



Woodbury Family Karate

Tiny Tiger & Little Dragon Student Handbook





Woodbury Family Karate

226 Main St. North
Woodbury, CT 06798
(203) 232-7147



Welcome,

Thank you for your interest in Woodbury Family Karate. We are pleased to be able to offer the highest quality martial arts training available provided to you by certified Black Belt instructors of the World Tang Soo Do Association.

There are many programs and services available at our martial arts studio. The student handbook you are receiving is an overview of some of the programs that we offer, as well as, some guidelines we have established to make sure that each student is able to maximize the benefits of their training.

Please take some time to review this material. We encourage that you share this information with your family members and friends so that they too are aware of our policies when they visit the studio.

We look forward to helping you to develop a stronger body, a sharper mind and an indomitable spirit through the study of the martial arts. All the Black Belts at our studio started as beginners just like you. They know the benefits that can be achieved through the study of the martial arts. I encourage you to introduce yourself to them and do not hesitate to ask them about the positive changes they have seen while training at our school.

Once again welcome to our school.

Tang Soo!!!!

Mr. John Roumanis V.M.D.
Sam Dan
Chief Instructor

Ms. Karin Roumanis
E Dan
Instructor



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SECTION I

General Information

- Class description
- Schedule
- Student Policies
- Uniform
- Tuition Policy



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Description of Classes

We pride ourselves on our professional teaching. As such all our classes are supervised by Certified instructors of the World Tang Soo Do Association. This ensures that you receive the highest quality and safest instruction available. We offer a wide variety of classes in traditional and non-traditional martial arts.

Traditional Youth Beginner Class (Ages 7 – 13)

This class is designed for our beginning students training in the traditional Korean art of Tang Soo Do. This class covers the fundamental techniques of Tang Soo Do. The pace of class is designed to allow the beginning student ample time to learn the basic techniques prior to moving to the advanced class.

Traditional Youth Advanced Class (Ages 7-13)

This class is designed for the students who have graduated from the beginner's class and are now ready to continue their training to Black Belt. This is a more serious, faster paced class than the beginner's class. Students will cover advanced level technique and begin training with the staff.

Traditional Adult Class (Ages 13 and Up)

This is our traditional class for all students above the age of 13. Do not let the age requirement deceive you. Students are expected to work hard and act like adults at all times. This is a class for serious study in the martial arts; it is conducted at a much higher level of intensity than the Youth Classes. The number one requirement is a positive attitude toward self-improvement.

Tiny Tiger/Little Dragons Class (Ages 4-6)

This class is designed for our youngest students who want to learn martial arts. Emphasis is on listening, learning, gross motor skills and having fun. Upon graduation from this class, students move into our traditional youth class.

Warrior's Path Review Sessions

This is a special review class for *Warrior's Path Silk & Steel* alumni who have previously attended Masters Kaye & Homscheck's Warrior's Path Seminars either in New England or Pittsburgh.



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Schedule of Classes

Class	Day	Time
Youth Advanced ¹	Tuesday & Thursday	5:30 – 6:20 PM
Youth Beginner ²	Tuesday & Thursday	6:30 – 7:20 PM
Adult	Tuesday & Thursday	7:30 – 8:30 PM
Tiny Tigers & Little Dragons	Wednesday	5:30 – 6:10 PM
Warrior's Path Review	The night before Scheduled Region 9 Events	7:30 – 9:30 PM

Notes

- | | | |
|---|----------------|----------------------|
| 1 | Youth Advanced | Green Belts & Above |
| 2 | Youth Beginner | White & Orange Belts |

Instructors: John Roumanis 3rd degree black belt
Karin Roumanis 2nd degree black belt



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Student Policies

The policies and procedures listed below are offered as a general guideline to the students and parents. These policies have been designed to ensure a safe and productive training environment for ALL students.

Studio Open

The studio will be open 15 minutes prior to the beginning of classes for the day. Do not show up more than 15 minutes before the start of class. The doors will remain locked until 15 minutes before class.

Changing Room

Students are encouraged to come to class in their uniform. If this is not possible, the bathroom may be used by students to change into their uniforms before class, and into their street clothes after class.

The bathroom is not supervised. If your child is unable to change on his/her own then please accompany them to the bathroom or have your child change at home.

The instructors are not responsible for articles left in the bathroom. Please be sure all your valuables are kept in your gym bag and brought onto the floor with you.

Observation Area

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

The parent or legal guardian must supervise children not actively taking class. Younger siblings who are in the observation area MUST be closely monitored by their parent or guardian AT ALL TIMES and under no circumstance should they be left in the studio unattended.

Guests are to remain in the observation area at all times.

Parents may enter the training floor only with the permission of the class instructor. Parents should not distract their child while training.



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Injuries & Medical Problems

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

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

Student Readiness

Students should be in their uniform with belt properly tied prior to coming on the floor. If a student forgets their belt and/or uniform they may train in street clothes however they must take the most junior position in class (regardless of rank).

Students should come to class prepared to train. Sparring equipment (see sparring rules) & training weapons should be on the floor when class starts.

Long Hair

Students with long hair (shoulder length or more) should pull their hair back in a pony-tail while taking class. Hair clips and other hard retaining devices are potentially dangerous to students during training and **must be avoided.**

Fingernails & Toenails

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

Jewelry

All jewelry must be removed prior to taking class. This includes: earrings, nose-rings, belly-rings, toe-rings, watches (instructors may wear a watch), bracelets, anklets, necklaces, rings, etc...

Jewelry is a potential hazard to yourself and other students. Students who have religious objections to removing certain jewelry will be excused from this rule; however, they may also be excluded from certain activities.

Students who have recently had their ears pierced and are unable to remove the jewelry may be excluded from certain activities.

Nutrition & Hydration

Students should eat properly and drink plenty of water prior to coming to class. Exercising without eating and hydrating properly is dangerous. Plan your diet to match your training.



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Student Uniforms

Your uniform is the first piece of training equipment you receive it is also one of the most important. Our Tang Soo Do uniform can be traced back to 600 A.D. students should take pride in wearing their uniforms and belt. Please keep the following guidelines in mind when caring for your uniform.

Cleanliness

"Cleanliness is required in your training, keep yourself and your surrounding clean." – WTSDA Attitude Requirement #14. Students should come to class clean with a clean/washed uniform. Student uniforms should be washed after every class.

Safety Pins & Straight Pins

Under no circumstance should safety pins or straight pins be worn on a uniform while the student is taking class. Parents and students should take the opportunity to hem the sleeves and cuffs of uniforms. Wearing safety pins or straight pins in a uniform is dangerous to the student and those around them. Under no circumstance should a student train with these items in their uniform.

Belts

Our belts are used to hold our uniforms together and to signify to instructors and other students are level of achievement. All new students are considered White belts. When caring for your uniform special care should be taken to ensure that your belt is treated with respect. Your belt should not touch the ground unless it is wrapped and tied around your waist. It is disrespectful to throw your belt on the ground. Do not machine wash your belts. Generally belts are not washed. If you feel the need to wash your belt it should be hand washed in cold water and let to air dry. Do not machine dry your belt. Washing and drying your belt will usually result in the belt shrinking.

Transporting your uniform

When entering and leaving the studio or other martial arts event it is proper to neatly fold your uniform using the method prescribed in the World Tang Soo Do Association Student Manual. Please see an instructor or senior student if you need help learning the proper method for folding your uniform.

Uniforms should never be crumpled up and stuffed into a gym bag. If the proper method of folding is used your uniform will be neatly pressed when you put it on for class.



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Location of Patches for World Tang Soo Do Association Dobahk





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How To Tie Your Tiny Tiger & Little Dragon Belt

1. Grasp the center of the belt with both hands.
2. Place the center on the small of your back and carry the belt around your waist by moving the belt ends to your abdomen.

Steps 1-2



3. Switch the belt ends left to right hand and vice versa. Do not twist the belt.
4. Slide your hands along the belt as you move the ends directly in front of you.
5. First pull the right side across the front of your body; then cross the left end over the center of the belt.

Steps 3-5



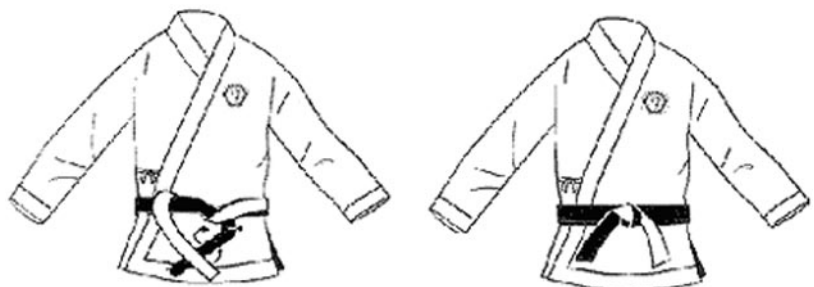
6. Bring the new right end (the side on top) up under both layers of belt.

Step 6



7. Tie a square knot, folding the right side over top and pulling the end through. Both ends should hang equally.

Step 7





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A student must be aware of the proper way of folding, carrying and storing their do bohk.

1. Place jacket flat on back, fold sleeves inwards at seam towards center. Fold pants in half. Center on jacket with tie strings even with bottom of jacket.



2. Fold right and left sides of jacket inward to meet at center (covering pants): then fold the do bohk in half, lengthwise.



3. Fold the do bohk in half



4. Fold the belt evenly in half, wrap around do bohk, and tie with an overhand knot.





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Tuition Payment Policy

- 1) Tuition payments are due on the 1st class of the month.
- 2) There is a 1 week grace period for late payment. After this grace period a late fee of \$10 will be applied.
- 3) Students will not be permitted to train if their tuition is more than 1 month delinquent.
- 4) If a student's tuition is not current they will be denied the privilege of:
 - Testing
 - Attending Tournaments
 - Attending Clinics
 - Purchasing Studio Merchandise
- 5) Students who miss **ALL** classes (0 attendance) during a month will be considered inactive. The student will not be charged for that month and their membership will be frozen. Prior to returning to classes the student must pay all past due tuition and late fees.

Student Name _____ (please print)

Tuition Amount _____ per month

I understand the above payment policy and agree to its terms.

Student Signature

Date

Parent/Guardian Signature
(if student is a minor)

Date

Parent or Guardian Name
(please print)



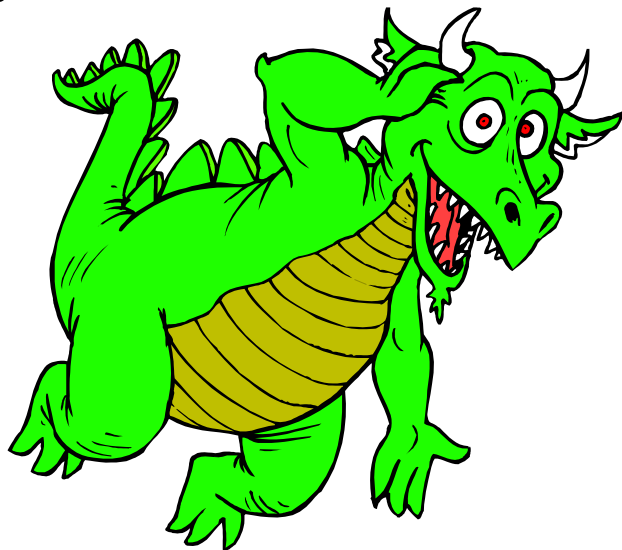
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Section II

Tiny Tigers & Little Dragons

- Introduction
- Policies
- Terminology



Welcome to the



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“Tiny Tigers & Little Dragons” program

Congratulations on choosing this physically and mentally developmental program for your young child! This program is designed to introduce the fundamental teachings of traditional Tang Soo Do to younger students through fun activities that also teach important skills.

CODE OF THE DRAGON

1. Physically fit
2. Mentally sharp
3. Respectful
4. Responsible
5. Loyal

“Little Dragon” program is intended for the 4, 5, and 6 year old. Upon a students’ 7th birthday we will discuss a transition to the traditional youth program.

We look forward to beginning the path to Black Belt with your child! Welcome to the World Tang Soo Do Family.



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Tiny Tiger/Little Dragon Student Policies

The General Student policies apply with the following amendments.

Supervision

Due to the preparation required prior to each class, little dragons must be supervised by their parent or guardian until the instructor begins class. Parents and or guardians must return to supervise their child prior to the end of class.

Viewing Class

As with all our classes parents are free to watch class so long as they do not distract the students.

Tuition

Tuition payments are expected on the first class of every month. A \$10 late fee will be applied after the first class of the month. Tuition is the same regardless of the number of classes in that month. Your tuition payment reserves your child's space in class, if your child does not attend one or more class in a month the tuition will not be adjusted or reduced in future months.



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Tiny Tiger/Little Dragon Terminology

Cha Ryut	Attention
Choon Bee	Ready
I Ma	Forehead
In Choong	Philtrum
Moo Roope	Knee
Bahl	Foot
Mok	Neck
Tuck	Chin
Hur Ri	Waist
Ee Oh Kay	Shoulders
Pahl Mok	Wrist
Bahl Mok	Ankle
Da Ri	Leg

Counting 1-10

Hana	1
Tul	2
Set	3
Net	4
Tasot	5
Yosot	6
Ilgop	7
Yodol	8
Ahop	9
Yol	10

