

Our Beginner Student Handout

Welcome to Charles Water Karate & Fitness and our Black Belt Success System. Kwan Jang Nim Charles C. Water is the creator and founder of the Black Belt Success System. The name of our style is Moo (Martial or Military) Tao (The Way) Tseung (Victory). Translated we call it The Black Belt Success System.

What is the Success Totem?

There are two totems on the door as you leave the studio. The totems have four Chinese symbols on them starting at the top: Outstanding, Excellent, Very Good & Good. Please feel free to high five the symbol that best exemplifies your efforts in class that day.

Spectators

We encourage family members or the public to watch classes. When family members watch class they get the opportunity to see how their child, parent or spouse is growing through their martial art education at Charles Water Karate & Fitness. Often a child will go home with a parent and that parent will ask the child, "How was karate today?" The child might answer, "OK." This general answer is certainly not specific. When a parent watches a class they become familiar with the terminology that instructors use. Another scenario concerning a ride home might go like this, "How was your round house kick today?" This does not allow room for the child to give anything but a specific answer to the question.

All individuals coming into our facility are expected to demonstrate proper forms of behavior. Parents are responsible for the behavior of their children who are not training. This facility reserves the right to ask anyone to leave our premises that are not demonstrating proper forms of behavior. We ask that all people watching classes to stop talking when the instructor is addressing the class. Cell phones are not permitted unless an emergency develops.

What are V.I.P Rewards?

Instead of throwing money away on unnecessary advertising we have created a system that rewards current clients for sponsoring new students. Just take a V.I.P card and give it to a friend. They are then entitled to one month of free lessons including a uniform. If your friend enrolls in our studio you will receive \$50. When you sponsor five enrollments in one calendar year in addition to the \$50 each enrollment you will receive \$1000 in tuition credits.

What is Buddy Week?

The first week after gup testing we invite students to bring a "Buddy" to class. We will then award the "Buddy" one month of free lessons as a V.I.P. The student will receive a Green Tip on their belt which will count towards the student's eligibility for rising star patches.

What is The Black Belt Success System? (Moo Tao Tseung)

The system developed by Kwan Jang Nim Water over his 30 plus years of martial arts experience. The Black Belt Success System states that when students become successful in one area of their lives they are only a personal decision away from this success impacting other areas of their lives as well. Our Black Belt Success System gives our students the courage to make that decision.

The daily habits and values that the Kwan Jang Nim lives his life by...

- Be grounded
- Be creative
- Be determined
- Be loving
- Be articulate
- Be intuitive
- Be phenomenal

What are the keys of the Black Belt Success System?

1. Consistency (Demonstrating your personal value system is all areas of your life.)
2. Effort (Beyond your personal comfort zone.)
3. On Going Education and Practice (All winners have an ongoing educational system in place.)

Students will become successful at Charles Water Karate & Fitness when; they are consistent in their training and make up missed classes; when students give an excellent effort in all classes; when students practice their curriculum at home.

What is the name of the art that we teach?

The name of our art is Tang Soo Do. It has its roots in Chinese, Japanese as well as Korean systems.

What is Decision Based Sparring?

There are four points of DBS:

1. Feet are always moving.
2. Never look for the opening.
3. Either in an offensive or a defensive mode at all times.
4. Move faster than your partner.

We want to replicate in the studio what a real fighting situation will be all about, without the broken bones and bruises. No matter how we teach fighting skills though, real fighting is frightening! In the past, when many individuals were confronted, they ended up “freezing” much like a deer does at night when looking into the headlights of an oncoming vehicle. Now, when confronted, even if the “freeze” factor kicks in our students are so used to moving their feet that while they are making up their minds as to their response they are still moving. A moving target is less likely to get hit. Furthermore, DBS gets students to think less and “trust their experience” more. Lastly, confident students are normally left alone by the aggressive individuals in life. Aggressive individuals want to pick on people that are weak. The word “weak” does not apply to students at our studio.

What is our philosophy with regards to teaching children?

We encourage the beginning student to make as many mistakes as possible; as long as they are learning from their mistakes. Remember a beginning student is not as good as a Black Belt. They will be. We want beginning students to be the best beginning students they can be. The more mistakes new students make in the classroom the less prone they are to making those mistakes in a real fighting situation. We have also realized that when students learn confidence through mental and physical strength the bullies in life tend to leave them alone.

What is the “3 correction rule?”

We never correct children more than three times in a class period. If this happens the child begins to doubt themselves and their abilities. Mistakes are corrected over a period of time; many times by the student themselves. Our goal is to have all children thinking like a Black Belt whether they have trained for one week or ten years.

What is the Karatatot or Ktot Kids Program?

It is our Nationally Recognized “Stranger Awareness” program for 4 ½ to 6 year olds. Our Ktot Kids program has received national recognition in Black Belt Magazine and has been recognized since 1986 throughout Long Island as the premier martial arts learning environment for this age group. This programs goal is to increase listening skills, stranger awareness, hand – eye, foot – eye coordination and age appropriate self-defense skills.

What is our philosophy with regards to teaching teens?

Teenagers are no longer children yet they are not yet adults. Our approach with them is to work them hard yet continue to remind them of the positive benefits they are learning through our Black Belt Success System. They realize that with the increased Awareness, Confidence, Respect, Discipline & Focus that they are gaining here makes their school and/or personal challenges less formidable than they thought previously. Teenagers have the opportunity to become the person their parents envision them to be.

What is our philosophy with regards to teaching adults?

Adults want results yesterday. They have less free time to do things for themselves and less free time to practice. Through the easily learned structure of our Black Belt Success System they find that each class taken at Charles Water Karate & Fitness becomes a mini vacation. After all, adults with children are always doing for their children. How about doing something positive and fun for themselves?

What are Practice Schedules?

They are a venue in which students can record their success' at home. We come to the studio to learn; we practice what we learn at home. Practice schedules are located at the top of the landing, they can also be downloaded at www.charleswaterkarate.com, just click on "current students" then click "downloads" on the drop down. You can email them, download a pdf, or put them in the studio's Drop Box.

What is the difference between Maintenance Workouts and Destiny Home Workouts?

Maintenance workouts are those you do on a daily basis no questions asked. These workouts maintain yet normally do not increase your health or wellness. If you are busy these workouts could be as little as five minutes per day. Destiny workouts are those that build your physical, mental, emotional and spiritual health. These are the workouts that take you out of your comfort zone. Not necessary to do every day. Three days a week minimum works.

How do I fill out Maintenance practice schedules?

These are located on the top part of your schedule. There are three categories: Kicks, stretching, conditioning.

Check off one, two or all three when you follow through on your commitment then turn in by the 15th of the month in order to receive your Brown Tip.

How do I fill out Destiny practice schedules?

Please only check and practice the material you have been taught. There are ten boxes for ten practice sessions. Even if a student does ten forms during one practice session they still check off one box only.

All ten boxes do not have to be filled out to turn your schedule in. Just check off a box for every day that you practice at home. Students are encouraged to practice a minimum of twice per week, ten minutes per day on non-karate days. When students practice by a schedule they will certainly achieve greater results than practicing when "they have the time." There is room on the bottom of the Practice Schedule to write days and times practiced. There is also room to fill out your goal kicks for the month and actual number of kicks attempted at home. When filling out Destiny properly you will receive one Silver tip.

Besides checking off boxes the following we ask you to fill out the following in order to receive your Silver Tip:

**How many kicks am I setting as my goal per month? _____*

**Actual number of kicks? _____*

**Monthly Random Act of Kindness? Yes ____ No ____*

**How was requirement fulfilled? _____*

What is a Monthly Random Act of Kindness?

Contribution. This is an act that seems to be getting lost these days. When we contribute to the betterment of people's lives we attract success. Suggestions are: helping a friend, helping a neighbor rake leaves, doing a chore around the house without being told, volunteering your time without getting paid, just to name a few. Please feel free to add to the list.

When are Practice Schedules due?

The 15th of the month.

What is the 1000 kick club?

If you do a 1000 kicks at home during the month and turn in your Destiny practice you will receive a Purple Tip on your belt.

What are Concurring Success Trophies?

Concurring Success (Perfect Attendance)

Minimum of 2 classes per week every week

For each month of perfect attendance (twice per week) you will receive a Silver Star. These stars are your responsibility. Once you have 12 Silver Stars you will receive a beautiful Concurring Success Trophy with your name engraved on it as a thanks for your commitment to excellence. The months do not have to run concurrently.

What is the tip program?

Tips are a way of gauging student's progress. When they learn their new combo = Yellow Tip.

New animal form = one Orange Tip. Maintenance practice = one brown tip. Destiny practice = one Silver Tip.

Power = one Red Tip. Stance = one Blue Tip.

What is pre-testing?

Testing is our progress check system. Students below Black Belt get a chance to promote once every four months. Students eligible must have _____ classes by heavy bag week. Additionally they must have a Combo Tip with two hash marks; an Animal Form Tip with two hash marks; one Brown or Silver Practice Tip; one Power Tip and one Stance Tip. If the above criteria are not met the student and their family will be informed that they are being moved to the following month testing cycle.

How do I receive a Rising Star patch?

In a three month cycle the student must have: one Combo Tip + two hash marks; one Animal Form Tip + two hash marks; one Silver Destiny Practice Tip + two hash marks; one Purple 1000 Kick Club Tip + two hash marks; one Power Tip + two hash marks and one Stance Tip + two hash marks.

What are hash marks on tips?

Once a student receives one tip of any color they receive a black hash mark instead of receiving a second or third or fourth in that category

What is the Warrior Club (formally Black Belt Club?)

It is a club within the school. Students in Warrior Club can train three times per week, attend a special Warrior Club class once per week, wear a black uniform, accelerate testing's, receive a discount on test fees, retail items and studio events. You do not have to be a Black Belt to be a member of Warrior Club. However many of our current Black Belts are members of this committed, prestigious club.

What is Leadership Club?

LEADERSHIP CLUB is a personal coaching and mentoring program created by our Grandmaster in order to help our kids break through inner obstacles that are holding them back from success. **LEADERSHIP CLUB** can dramatically impact your child's life as well as your own. All parents deserve to have the child of their dreams.

LEADERSHIP CLUB members are the students wearing the Red-Dragon tops. They are learning and developing leadership qualities by contributing their valuable time to assist classes. There is no age limitation for **LEADERSHIP CLUB**. Leadership members have the same benefits of Warrior Club and more. Additionally **LEADERSHIP CLUB** members can qualify for lightning bolt tips if they follow our 7 Habits of **LEADERSHIP CLUB**.

7 LEADERSHIP CLUB habits

Four or more out of seven qualifies you for lightning bolts.

Follow through on all commitments. Be proactive. Take the initiative...make sure that your decisions determine your effectiveness in life.

Live life with honesty. Stay consistent with your family values...Be the best son or daughter possible. Become the child of your parents' dreams.

Refuse to live life in overwhelm. Prioritize tasks and stay present level focused. Stay in the moment. Learn to embrace challenges. There are no mistakes only learning experiences.

Be positive. Think win win... In the midst of challenges find and seek out the magical moments of life that create a favorable situation for all. Stand guard at the door to your mind. Only allow thoughts that move you towards success.

Develop great listening skills...listen with the intent to understand instead of respond.

Be a great friend. Inspire those around you to greatness. Take the best character traits from your friends then challenge them to raise their standards.

Commit to physical and mental fitness...scheduled physical fitness workouts. Eat right, think right, do right and get enough sleep.

What are lightning bolts?

This is a benefit only available to **LEADERSHIP CLUB**. Club members will receive one black tip per month when they turn in a Destiny practice schedule plus a monthly 7 **LEADERSHIP CLUB** habits.

Why should I have consistent class attendance?

Do your best to schedule your classes. Our internal body rhythms work better when we train the same times the same days during the week. We welcome make-ups. Students do not need to call if they are unable to attend a class that they are registered for.

What are attendance Cards?

All beginning students will receive a white attendance card with their name on it. Please pull your card and hand it to the Leadership member who collects them before class starts.

How are classes structured?

All classes start on the Lower Level. The Lower Level is un-supervised between classes. We encourage students to be at least five minutes early for class. The Discipline that we teach in the classroom becomes a learned message when all members demonstrate our philosophy in action by being on time. Students are encouraged to stretch and practice their curriculum before class starts. Any inappropriate behavior is not keeping within our philosophy of Respect. Classes are 50 minutes in length. Classes are broken up into three 15-minute time frames, the last 5 minutes is a cool down. The first 15 minutes occurs on the Lower Level. This is the warm up session. The remainder of the class will take place upstairs and involve the material in that weeks Lesson Plan Cycle.

What is our lesson plan cycle?

Our lesson plan is broken up into a four week cycle. Each week, along with all our regular work outs, has a specific focus.

Week #1 starts the week following all monthly scheduled gup tests. During Week #1 we cover new combos and self defense. The kick of the week is Side Snap Kick.

Week #2 is new form week. The kick of Week #2 is Round House Kick.

When students are first learning a form we rarely teach it one on one. We adopted the “cooperative” learning approach years ago when we started living in the 21st century. We needed to develop teaching methodologies that connected more with the learning curve for children as well as adults. We adopted Leadership and Student Excellence Roles, the retention of new forms has skyrocketed due to these new methods!

Week #3 is Decision Based One Step.

Additionally week #3 is Pre – Test week #1 in all the belted classes. Once a student is time eligible we then check the amount of tips on their belt.

The kick of Week #3 is Front Snap Kick.

Week #4 is line kick/partner kick and free motion week. Additionally we will practice point sparring. Line kicking allows the student to always move forward. Many times students will free spar in the same position. This exercise breaks them out of their comfort zone. Plus it becomes Pre –Test week #2 for any eligible students that missed Pre-Test week #3.

Free motion is designed to get our student to “drive” an imaginary opponent from one cone to the next. This exercise asks that the louder students are (breath and yelling) the more power they have. This is a great exercise to develop power and take reticent students and break them out of their personal comfort zone.

Point Sparring is a great way to let student know if the techniques they are throwing would be strong enough to work in a real situation. Students receive points from a judge if their technique is strong and in the correct target area.

The target area of an opponent is from the belt to the high area (north and south) and from the side stitching of their uniforms to their mid line. (Imaginary line that runs from the nose to the knot of the belt.)

Kick of week #4 is Back Kick.

Equipment & Free Sparring

All students must wear sanctioned Charles Water Karate & Fitness sparring gear. This gear is called safety equipment, which includes headgear, hand gear, and footgear. Equipment can be purchased from the front desk by appointment only. Boxing hand gear or hard plastic headgear is not allowed. Students take personal responsibility for their equipment. Please write your name or identification marks on all gear. Further points to be noted are:

- 1) Mouthpieces for all and groin cups for males are recommended as well.
- 2) We emphasize non-contact. Please honor this philosophy.
- 3) Avoid kicking or punching higher than shoulder height at all times.
- 4) Focus your techniques 6 inches away from your partner.
- 5) Remember that your partner wants to achieve as well as you do. Respect is vitally important.

Why do we emphasize non-contact?

I have been involved with full contact karate studios. This is not one of them. We emphasize non-contact. Why? Even in full contact schools students are fighting their buddy's. They will never strike their buddy as hard as what would result in a real situation. As a result the student in a full contact school develops a false sense of security that they can "take a punch." Then when confronted with a real situation they might allow themselves to be hit, hurt and wonder why they were not able to protect themselves with all their karate experience.

Plus full contact lacks discipline.

The above is not the result we are looking for at Charles Water Karate & Fitness. Here students are challenged to demonstrate discipline, focus, timing, distance control, power as well as respect for their partner. The proper distance is approximately six inches from their partners target areas. When our students are demonstrating proper distance and power in class then all they need to do in a real situation is adjust the six inches to zero inches.

While there are no guarantees in life, confident students are less likely to find themselves in that real fighting situation. Bullies have a tendency to leave confident people alone.

What should I do if I come late to class?

When a student arrives late and enters the studio after the class has begun, the student follows this protocol: Quietly get your attendance card and stand at the end of the floor. First, bow in the direction of the flags. Then remain at an attention position by the floor until a Leadership Member takes your card and escorts you to your proper spot in the class. Students are not allowed to enter while the class is exercising for safety reasons. Remember it is better to be 10 minutes early than one minute late.

What should I do if I need to be excused from class?

When a student has to be excused, to go to the rest room or due to illness, the student will raise his hand to gain recognition from the instructor. After getting permission from the instructor, the student will bow and act accordingly. When he/she is able to rejoin the class, the student must stand at attention on the outskirts of the room until recognized by the instructor. Once recognized by the instructor, the student will bow and rejoin the class. This promotes discipline as well as safety.

Forms (Hyung)

Forms are a pattern of movements that traditionally were the way an art was passed down from generation to generation. While the movements traditionally were supposed to be a student doing battle against an imaginary enemy, in today's world the movements teach students, hand eye / foot eye coordination, discipline of mind / body, concentration and muscle memory. It further teaches students how to become comfortable using both sides of their bodies. Students of all ages are either right handed or left handed. Form challenges students to break out of this comfort zone. Students always will favor their strong side. Form teaches students to be competent with both.

Master Water has created a new series of basic forms called "Moo Tao Tseung" for all gup members. They are called Inverted T forms. They are a compilation of combo's and animal forms. He has also introduced The Bridge for Kodanja. There are three straight line Moo Tao Tseung forms. These are called The Magician, The Wizard and The Sorcerer. The multiple line forms are called the Warrior, The Falcon, The Dragon and The Master.

Lost & Found

This is located in the student Library on the Lower Level. We empty the Lost & Found once per month and donate clothing to local charities. We are not responsible for valuables left in the men's or women's locker rooms.

Library

This space is a quiet area located on the Lower Level. There is a TV that has a live feed from the upper deck. It becomes a great place for siblings to hang while family members are in class. Children and families are encouraged to take personal responsibility by cleaning up after themselves.

The Drop Box

This is located on the front desk. You can use the drop box for testing papers, Boot Camp, Practice Schedules, or any notes you wish to leave for staff members. Envelopes are available for your convenience.

Studio Closings

When the studio is closed for vacation, members will be informed many weeks ahead of time. Make ups are always welcomed. If we are closing due to inclement weather we will give a courtesy call or e-mail to all students registered for classes that day.