



Student Handbook

Stein & Stein, Inc dba

StoneHouse Martial Arts

"Timeless traditions for today...."

Dedication

Some major changes in the last two years have prompted this revision. This handbook is a living document and is a combination of the “previous” handbook, which was used as a framework to create this updated version for our students.

Thank you, Stephanie, for all your encouragement and support. Without you, StoneHouse Martial Arts would not be what it is today – a place that respects each student in an environment of discipline, love, safety and respect. From the first day I decided to transition from student to academy owner you were by my side supporting and helping me. We made the decision and transition together and are still working on improving the shared dream we have.

Thank you, Master Gary Mattevi and Kim Mattevi, for seeing something in two students of yours, that made you think we could be entrusted with the great responsibility to continue the tradition of this Martial Arts Academy.

To everyone else who has supported the endeavor of maintaining and growing this academy (including our parents and children), I thank you.

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Philosophy:

Martial Arts: It's not just what we do, it's who we are!!!

We believe that martial arts training serve as an excellent tool for character development. This can be achieved by training people to become strong in body and mind – confident, disciplined individuals capable of meeting the difficult challenges of today's society.

Our foundational philosophy can be expressed in the following goals, which we are determined to teach:

Reinforcement of Family Values

We support the traditional approaches to family development like discipline for children, respect for parents, academic achievements and loving parents. We also believe family involvement in our community is vitally important to the development of healthy homes.

Respect for Authority

In every facet of life there is some sort of authority structure. Home, school and job, are just a few examples of authority structures that are important to the survival of our society. We incorporate the disciplines of learning respect for authority by practicing respect in our classes. Every student addresses their instructors and fellow students in terms of respect. Infractions of this practice do not go uncorrected.

Responsibility for Ones own Actions

It is important for people, especially young people, to learn that each of us is responsible for our personal actions; blame cannot be transferred to another. Corresponding to this valuable lesson is the reality that consequences follow every action. In some cases, there is reward and praise; and in other cases there is correction and penalty. Using a number of creative formats, like object lessons and role playing, we can help instill this important value into the lives of our students.

It is our desire to see our students enjoy the sport of karate through the relationships they build with other students, the excitement of tournaments, the satisfaction of staying physically fit, the value of setting and achieving goals, and the confidence that comes from knowing how to stay in control of the situations of everyday life.

Competition

Competitive karate is simply a game – a sport. It is not designed to simulate combat or realistic self-defense. We will train our students to experience the challenge of competition and the skills and etiquette needed to properly participate in tournaments. Some tournament competition is required for rank advancement.

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly;...who at best knows in the end the triumph and achievement, and who at worst, if he fails, at least fails while daring greatly” – Theodore Roosevelt

Self-defense

The goal of our self-defense training is to learn how to get control of potentially life-threatening situations so that the ideal results will be that no one is harmed. However, our techniques are effective and designed to provide maximum protection when self-defense is necessary. Included in the physical training is mental training which

equips the student to react with sound judgment. Being mentally able to assess a situation is vitally important in order to accomplish the entire goal of self-defense.

Values

It is our opinion that there is a lack of solid consistent values that equip people to make sound decisions and constructive contributions to our society. We believe that people should learn to care about each other. Our values enable us to invest ourselves in our fellowman. We are committed to the development of honesty, respect, kindness, responsibility, integrity, academic excellence, confidence, self-control and HUMILITY by using the disciplines of the martial arts. These kinds of values are crucial for the development of people who are willing to serve one another – for the highest goal.

We promise to give our very best to make our students' training in the martial arts one the most rewarding experiences of their lives.

Sincerely,

Mr. & Mrs. Stein
Owners & Head Instructors

Introduction:

We want to welcome you to our academy and congratulate you for making the first big step to starting your martial arts journey. Remember: We all started as white belts at one point.

A black belt is simply a white belt that never quit!!

THE KARATE CREED:

**I COME TO YOU WITH ONLY KARATE, EMPTY HANDS,
I HAVE NO WEAPONS,
BUT SHOULD I BE FORCED TO DEFEND MYSELF,
MY HONOR, OR MY PRINCIPALS,
SHOULD IT BE A MATTER OF LIFE OR DEATH,
OF RIGHT OR WRONG,
THEN HERE ARE MY WEAPONS,
MY EMPTY HANDS.**

Logo and academy name:

In honor of our master we decided at the time of the transition to keep the name of the academy. This decision seemed very appropriate at the time and was done with everybody agreeing. We knew that we would change the name sometime in the future. That time came in the summer of 2016. After many hours of deliberation, we decided on a name and started to create a new logo.

StoneHouse Martial Arts:



The meaning of the name.

Stone is the English translation for "Stein". Putting your name on something changes your perspective. It becomes a lot more personal and meaningful. We always considered the academy to be a house open to everybody to train but also a place in which we can be together as family.

The meaning behind our patch.

The rocks symbolize a solid foundation and the Korean inscription means "family". The symbols on the outside are Japanese and mean "budo" or martial arts. The pine tree is a reference to our lineage which goes back to Gichin Funakoshi. His penname was "shoto" which means pine tree. Song Moo Kwan, the name of our style, means "ever youthful house of martial arts" which is also translated as "evergreen". The Northstar symbolizes the path that we are all on and the guidance we need to stay the course. The 5 colors in the patch symbolize the 5 elements (earth-yellow, water-black, fire-red, metal-white and wood-green). The Yin/Yang symbol, while creating an "S", stands for the constant thrive for balance in the interaction of everything.

History:

Our style of martial arts is in the direct lineage of the Song Moo Kwan which was founded by Great Grandmaster Byung Jick Ro.

The teachings of Grandmaster Ro were brought to the United States from Korea by several trustworthy students. One of whom was Il Joo Kim who incorporated the philosophy (Ryu) of Ku Ki (conquering self).

One of Grandmaster Kim's first students was Bob Chaney. Grandmaster Chaney continued to carry on the traditions of the Song Moo Kwan Kuk Ki Ryu while pursuing the knowledge of Muay Thai (kickboxing) as well as other martial arts.

Master Gary Mattevi was one of Grandmaster Chaney's first students. Master Mattevi continued to train in the traditions of Song Moo Kwa Kuk Ki Ryu while competing on a national level. He trained in Jiu Jitsu and other martial arts and incorporated many of the techniques into our curriculum.

The teachings of Master Mattevi were entrusted to Mr. Stefan Stein who continues to carry on the traditions of Song Moo Kwan Kuk Ki Ryu, the teachings of Master Mattevi while pursuing the knowledge of other martial arts.

The following is a brief synopsis of the history of the Song Moo Kwan. As with any second hand account of history, especially as it pertains to lineage, there are different views regarding facts and chronologies.

Great Grandmaster Byung Jick Ro



Song Moo Kwan is "The Ever Youthful House of Martial Arts Training". Rich in history and tradition, Song Moo Kwan is the oldest and most famous school of Taekwondo in Korea. Its founder Taekwondo pioneer Great Grandmaster Byung Jick Ro, was the highest ranking Black Belt in the world. Byung Jick Ro was born July 3, 1919 in Kaesung City, Korea. Frail health forced him to enter school a year later than the other children. At the age of twelve, his strong interest in the ancient martial arts was intensified as he witnessed the techniques practiced in the local temples. His youthful spirit drove him to train with intense dedication subsequently strengthening and improving his health. As a young man, Great Grandmaster Ro traveled to Japan to attend college. It was during this time that his passion for the martial arts led him to seek out Shotokan founder, Gichin Funakoshi. In May of 1936 he began training under Funakoshi. In February of 1944 he returned to Korea, where he continued to create additional hand and foot techniques of his own. It is the combination of these techniques along with the ones he learned during his early years of training that we know as Song Moo Kwan.

Honoring numerous training requests, he opened the Kaesung dojang on March 11, 1944 in the Kwan Duck Jung archery school, establishing the first of the "original founding kwans". Unfortunately, due to the situation in Korea during this time the dojang was forced to close within three to four months after opening. It was the end of World War II and Korea was under Japanese occupation. Survival was the first priority for the people of Korea and training in the martial arts was far from their minds. On May 2, 1946, Great Grandmaster Ro re-established his art at Dong Hung Dong. For the next few years martial arts swept through the Korean general population and began to thrive as additional Kwans sprung up. However, war would again cause Great Grandmaster Ro and the rest of the founders to abandon their dreams as the Korean War forced them to close their doors. Not allowing themselves to be hindered, on May 25, 1953, Great Grandmaster Ro, along with one delegate from each of the founding Kwans and seven representatives held a conference and established the Korean Kong Soo Do Association. Great Grandmaster Ro was chosen to serve as its Executive Director. He was also made the Chairman of the Rank Promotion Committee and the Master Instructor. Sadly, due in part to the Korean War,

Great Grandmaster Ro is the only founder of the original founding Kwans still active in Taekwondo today.¹ Great Grandmaster Ro passed away on September 9, 2015.

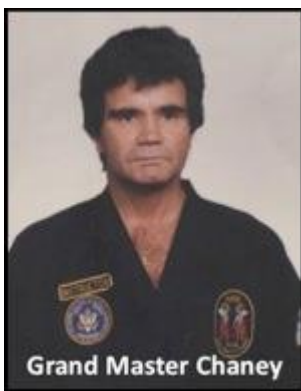
Grandmaster II Joo Kim



Grandmaster II Joo Kim grew up in a rural setting near Wonju City, Korea. He began practicing a variety of martial arts at an early age, Finally Kim decided that he wanted to devote his time to the teachings of Great Grandmaster Byung Jick Ro's Song Moo Kwan School. Song Moo Kwan was one of the original five Kwans and Great Grandmaster Ro was himself one of the early presidents of the Korean Tae Soo Do Association. Later, the five Kwans were united under the collective name, Taekwondo. As a young black belt Kim taught at the main school under Great Grandmaster Ro in Seoul and later operated his own school while attending college at Sung Kyun Kwan University. When he enlisted in the Korean army Kim was a 2nd degree black belt. In 1964, now a 5th degree black belt Kim left Korea for the United States to further his education.

While living in Louisville, Ohio Kim began teaching Taekwondo classes at the local YMCA. Two years later Kim would open his own dojang, this would be the beginning of an incredible martial arts success story. More than four decades later Grandmaster Kim is known as the Father of Taekwondo in the Midwest. With numerous schools throughout Northeast Ohio and hundreds of students, Grandmaster Kim pioneered the ancient Korean art in America. In addition to his many schools, Grandmaster Kim hosts one of the oldest annual tournaments in the United States. Grandmaster Kim was also one of 33 prominent Taekwondo masters who founded the organization that now defines Olympic style sport Taekwondo. Currently Grandmaster Kim is the President of the All-American Song Moo Kwan Association and is on the Board of Advisors of the Asian Taekwondo Union.²

Grandmaster Bob Chaney



Grandmaster Bob Chaney was born in Wadsworth, Ohio on February 2, 1943. His family moved to Akron, Ohio in the early 1950's where Grandmaster Chaney was raised and began boxing training under his father in 1958. In 1960 he trained sporadically in the Isshin-Ryu style of karate and switched to Taekwondo under Grandmaster II Joo Kim at the YMCA in Canton, Ohio in 1964. He continued in the tradition of the Song Moo Kwan under Grandmaster Kim. Grandmaster Chaney received his rank promotion from 1st through 7th Dan under Grandmaster Kim. He was officially promoted to 7th Dan in December, 1993. In April, 2000 General Choi (Founder of Taekwondo and President of the International Taekwondo Federation) personally promoted Grandmaster Chaney, along with Bob Wall and Chuck Norris to 8th Degree Grandmaster at a ceremony in

Pittsburgh, Pennsylvania. This promotion was with the approval of his teacher, Grandmaster Kim who was in attendance. Grandmaster Chaney had a prolific trail of awards and accolades to his credit. Grandmaster Chaney and his wife Sarinda, while dividing their time between Ohio and Thailand, owned and operated a successful academy in Murrieta, California. Grandmaster Chaney unexpectedly passed away on March 27, 2016.

¹ "History of Song Moo Kwan," 01 December 2005

<<http://www.songmookwan.com/songsite.songhist.html>>

² "Founding Members – Grandmaster II Joo Kim," 01 December 2005

<http://www.worldblackbelt.com/Founding_Members/Kim_Joo__II.asp?SID=U2KGX0UO7R9SXNV>

Master Gary Mattevi



He was born in Canton, Ohio in 1956 where he lived until he was twenty-eight. He decided not to go to college right after high school. He started to train with Grandmaster Chaney in September, 1974 at the age of eighteen. In 1994, after having moved to Duluth, Minnesota, he started the Mattevi Martial Arts Academy. Together with his wife Kim Mattevi (5th degree black belt) he taught hundreds of students in the Twin Ports area. Some of his many achievements are the induction into the International Karate & Kickboxing Hall of Fame in 1996, induction in the Martial Arts Museum of America in 1998, received the title of Renshi (martial arts expert technician) in 2002 and promotion to 7th degree black belt in 2007. After moving to Greensboro, North Carolina in 2010 he started another successful martial arts academy. Another twist in his life brought him to Phoenix, Arizona in 2016. He continues to be an active martial artist.

Organizational structure:

Council of Advisors: Over the course of the last few years, Sensei Stein has had the honor to meet a number of high-ranking black belts whom he trains with and consults about issues pertaining to martial arts and running a school. Of this distinguished group, Master Mattevi is his closest advisor and confidante and visits our school occasionally to train with him and monitor the quality of our instruction. No major decisions are made without first seeking the counsel of Master Mattevi. However, our school operates completely autonomously from any governing organization.

Administration: Stein & Stein, Inc. (dba StoneHouse Martial Arts), is owned and operated by Stefan and Stephanie Stein. All decisions pertaining to the operation of this business are made expressly by them. They are equal partners and shareholders in the corporation and carry equal weight in the decision-making process.

Head Instructor (Shihan): In our school Sensei Stein is the head instructor. He oversees the curriculum development and all the senior instructors, instructors, assistant instructors, helpers.

Senior Instructor (Sensei): Must be at least a third degree black belt.

Instructor (Sempai): Must be at least a first degree black belt.

Assistant Instructor: Must be at least a youth black belt or equal in teaching experience.

Class Assistant: Must be at least an advanced brown belt.

Rules of the academy:

- All fees are due prior to service.
- Any fighting outside of the gym that is not strictly self-defense, controlled practice sparring, practice at home with parent's permission or sanctioned tournaments will result in barring from the academy.
- Advancement test will be conducted at the end of each semester. Testing is required for all students unless excused by the instructor.
- Testing fees are included in the cost of any program.
- Proper uniforms and safety equipment will be required at the expense of the student.
- There will be no outbursts of profanity or anger during any training session or in the viewing area by students or guests.
- The utmost respect will be shown to fellow students.
- Instructors and those with higher rank will be addressed in the appropriate terms of respect (e.g., "Sensei", "Sir", "Ma'am", "Mister", or "Ms", "Master", etc).
- Every effort will be made to keep the academy clean and to prevent damage.
- Every student will bow when entering and leaving the training area.
- Every student will bow at the beginning and at the end of class and to each other before working together.
- Do not enter class or leave early without permission from the instructor.
- The senior-most (highest ranking) student will line the class up promptly and begin to warm up the class even if the instructor is not yet present. The class will not bow in, however, until the instructor is in place at the front of the class.
- It is important to help fellow students. It is improper to criticize a senior student who is helping you. Do not teach new material unless being asked to do so by an instructor.
- It is important that an attitude of discipline is maintained during class. This means there should be no talking, laughing, running or gum chewing.
- Personal hygiene is your responsibility. This means clean uniforms, clean hands and feet with trimmed nails.
- All students will work hard at building a good reputation for our school without speaking against any other martial arts school in the community. We will do our best to promote good relations within the broader martial arts community.
- Do not hold demonstrations or teach karate without the approval of Sensei Stein.
- No shoes in the training area. The shoes are to be put in the shoe shelves along the wall with the toes towards the wall.
- Gym bags may be taken into the classroom and arranged neatly along the back of the room.
- All equipment should be labeled.
- The only beverage permitted in the training area is water in a non-breakable container.

Dress Code:

Karate Uniform (Gi) Designation

The white uniform (gi): Is used by all our Pre-skill (Dragons) and Youth INTRO Karate students. The white uniform indicates the beginner student level and their thirst for knowledge. If you choose you can wear the white uniform until you reach black belt and beyond.

The blue uniform (gi): Is worn by all Color Belt Karate students (yellow to brown belt) in the Youth and Adult program.

The black uniform (gi): is worn by all Black Belt Club students (advanced brown to black belt). Advanced students are considered helpers and are expected to lead the warmup, call basic line drills and help with instructing others.

The white top with black pants or the black uniform (gi) with red trim: Adult black belts can choose which uniform they prefer to wear.

Other classes (Combatives, Muay Thai, Krav Maga,...)

There is no official "uniform" for these classes. We encourage you to wear one of the academy t-shirts or Muay Thai t-shirts. We expect our students to dress in a non-provocative or revealing fashion. A t-shirt and shorts/sweatpants (gi pants) should be the norm.

For your information:

Bowing

Bowing is an important part of what we do. It is a physical expression of an inner attitude, an attitude of humility. It's interesting to ask children what their definition of humility is. Usually we hear things like, "It's like when you get embarrassed." They generally confuse humility with humiliation. Unfortunately, the concept of humility has lost some of its importance over the generations.

Our definition of humility is, to put others before yourself. Simply put, it is to view others as more important than yourself; or, to esteem others more highly than yourself. Bowing becomes a picture of this when two people bow to each other because it makes one person higher than the other. Therefore, because they esteem the other person highly, they have a responsibility to protect them. So inherent in this concept of bowing is a promise that says, "I promise to do my very best to protect you from me." When two people train together with this kind of attitude, martial arts becomes a very safe experience. It's only when the human ego surfaces and pride takes over that the training becomes dangerous.

Bowing to each other and when entering the training area represents a separation from the outside world. It marks the entrance into "our world". However, "our world" is not the real world. We do things in "our world" that we don't in the real world. We speak to each other respectfully, we use proper manors, we learn to do things that could be harmful outside of the dojo, and we punch and kick each other and think it's fun. This is not the real world!

We bow when we enter the training are. This is what we call the "checkpoint bow". Before we walk into the training are, we make sure that we are mentally prepared to train and our uniform is clean with our belt tied. Once we walk in, nothing else exists, there are no distractions, for the next hour the only thing that matters is our training.

We bow to begin class. We bow when we are called to step forward to leave the line. These bows express a respectful attitude towards the instructors and those present to train.

We bow to each other before we work together in pairs. This expresses the overall attitude of humility as explained above. Symbolically, bowing is a picture of one person putting the other person above them or making the other person more important. Inherent in this bow is the responsibility to protect the person to whom one is bowing. This communicates the attitude that makes our training safe.

We bow as we leave the classroom. This bow is a picture of leaving "our world" and going back out into the real world. We hope to take with us the character and attitude that will help make the real world a better place. We believe that people who practice these disciplines as a way of life will make a difference in the world around them.

Terms of Respect

Speaking to each other respectfully is a discipline that we believe keeps our training sharp. It recognizes rank by addressing those higher in rank as "Mr", "Mrs", or "Ms". No instructor should ever be addressed by his/her first name in the academy.

We stress the importance of using good manners (please, thank you, May I...?, excuse me, pardon me). We like to see behaviors that are courteous and kind. We believe that treating a person respectfully builds them up and helps them discover their potential. Respect express worth to others and strengthens their dignity.

“Giving Back”

The “value of giving back” has long been a sustaining characteristic to the perpetuation of learning martial arts. Every martial artist has some contribution that can make the martial arts community grow and become better. Each contribution is a “gift” of sorts that is given to benefit other students. Because it is sometimes difficult to determine what our gift to the martial arts community may be, we have developed several ways for students to explore and discover what their “gift” is.

Teaching is one of the areas where “giving back” is more obvious but carries the greatest weight of responsibility. We recognize that not all students will or should aspire to become a teacher. Teaching is a gift that is innate but often needs to be discovered. Once it is discovered, it becomes a skill that needs to be honed and maintained in order to be effective. Our program is designed to give our students the opportunity to explore or find their own gift.

While not all advanced students will become instructors, the training and experience will benefit them and the students they help. Other ways to give back include helping at academy events such as tastings, tournaments, parties and seminars.

As students’ progress in rank the value of “giving back” should be encouraged by all instructors. No instructor should ever squelch the desire that students express in their early years of training. In fact, they should be diligent to guide students and nurture the growth of their desire, so it takes on healthy attributes.

Proper lines of Communication

In the Classroom: If a question needs to be asked by a student during class a raised hand will signal the instructor of the need to ask. When instructors ask for a response from the students, they will raise their hand to indicate their desire to answer the question.

Need More Information: Questions about material being taught in a class should be directed to that particular instructor. Do not ask one instructor to answer a question that came from a class taught by another instructor. Always speak directly to the class instructor first and if that does not resolve the question bring it to Mr. or Mrs. Stein. Most of the curriculum is available on our webpage for our students to view and practice outside of class.

Suggestions and Concerns: Sometimes it is difficult for Sensei Stein to talk with you between classes. If you find that you want to speak with him but can’t seem to corner him, you may call or email the office, email or attend the online office hour and ask any questions you may have. Lastly the MyStudio app offers in app messaging.

Always talk to the person with whom you have an issue instead of talking about the person.

If you have a problem with someone, talk to the person who is not only responsible but also has the authority to do something about it.

Typical class:

Please remember as you watch the instructors, they have been practicing the techniques for a couple of years! We don't expect beginning (sometimes even advanced level students) to be able to imitate exactly every movement an instructor does. Practicing and repeating the movements help improve balance and coordination, but it takes time, repetition and patience to achieve a higher level of proficiency. In addition, we have to keep in mind one's physical limitations and be able to do our best without injury!

Bowing In: We mark the beginning of the class by bowing in using the Korean terms *Charyut* (attention), *Kyongye* (bow). We get into Ready Stance with our feet shoulder width apart, eyes and toes pointing straight and making two fists in front of our belt. The term *Barro* (return to ready stance) is used to get back into the ready stance. Only after the command *Shee Yeo* (rest) do we put our hands behind our back. This is also the only time we fix our uniform and belt by turning towards the back of the room as this shows respect.

Warm Up and Stretching: Warming up and stretching is done at the beginning of the class to help improve fitness and flexibility.

Line Drills: This is to practice and improve our basic techniques through repetition and to combine it with movement in a straight line. This material is a significant part of the curriculum which is used when testing for rank advancement. It is NOT proper for ANY student to teach line drills to another student unless asked to do so and given permission.

Forms: These Exercises consist of choreographed movements and patterns designed to give the student a method of training alone. Forms develop fluid movement and sensitivity toward balance and stability. Forms, also known as kata, poomse and hyung, largely simulate multiple attackers approaching from different directions. This material is a significant part of the curriculum which is used when testing for rank advancement. It is NOT proper for ANY student to teach a new form to another student unless asked to do so and given permission.

One-Steps: These exercises are done with a partner to develop a sense of distance, timing and control. This material is part of the curriculum which is used when testing for rank advancement. There are twenty-four required one-steps in our basic curriculum for adults. It is NOT proper for ANY student to teach a new one-step to another student unless asked to do so and given permission.

A word about pronunciations: Keep in mind that our spelling of Korean words are, at best, transliterations. We can only attach the sounds of letters we understand to the sounds we hear in the words we are attempting to pronounce.

Sparring: Will be covered in a separate section in this handbook.

Pre-SKILL Karate (Dragons) Curriculum (age 4 to 6)

24-month revolving with attendance-based recognition

Youth INTRO Karate Curriculum (age 7 to 12)

Two semesters revolving with attendance-based recognition

Color Belt Karate Curriculum (Kup) to 1st dan Black Belt

Adult (13 and older)

Required material:

COLOR Belt Karate

White to Yellow

One semester to learn basics

Yellow to Orange (7th Kup)

Tekko Cho/Yi/Sam Dan

Kicks (jumping)

One-steps 1-6

Double stick basics (handling)

Sparring

Orange to Blue (6th Kup)

Pyong Ahn Cho Dan

Kicks (double, combo)

One-steps 7-9

Double stick basics 1-12

Self-defense

Sparring

Blue to Green (5th Kup)

Pyong Ahn Yi Dan

Kicks (spinning)

One-steps 10-12

Double stick sinawali 1-6

Single stick form section 1&2

Self-defense

Sparring

**Must have competed in one open tournament
to advance to Green*

Youth (7 to 12)

Required material:

COLOR Belt Karate

Yellow to Orange (7th Kup)

Tekko Cho/Yi/Sam Dan

Kicks (jumping)

One-steps 1-6

Double stick basics (handling)

Sparring

Orange to Blue (6th Kup)

Pyong Ahn Cho Dan

Kicks (double, combo)

One-steps 7-9

Double stick basics 1-6

Self-defense

Sparring

Blue to Green (5th Kup)

Pyong Ahn Yi Dan

Kicks (spinning)

One-steps 10-12

Double stick basics 7-12

Double stick sinawali 1-3

Single stick form section 1

Self-defense

Sparring

**Must have competed in one open tournament
to advance to Green*

Green to Purple (4th Kup)

Pyong Sam Dan
Kicks (spinning combo)
One-steps 13-15
Double stick sinawali 7-10
Single stick form section 3
Self-defense
Sparring

Purple to Brown (3rd Kup)

Pyong Sa Dan
One-steps 16-18
Bo basics 1-6
Single stick form section 4
Single stick sombrada
Self-defense
Sparring

Brown to Brown Advanced (2nd Kup)

Pyong O Dan
One-steps 19-20
Bo basics 7-12
Bo basic form
Self-defense
Sparring

**Must have competed in one open tournament
since blue belt to advance to Brown Advanced*

Green to Purple (4th Kup)

Pyong Sam Dan
Kicks (spinning combo)
One-steps 13-15
Double stick sinawali 4-6
Single stick form section 2
Self-defense
Sparring

Purple to Brown (3rd Kup)

Pyong Ahn Sa Dan
One-steps 16-17
Double stick sinawali 7-10
Single stick form section 3

Self-defense
Sparring

Brown to Brown Advanced (2nd Kup)

Pyong Ahn O Dan
One-steps 18-19
Single stick sombrada
Single stick form section 4
Self-defense
Sparring

**Must have competed in an open tournament
since blue belt to advance to Brown Advanced*

Black Belt Club

Brown Advanced to Red (2nd Kup)

Kung Sun Gun
One-steps 21-22
Bo tai Bo 1-4
Nunchaku basics 1-6
Self-defense
Sparring

Red to Red Advanced (1st Kup)

Bal Saek Dae
One steps 23-24
Nunchaku basics 7-12
Self-defense
Sparring

Red Advanced to Red/Black (1st Kup)

Chulki Cho Dan
Nunchaku Form

**Must have competed in one open tournament
before testing for black belt*

1st dan adult Black Belt (general requirement)

Minimum 14 years old
Minimum 240 classes as BBC
Defense against 8 basic self-defense attacks
Written Black Belt test

Black Belt Club

Brown Advanced to Red (2nd Kup)

One-steps 20-21
Single stick sombrada
Bo basic form
Self-defense
Sparring

Red to Red Advanced (1st Kup)

Kung Sun Gun
Bunkai one-steps 1-4
Bo basics 1-6
Self-defense
Sparring

Red Advanced to Red/Black (1st Kup)

Bo tai Bo 1&2

**Must have competed in one open tournament
before testing for black belt*

Youth Black Belt (general requirement)

11 to 15 years old
Minimum 240 classes as BBC
Defense against 8 basic self-defense attacks
Written Black Belt test

Sparring:

What is sparring? Sparring is not actual fighting. It is not a test of combative skills. It is not an exercise in which students face real dangers. Sparring gives students the opportunity to apply what they are learning in a safe, controlled environment. It helps them learn to judge distance and develop timing while gaining confidence and overcoming the inevitable debilitating fear when/if confronted or threatened in the real world. Sparring is also a fun activity which provides students with an excellent aerobic exercise while gaining experience about the game of “point fighting”. Sparring, like any other game, has rules which ensure safety and fair play.

Who gets to spar? Only Color Belt students (yellow belts) start sparring as part of their curriculum. In addition, students that demonstrate the proper attitude and understand the responsibilities which are necessary for this activity are the only ones that are allowed to spar. Students must understand that the person with whom they are sparring is not “the enemy”. We do not want students to view each other as threats, only as friends and training partners.

What is the proper attitude for sparring? Before we spar, we always bow to each other. We acknowledge the value of our training partner’s safety. Through this act of humility, we pledge to do our very best to protect each other by carefully following the rules for sparring. Even though we are attempting to kick and punch toward each other the intent is not to do harm either physically or emotionally. It is simply to practice our technique and try new combinations.

What are the rules for sparring?

1. Everybody should have fun
2. Sparring only under supervision of an instructor
3. We start and finish each sparring match by bowing and touching gloves
4. Approved sparring gear must be worn at all times. The groin protector is optional but recommended.
5. Head gear is required for all students 17 years old and younger.
6. LIGHT CONTROLLED CONTACT only to the torso target area
7. Head contact only for brown belt and above
8. Excessive force will result in removal of the student from the class
9. No contact below the belt.
10. No contact to the back
11. No contact to the throat
12. Boot to boot sweeps are allowed
13. If you ever feel that your partner shows lack of control or uses excessive contact, stop the match, remove your head gear and tell your Instructor immediately.
14. Toe nails must be clipped
15. Remove jewelry (ear rings, watches, necklaces,...)

By ordering your equipment through the academy you are not only assured that you are getting the proper equipment in the correct fit, but you are also supporting your martial arts academy.

Rank:

In our system there are seven levels (kups or gups) from white belt to black belt. In the higher levels each kup has an “basic” (solid) and an “advanced” (black stripe) belt. Everyone starts as a white belt and progress through the belt levels by setting training goals, working hard and presenting their material to the examining black belts on testing day. Stripes are used to indicate regular attendance.

The order of belts is as follows:

Pre-SKILL	
White/Colored	Stripes for attendance
INTRO	
White	Stripes for attendance
COLOR Belt	
Yellow	7 th Kup
Orange	6 th Kup
Blue	5 th Kup
Green	4 th Kup
Purple	3 rd Kup
Brown	2 nd Kup
BLACK BELT CLUB	
Brown/black stripe	2 nd Kup Advanced
Red	1 st Kup
Red/black stripe	1 st Kup Advanced
Red and black	Candidate
Black Belt	Youth or Adult 1 st dan

Pre-SKILL Karate students are age 4 to 6 and transition into the INTRO class once they are 7 years old. Attendance is recognized with colored stripes and belts.

Youth INTRO Karate students are 7 to 12 years old and transition after 2 semesters into the COLOR Belt class. Attendance is recognized with colored stripes.

COLOR Belt students are either Youth (7 to 12 years) or Teen/Adult (13+ years old). There is an advancement test at the end of each semester.

BLACK BELT CLUB is designed to test you for your black belt in 4 semesters. In average it should take students 4 to 6 years to test for their black belt.

A word about Testing

We consider testing to be mandatory. In other words, everyone is expected to set goals and work hard to prepare the required material for rank advancement tests.

Testing is a time to mark achievement that students have made. The standard which we use is primarily subjective. We measure in several ways.

1. The amount of curriculum learned: Age has a lot to do with this part. For example, a new seven-year-old student will not be able to cover as much material as a new 18-year-old student will. Conversely, a 50-year-old student may not be able to cover as much material as the new 18-year-old student may.
2. The amount of time in training: We have set **2 classes per week** as somewhat of a guideline for eligibility for testing. The reason for this is to determine the level of commitment of the student. While there are always extenuating circumstances that come up, consistent attendance does factor in when we consider the progress of each student. However, being counted present does not necessarily mean that the student is giving the level of effort to which they are capable. **A minimum of 40 classes (color belt karate) and 60 classes (black belt club) per semester is required to test.**
3. Proficiency level: We take into account what we feel is a reasonable level of mastery of the skills learned. Most students err on the side of quantity rather than quality. They want to learn more when they should be learning better. So, during testing we may watch one student who can perform three forms while another student of the same rank may only perform one form. Some may compare the performance of these two students and conclude that it is not fair that they are both advanced to the same rank. Perhaps if testing were a competitive event this would be true, but it is not based on the comparison of one student to another. Comparison can only be considered when we compare the level of proficiency of the student from their last test (or starting date) to the present test. The only ones who can make those kinds of comparisons are instructors and assistant instructors.
4. Discipline: The consideration takes into account our protocol, the practice of respectful interaction student to student, student to instructor and the adherence to the rules and expectations taught in our classes. There is also some consideration given to the conduct of students outside of the class.

We take the testing of our students very seriously. A great deal of time is given in the evaluation of each student even before the actual test. When subjective criteria are used to determine rank there is always room for error in judging the progress of the student. There is also the possibility that those observing the test may not understand the outcome of each test. However, we feel this is a more equitable approach to measuring the progress of each student because it considers the strengths and weaknesses, the abilities and inabilities of each student. Please feel free to discuss this with us if you have questions.

Black Belt and beyond:

We are committed to providing training well beyond the black belt. The black belt is only a steppingstone in your martial arts journey. It can be compared to graduating from high school. The black belt is the entry exam to a higher education. What is a black belt? We believe that a black belt should be a person that lives by the oath below.

The Black Belt Oath³

I wear the black belt: It means I have a special responsibility because I carry life and death in my hands.

I protect the young, the weak and the helpless: If I see someone being hurt, I make it stop. I don't just look away.

I obey the law: When someone breaks the law, I tell the police, even if it is a friend. I don't just ignore a crime.

I tell the truth: I don't lie, not even when I might be punished. When someone is lying, I say so. I don't just pretend I didn't hear.

I win or lose by the rules: I do not cheat. When I see someone cheating, I say so. I won't let them steal a prize or a grade that they didn't earn.

I keep my promises: When I give you my word, I don't take it back. I expect others to do the same.

I follow my conscience: If something is wrong, I say so, even when all of my friends disagree. I will not be silent just to be safe or popular.

I swear on my honor to preserve rather than destroy; to avoid rather than confront; to confront rather than hurt; to hurt rather than maim; to maim rather than kill; to kill rather than die and to die rather than dishonor my belt.

The ancient masters tell us that winning one thousand victories in one thousand battles is not the highest skill. The highest skill is to win without fighting. This will be my life long goal.

This is my oath, sworn on my sacred honor, and only death will break it.

³ Shotokan's Secret by Bruce Clayton, Black Belt Press, 2010

Questions and Notifications:

Questions

Any personal questions about you or your child regarding eligibility to test, performance in class, behavior, medical issues or payments contact the academy in any of the ways listed below.

Notifications

All official notifications from the academy regarding testing, special events, tournaments, and seminars are sent by **email** and only some information will be posted on our webpage/Facebook. Therefore, it is important that the academy has your correct email. Payments past due more than 10 days are sent in the mail with a \$10 processing fee. We only send out electronic reminders for late payments.

Closings and Class Cancelations

Class cancelation due to weather will be announced on Facebook only. Scheduled closings are listed on the back of the academy schedule up to one year in advance.

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