



STUDENT HANDBOOK

Welcome!

Congratulations on your decision to study Martial Arts. We are so excited to have you join our program! There are many reasons why people study Martial Arts - self defense, self discipline, and exercise are just a few. Martial Arts provides these things and more. This class will provide these things, however having fun will also be a goal of ours!

Meet Mr Tom (Head Instructor/Owner):

Mr. Tom holds a Masters Degree in Exercise Physiology from the University of Maryland. He has served as assistant strength coach and martial arts consultant for the Washington Redskins, flexibility consultant for the Seattle Seahawks, and nutritional consultant for the Washington Capitals and DC United. A former Professional kick-boxer and Master Instructor, Mr. Tom has trained numerous Olympic and professional athletes. He is currently a professor at Chesapeake College and strives to help children and adults learn to eat healthy and live an active lifestyle. Mr. Tom has been teaching Martial Arts for over 30 years and he is happy that his career lead him to be the founder of Kent Island Martial Arts Center. Here he teaches ages 4 to adult and loves every second of it.

Meet Mr A (Black Belt Instructor)

Mr. A started Tae Kwon Do in Washington DC at the age of 7. He started competing in tournaments after a week of training and took 1st place during the Summer Karate Camp at Camp Kaufman off of the Chesapeake Bay in 1972. Around this time, he became a fan of Tom Fox, who was one of the areas top fighters. Mr. A quickly became the top junior competitor in the DC area in the mid 70s. After earning a black belt certification in Korea and a black belt certification in the US in 1976 at the age of 12, he became one of the youngest to hold 2 black belt certifications at the time.

Mr. A opened his first two schools at the age of 26 in Potomac and Gaithersburg, Maryland in 1991. That same year his Force One Sport Karate Team became world champions, and he won overall sparring champion at the Diamond Nationals, which is the highest rated tournament in the world.

Mr. A has continued to compete and has helped many top ranked schools. After teaching schools in Texas and Florida, he was happy to return home and teach on Kent Island after dreaming of teaching here for decades every time he passed through this beautiful waterfront community on his way to the beach.

CONTACT INFORMATION

www.KentIslandMartialArtsCenter.com

KIMartialArts222@gmail.com

410-643-3425

MISSION STATEMENT

Our goal is to provide a secure environment where students can learn about conflict resolution through the use of both physical and non-violent methods. It is our responsibility to encourage students to develop positive character traits and values that will benefit them in all areas of their life. These values include: positive self esteem, honesty, self confidence, discipline, concentration, and respect.

During class, we teach our students not only the basics of Martial Arts techniques, but the importance of being respectful to others, taking responsibility for one's actions, interacting positively with peers, and learning healthy nutritional habits.

Finally, it is our responsibility to develop students who strive to achieve above average scholastic achievement, physical achievement, and personal safety.

STUDENT CREED

1. I will only use Martial Arts for self defense.
2. I will respect my parents, teachers, and elders.
3. I will treat others the way I would like them to treat me.
4. I will always try my best.
5. I will strive to build a more peaceful world.

SHO YU SHA DO STYLE of Martial Arts

The Sho You She Do style means "My Own Way." The philosophy is to empty your cup and be open to techniques and information from all styles. Over the last 30 years, this style has proven to be an excellent approach to learning Martial Arts.

The curriculum is initially hard style oriented, which for most people is easier to learn and provides positive feedback more rapidly. As a student advances in rank, we begin to provide more soft style motion.

However, more important than the physical curriculum, is the mental attitude of this style. We teach students to be respectful of all Martial Arts and not to be arrogant and closed minded because of the knowledge they possess.

We are deeply committed to positive values, such as self confidence, respect, responsibility, goal setting, perseverance, and integrity, core beliefs that are central in Martial Arts.

We strive to create leaders, not followers. Students, who because of their self confidence, are not intimidated by other styles, but rather excited at the possibility of learning new information that can be incorporated into their personal style.

As Martial Artists, we must realize that we do not know everything, and we must be wise enough to realize we can learn from anyone. Keeping an open mind to new information is the essence of our style, a living style that continues to grow stronger.

UNAUTHORIZED USE OF MARTIAL ARTS

When students join Kent Island Martial Arts Center, they are accepting the responsibility that comes with the study of Martial Arts: Martial Arts will only be used as self defense. Students are encouraged to practice in class and at home under adult supervision. Students are not allowed to use Martial Arts to show off or practice on their siblings or friends.

If a student violates these rules, the following will occur:

1st Offense: Meeting with Instructor, accompanied by a warning

2nd Offense: Meeting with Mr. Tom and the student will write the student creed

3rd Offense: Student will be suspended from class for one week.

4th Offense: Permanent suspension from the program

If your child misbehaves at any point during class, please allow the Instructors to handle the situation. Please DO NOT come on the mat or call your child over to you.

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lil Dragons 5-5:30pm	Lil Dragons 5-5:30pm	Tiny Tigers 4:30-5pm	Lil Dragons 5-5:30pm	Lil Dragons 5-5:30pm	Tiny Tigers 9:30-10am
BBT Beginner 5:30-5:45pm	BBT Beginner 5:30-5:45pm	Lil Dragons 5-5:30pm	BBT Beginner 5:30-5:45pm	BBT Beginner 5:30-5:45pm	Lil Dragons 10-10:30am
Beginner 5:45-6:30pm	Beginner 5:45-6:30pm	BBT Beginner 5:30-5:45pm	Beginner 5:45-6:30pm	Beginner 5:45-6:30pm	BBT Beginner 10:30-10:45am
BBT Adult 6:30-6:45pm	BBT Adult 6:30-6:45pm	Beginner 5:45-6:30pm	BBT Adult 6:30-6:45pm	BBT Adult 6:30-6:45pm	Beginner 10:45-11:30am
Adult 6:45-7:30pm	Adult 6:45-7:30pm	BBT Adult 6:30-6:45pm	Adult 6:45-7:30pm	Adult 6:45-7:30pm	BBT Adult 11:30-11:45am
Advanced 6:45-7:30pm		Adult 6:45-7:30pm	Advanced 6:45-7:30pm		Adult 11:45am-12:30pm
Black Belt 7:30-8pm		Advanced 6:45-7:30pm			
		Black Belt 7:30-8pm			

STUDIO ETIQUETTE

Students should arrive 5 minutes prior to the start of class. Parents are welcome to stay and watch class, but are not required to do so. If parents do decide to leave, we ask that you are back in a timely manner for pick up.

ONLY water is allowed in the studio. No food or other drinks are permitted (on or off the mat). Water can be purchased at the front desk.

Students will bow at the beginning and end of every class. The bow signifies respect for Martial Arts. For the student, this means that they accept the responsibility that comes with the ability to perform powerful kicks and punches, and that they will use that power only for self defense. Any student who uses Martial Arts to show off or bully others will be disciplined and/or suspended from the class.

Students should address adult instructors as Miss or Mister. Students should have fun, however they must focus on the activity at hand. Distracting other students or fooling around will result in quiet, non-participation time. Frequent occurrences may result in suspension from class.

We take immense pride in the fact that our students are well behaved, focused, and have a high degree of self-esteem. If you need to talk to an Instructor about a problem or concern, please see the Instructor before or after class to schedule a meeting time.

STUDENT RULES

In an effort to provide more consistent discipline, students who disrupt class will be given a verbal warning. Continued disruptions will result in the student sitting out of class until he/she is ready to correct the behavior and rejoin the group. Should the unacceptable behavior continue, the student will be given a letter to take home that must be signed by a parent in order to return to class. Our last recourse will be another letter sent home and for the student to be suspended for an entire week of class.

THE PARENT'S ROLE

Your role is extremely important. At Kent Island Martial Arts Center, we will do our best to reinforce the same important life principles you teach at home. You can help us and your child in these ways:

1. Communicate to us the benefits you wish your child to receive from Martial Arts.
2. Be actively supportive of your child's participation in Martial Arts.
3. Reward progress with praise. The more excitement and enthusiasm you show for each success no matter how small, the more excited your child will be to achieve even more. Remember, your praise is the most powerful reward your child can receive.

BELT STRIPING SYSTEM

Red: Self Defense

Blue: One Steps

White: Forms

Green: Sparring

Black: Techniques

Purple: Tumbling (Lil Dragons only)

Stripes on the student's belts are used to track advancement. Once a student has earned all five/six stripes for their next belt level. It is the student's responsibility to know the curriculum and to ask the Instructor if he/she can test for a specific stripe. It is up to the Instructor to decide whether or not the student has earned the stripe.

RANK ADVANCEMENT

Belt promotions are the core of the goal setting process, which is a tradition in Martial Arts. This is an opportunity for students to demonstrate their progress and celebrate their goals. Students will also be expected to recite the student creed.

Belt exams are held monthly on a Tuesday at 6:45pm. Once all stripes are received, student must see the front desk to have their name put on the belt test list. Belt tests are \$30 each and due on or before testing date.

LIL DRAGONS BELTS

White
Purple
White w/Purple
White w/Orange
White w/Yellow
White w/Green
White w/Blue
White w/Brown
White w/Red

BEGINNER/ADULT BELTS

White
Orange
Orange Stripe
Yellow
Yellow Stripe
Green
Green Stripe
Blue
Blue Stripe
Red
Red Stripe
Black

SAFETY EQUIPMENT (Beginners Only)

At the Yellow Belt level, students will need to purchase safety and protective equipment, which must be worn by every student in order to spar. The Instructor will instruct students as to when to put on their sparring gear.

Please see the front desk when you are ready to purchase your sparring gear.

STUDIO NEWS

Upon joining, you will be asked to give us your email address that we will use to periodically email you with news, schedule updates, and special events.

FRONT DESK OFFICE HOURS

Our office staff is available during class hours. If you need to contact us at any other time, please email KIMartialArts222@gmail.com or leave us a message at 410-643-3425.

INCLEMENT WEATHER POLICY

In regards to inclement weather, a decision will be made by 3pm for classes that evening. IF there is a change to the schedule and classes are cancelled, a notice will be sent via email and posted on our Facebook page (www.facebook.com/kentislandmartialarts). We DO NOT follow QACPS for weather related closures.

GUEST POLICY

Friends and family are welcome to join you for a trial class! Please contact the front desk or email us (KIMartialArts222@gmail.com).

SPECIAL EVENTS

- Birthday Parties
- Parent Night Out
- Summer Camp
- Private Lessons

Please visit www.KentIslandMartialArtsCenter.com or email us (KIMartialArts222@gmail.com) for more information on our special events!