

CHRIS WHITE'S



Class Rules



Please familiarize yourself with all the following rules. Failure to comply with the rules could result in:

- Dismissal from class
- Period of Probation
- Loss of strips and/or belt
- Loss of belt and suspension from all activities



Each belt level will be responsible to memorize a portion of the rules for a stripe

White Belt Rules:

1. Always acknowledge a black belt holder as "Sir" or "Ma'am".
2. Always address a black belt holder as "Mr." or "Ms.".
3. At no time will a student enter the practice area wearing street shoes or socks. (*Instructor approved Ringstar shoes are ok*)
4. Students entering or leaving the practice area will acknowledge with a bow facing the practice area.
5. Students arriving late for class will get dressed then wait at the entrance of the practice area until recognized by a black belt and instructed to enter. He/she will then bow and enter class.
6. No one is to be in the office without Mr. White, or Mr. Hardison at any time.
7. When entering the office students will knock, bow, and then enter upon receiving permission.

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2nd Grade Yellow Belt Rules:

1. A clean uniform is required to attend class. T-shirts must be tucked in. All uniform jackets, t-shirts, and shorts must contain the school logo. A uniform consists of:
 - a. traditional jacket, pants, and belt
 - b. uniform pants, t-shirt, and belt
 - c. shorts, t-shirt, and belt
2. No jewelry, chewing gum, candy, etc., allowed in practice area.
3. During class there should **not** be any unnecessary talking or laughing.
4. During class do **not** leave practice area to go to the restroom or to get water etc. without permission from a black belt.
5. Keep your legs crossed and back straight while sitting in class.
6. You should always **RUN** when following a black belt holder's instructions. **NEVER walk.**
7. Never question or contradict the word of your instructor.
8. Pick up all equipment after practice is over.

1st Grade Yellow Belt Rules (with black stripe):

1. Always conduct yourself as a lady or gentleman and a true Martial Arts representative when in and out of class.
2. The Martial Arts will **ONLY** be used as a means of self-defense, to protect yourself, your family, and those not able to protect themselves.
3. There is to be **NO** profanity at this school.
4. Only students allowed in the practice area before, during, and after class.
5. Please do not obstruct the entrance to the practice area and help to keep walkways clear.
6. Only authorized persons will be allowed behind the counter in the Pro Shop.
7. All gear and gear bags are to be placed on the floor next to the weights upon entering class. **(DO NOT touch the weights without permission from an instructor)**
8. No child is to be outside of the building without an adult. ***(Parents if you drop your child off please accompany them into and out of the building.)***

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2nd Grade Green Belt Terminology:

- | | |
|-----------------|--|
| 1. Tae Kwon Do | Hand Foot Way (Korean Martial Arts) |
| 2. Do Chang | Training Hall |
| 3. Moo Duk Kwan | Martial Virtue for School of high Virtue |
| 4. Do Bok | Training Suit |
| 5. Cha Ryut | Attention |
| 6. Kyong Yey | Bow |

1st Grade Green Belt Terminology (with black stripe):

- | | |
|-------------|------------------------|
| 1. Chun Be | Ready Stance |
| 2. Ba Ro | Return to Ready Stance |
| 3. Shi Oh | Rest, Relax |
| 4. Muk Nyom | Meditation Position |
| 5. Kiap | Yell |

2nd Grade Blue Belt Terminology:

- | | |
|------------------|------------|
| 1. Ap Cha Ki | Front Kick |
| 2. Yup Cha Ki | Side Kick |
| 3. Dwit Cha Ki | Back Kick |
| 4. Dol Yo Cha Ki | Round Kick |

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1st Grade Blue Belt (with black stripe):

Points of Mental Training

1. Reverence of Nature
2. Physical Conditioning
3. Courtesy
4. Modesty
5. Thankfulness
6. Self-Sacrifice
7. Cultivate Courage
8. Be Strong Inside and Mild Outside
9. Endurance
10. Reading Ability

2nd Grade Red Belt:

Points of Physical Training

1. Yelling
2. Eyesight
3. Balanced Movement
4. Tensing and Stretching the Body
5. Speed of each Technique
6. Correctness of each Technique
7. Control of Distance
8. Breathing
9. Hardness of the Hands and Feet

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1st Grade Red Belt (with black stripe)

Matters that Demand Special Attention While Training in Martial Arts

1. The purpose of training should be the enhancement of mental and physical self
2. Sincerity is necessary
3. Effort is necessary
4. Consistent Schedule during practice
5. Do your best when training
6. Training is the basic spirit of the martial arts
7. Regularly space practice sessions

2nd Grade Brown Belt:

Matters that Demand Special Attention While Training in Martial Arts

1. Obey without objecting to the word of the instructor or senior belts
2. Do not be overly ambitious
3. Pay attention to every aspect of your training
4. Pay attention to the order of your training
5. Get step by step instructions when learning a new technique
6. Try to conquer idleness
7. Cleanliness is desired after practice is finished

1st Grade Brown Belt (with black stripe):

You must write a paper prior to testing for your Black Belt.

The paper must include the following points:

- a. What has the Martial Arts done for you?
- b. What does a Black Belt mean to you?
- c. Where do you see yourself in the future?

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Rules for Sparring/Kick Boxing

1. Complete safety equipment must be worn at all times when sparring/kick boxing.

This included:

- a. Head gear with face shield (face shield optional for anyone ages 18 and up)
- b. Safety equipment for the hands and feet
- c. Mouth piece
- d. Groin protections for boys/men

Optional Equipment:

- a. Shin guards
 - b. Chest protection for ladies
 - c. Groin protection for ladies
2. Sparring is permitted only under the direct supervision of a black belt instructor.
 3. Hard contact will not be permitted at any time.
 4. Only light controlled contact is permitted to the helmet area.
 5. No contact to the groin, neck, back of head, anywhere on the back or below the belt. (leg kicks permitted for brown belts and above.)
 6. Do not hit or kick your partner when they are down while sparring/kick boxing.
 7. You are required to bow before and after each match.
 8. You must show good sportsmanship at all times. Never fight in anger

Golden Rule of Sparring

NEVER HIT YOUR PARTNER HARDER THAN YOU WANT TO BE HIT.

ALL RULES ARE STRICTLY ENFORCED!



Fighting Combinations

White Belt:

- #1 Round Kick, Back Kick, 1-2 Punch
- #2 Side Kick, Back Kick, 1-2 Punch
- #3 Front Kick, Round Kick, 1-2 Punch

Punching Combination: 1-2 Punch

Punching Combination Key

- 1 = Back Fist or Jab
- 2 = Reverse Punch
- 3 = Hook or Ridge Hand with front hand
- 4 = Hook or Ridge Hand with back hand
- 5 = Upper Cut with front hand
- 6 = Upper Cut with back hand

2nd Grade Yellow Belt:

- #1 Double Round Kick, Back Kick, 1-2-3 Punch
- #2 Side-Round Kick, Back Kick, 1-2-3 Punch
- #3 Front Kick, Double Round Kick, 1-2-3 Punch

Punching Combination: 1-2-3 Punch

1st Grade Yellow Belt:

- #1 Hook-Round Kick (with same foot), Back Kick, 1-2-3-4 Punch
- #2 Hook- Side Kick (with same foot), Back Kick, 1-2-3-4 Punch
- #3 Front Kick, Hook-Round (with same foot), 1-2-3-4 Punch

Punching Combination: 1-2-3-4 Punch

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2nd Grade Green Belt:

- #1 Double Round Kick, Wheel Kick, 1-2-3-4-5 Punch
- #2 Side-Round Kick, Wheel Kick, 1-2-3-4-5 Punch
- #3 Front Kick, Sweep, 1-2-3-4-5 Punch

Punching Combination: 1-2-3-4-5 Punch

1st Grade Green Belt:

- #1 Double Round Kick, Ax Kick, 1-2-3-4-5-6 Punch
- #2 Side-Round Kick, Ax Kick, 1-2-3-4-5-6 Punch
- #3 Front Kick, Double Round Kick, Ax Kick 1-2-3-4-5-6 Punch

Punching Combination: 1-2-3-4-5-6 Punch

2nd Grade Blue Belt: (Must demonstrate with right side forward and left side forward)

- #1 Double Round Kick, Back Kick, 1-2-3 Punch
- #2 Side-Round Kick, Back Kick, 1-2-3 Punch
- #3 Front Kick, Double Round Kick, 1-2-3 Punch

Punching Combination: 1-2-3 Punch

1st Grade Blue Belt: (Must demonstrate with right side forward and left side forward)

- #1 Hook-Round Kick (with same foot), Back Kick, 1-2-3-4 Punch
- #2 Hook-Side Kick (with same foot), Back Kick, 1-2-3-4 Punch
- #3 Front Kick, Hook-Round (with same foot), 1-2-3-4 Punch

Punching Combination: 1-2-3-4 Punch

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2nd Grade Red Belt: (Must demonstrate with right side forward and left side forward)

- #1 Double Round Kick, Wheel Kick, 1-2-3-4-5 Punch
- #2 Side-Round Kick, Wheel Kick, 1-2-3-4-5 Punch
- #3 Front Kick, Sweep, 1-2-3-4-5 Punch

Punching Combination: 1-2-3-4-5 Punch

1st Grade Red Belt: (Must demonstrate with right side forward and left side forward)

- #1 Double Round Kick, Ax Kick, 1-2-3-4-5-6 Punch
- #2 Side-Round Kick, Ax Kick, 1-2-3-4-5-6 Punch
- #3 Front Kick, Double Round Kick, Ax Kick 1-2-3-4-5-6 Punch

Punching Combination: 1-2-3-4-5-6 Punch

2nd Grade Brown Belt: (Must demonstrate with right side forward and left side forward)

- #1 1-2-3 Punch, Spinning Back Fist, Double Kick, Ax Kick, Leg Kick
- #2 1-2-3 Punch, Spinning Back Fist, Round-Side Kick, Ax Kick, Leg Kick
- #3 1-2-3 Punch, Spinning Back Fist, Front Kick, Double Round Kick, Ax Kick, Leg Kick

Punching Combination: 1-2-3-4-5-6 Punch Spinning Back Fist

1st Grade Brown Belt:

1. Must demonstrate every Fighting and Punching Combination.

Consult with the senior Black Belt for more information about Testing for your Black Belt.

Congratulations on what you are about to achieve!!

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