids Karate	8:30 - 9:00 PM Kids Karate
9:00 - 9:30 PM Kids Karate	9:00 - 9:30 PM Kids Karate	9:00 - 9:30 PM Kids Karate	9:00 - 9:30 PM Kids Karate	9:00 - 9:30 PM Kids Karate	9:00 - 9:30 PM Kids Karate
9:30 - 10:00 PM Kids Karate	9:30 - 10:00 PM Kids Karate	9:30 - 10:00 PM Kids Karate	9:30 - 10:00 PM Kids Karate	9:30 - 10:00 PM Kids Karate	9:30 - 10:00 PM Kids Karate
10:00 - 10:30 PM Kids Karate	10:00 - 10:30 PM Kids Karate	10:00 - 10:30 PM Kids Karate	10:00 - 10:30 PM Kids Karate	10:00 - 10:30 PM Kids Karate	10:00 - 10:30 PM Kids Karate
10:30 - 11:00 PM Kids Karate	10:30 - 11:00 PM Kids Karate	10:30 - 11:00 PM Kids Karate	10:30 - 11:00 PM Kids Karate	10:30 - 11:00 PM Kids Karate	10:30 - 11:00 PM Kids Karate
11:00 - 11:30 PM Kids Karate	11:00 - 11:30 PM Kids Karate	11:00 - 11:30 PM Kids Karate	11:00 - 11:30 PM Kids Karate	11:00 - 11:30 PM Kids Karate	11:00 - 11:30 PM Kids Karate
11:30 - 12:00 PM Kids Karate	11:30 - 12:00 PM Kids Karate	11:30 - 12:00 PM Kids Karate	11:30 - 12:00 PM Kids Karate	11:30 - 12:00 PM Kids Karate	11:30 - 12:00 PM Kids Karate
12:00 - 12:30 PM Kids Karate	12:00 - 12:30 PM Kids Karate	12:00 - 12:30 PM Kids Karate	12:00 - 12:30 PM Kids Karate	12:00 - 12:30 PM Kids Karate	12:00 - 12:30 PM Kids Karate
12:30 - 1:00 PM Kids Karate	12:30 - 1:00 PM Kids Karate	12:30 - 1:00 PM Kids Karate	12:30 - 1:00 PM Kids Karate	12:30 - 1:00 PM Kids Karate	12:30 - 1:00 PM Kids Karate
1:00 - 1:30 PM Kids Karate	1:00 - 1:30 PM Kids Karate	1:00 - 1:30 PM Kids Karate	1:00 - 1:30 PM Kids Karate	1:00 - 1:30 PM Kids Karate	1:00 - 1:30 PM Kids Karate
1:30 - 2:00 PM Kids Karate	1:30 - 2:00 PM Kids Karate	1:30 - 2:00 PM Kids Karate	1:30 - 2:00 PM Kids Karate	1:30 - 2:00 PM Kids Karate	1:30 - 2:00 PM Kids Karate
2:00 - 2:30 PM Kids Karate	2:00 - 2:30 PM Kids Karate	2:00 - 2:30 PM Kids Karate	2:00 - 2:30 PM Kids Karate	2:00 - 2:30 PM Kids Karate	2:00 - 2:30 PM Kids Karate
2:30 - 3:00 PM Kids Karate	2:30 - 3:00 PM Kids Karate	2:30 - 3:00 PM Kids Karate	2:30 - 3:00 PM Kids Karate	2:30 - 3:00 PM Kids Karate	2:30 - 3:00 PM Kids Karate
3:00 - 3:30 PM Kids Karate	3:00 - 3:30 PM Kids Karate	3:00 - 3:30 PM Kids Karate	3:00 - 3:30 PM Kids Karate	3:00 - 3:30 PM Kids Karate	3:00 - 3:30 PM Kids Karate
3:30 - 4:00 PM Kids Karate	3:30 - 4:00 PM Kids Karate	3:30 - 4:00 PM Kids Karate	3:30 - 4:00 PM Kids Karate	3:30 - 4:00 PM Kids Karate	3:30 - 4:00 PM Kids Karate
4:00 - 4:30 PM Kids Karate	4:00 - 4:30 PM Kids Karate	4:00 - 4:30 PM Kids Karate	4:00 - 4:30 PM Kids Karate	4:00 - 4:30 PM Kids Karate	4:00 - 4:30 PM Kids Karate
4:30 - 5:00 PM Kids Karate	4:30 - 5:00 PM Kids Karate	4:30 - 5:00 PM Kids Karate	4:30 - 5:00 PM Kids Karate	4:30 - 5:00 PM Kids Karate	4:30 - 5:00 PM Kids Karate
5:00 - 5:30 PM Kids Karate	5:00 - 5:30 PM Kids Karate	5:00 - 5:30 PM Kids Karate	5:00 - 5:30 PM Kids Karate	5:0	

CURRICULUM

- Curriculum for each rank can be found on the poster in the hallway
- Scanning the respective QR code will take you to the same on your phone

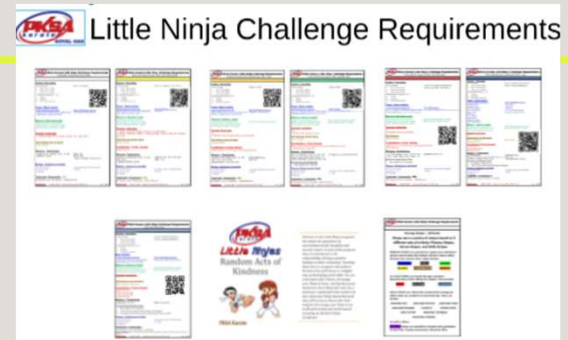


Leadership Approach

- Mistakes are okay with continuous improvement
 - Focus on the longer journey
- Empathize with past experience
- Corrections 15% using praise-correct-praise methodology

HOW CAN PARENTS HELP?

- Ensure that your student attends classes regularly.
- Have him/her practice at home.
- Review the terminology with your student.
- Encourage participation in a tournament.
 - Why? Students who compete tend to develop greater focus and practice in the art and have a greater likelihood of reaching black belt.
- Students that quit, often do this after having difficult times learning a form, bo staff, etc. It's important that we continue to bring him/her to class. The lesson is about perseverance...when things in life become difficult. Every student has the capability of becoming a black belt, and it takes commitment, holding steady when it is hard. It can be difficult to see our children struggling, but I promise you that the rewards of learning to adapt, overcome and achieve provides them a greater opportunity to be successful...to become leaders, build confidence, and learn to deal with set-backs.





TESTING

- Occurs every three months for Ninjas and Gups (color belts below black belt), every 6 months for Dans (black belts)
- This period is an opportunity for a student to be evaluated for promotion to a higher rank.
- Students test in front of a visiting Master, Master Jackson (Aaron and Ronni's teacher), and a panel of black belts
- The test encompasses everything they have learned.

RESOURCES

WHERE CAN I FIND CURRICULUM?

- Curriculum for each rank can be found on the hallway posters
 - Scanning the respective QR code will take you to a webpage containing the same.
- You can also view the instructional videos for each rank on the PKSA app. Click on the stack of books and then proceed from there.
- Feel free to reach out to us if you have any questions.
- We have previously held curriculum nights without attendance. If you would like to meet in-person, please schedule with Mr. Aaron

MOST COMMON TERMINOLOGY

- Gup – Color belt below black belt
- Dan – Black Belt (midnight blue)
- Charyut – Attention
- Song Choki baret – Salute the flag (right hand over heart)
- Buro – Return to previous position
- Tora – Turn
- Muk Nyum – Standing meditation (more frequently used in higher ranks)
- Cho Dan – 1st degree black Belt
- E Dan – 2nd degree black belt
- Sam Dan – 3rd degree black belt
- Sa Dan – 4th degree black belt (master)
- Kyo Sa Nim – Certified Instructor
- Sa Bom Nim – Master Instructor
- Kwan Jang Nim – Grand Master
- Hyung – Form, called kata in other martial arts
- Shio (show) – Relax (bow to instructor) Kyung Ret (keen yay) – Bow
- Dojang – Training studio
- Dobak – uniform

CONTACT INFORMATION

- (248) 295-4110
- admin@pksaroyalok.com



MASTER JEFF JACKSON

- Former owner of PKSA Karate Royal Oak
- Rank Sa Dan (4th degree)
- Instructor: Master Prosch
- Weapons: Traditional bo and nunchucku



KYO SA NIM RONNI MILES

- Little Ninjas Instructor
- Women's Self-Defense Instructor
- Gups and Dans Instructor
- Rank E Dan (2nd degree)
- Instructor: Master Jackson
- Weapons: Traditional bo and sai



KYO SA NIM

AARON RICHMOND

- Owner of PKSA Karate Royal Oak
- Gups, Dans, and Leadership Instructor
- Rank E Dan (2nd degree)
- Instructor: Master Jackson
- Weapons: Traditional bo, tonfa, arnis, sword, and nunchucku.
- Former member of PKSA International Demo Team



AFFILIATIONS

BBB Rating & Accreditation



Accredited Since: 10/24/2023

Years in Business: 10

