

Dear Students / Parents

I would like to take this opportunity to congratulate you for making the decision to enroll either yourself or a loved one in our Martial Arts Program. The benefits of a well rounded curriculum are substantial to say the least. Over 25 years of teaching children and adults has been an invaluable experience for me that I wouldn't trade for anything. Many times potential adults students will come in and imply that they would like to get into shape and also pick up some self-defense techniques. Our program is designed to go well beyond that.

A dedicated adult member will find that he/she will not only get into shape but also flexibility will increase immensely. Yes, it's sad but true, that as we age we also lose mobility, some degree of muscle tone and flexibility. He/she will also denote an improvement of muscle tone and endurance due to the cardio aspect of our program. This also helps to manage weight control, which may also be a concern. Self Defense techniques are taught on a regular basis. A member will notice their self-confidence improving as well as self-control. However, regular attendance is crucial. In today's stress filled occupations, being able to come in and train in a safe - stress free, family environment is a very positive benefit, indeed.

A sad but true fact is that too many people today worry about failure. They doubt their strengths, feel insecure, unfocused, are overly critical of themselves, and often don't believe that they can achieve the best in life if they put themselves to the task. What a shame, a well rounded Martial Arts Program can do wonders to help someone overcome these in adversities.

Webster's Dictionary defines Self Esteem as a confidence and satisfaction in oneself. Self Esteem effects everything we do in our lives and promotes a healthy "Yes I Can Attitude". People who feel good about themselves produce positive results.

For a parent just signing their child up for our program. You have taken a very valuable step. Helping your child grow up with strong character and self esteem is arguably one of the most important task of parenthood. The child with good self esteem has the best chance of becoming a successful and happy adult. Self-Esteem is the armor that helps protect kids against the demons of life : alcohol, gangs, drugs, and destructive behavior.

The Martial Arts instructor and the parent/s work together as role models to help instill and nurture this sense of self esteem within their child. Many times this is an ongoing program focusing on learning Respect, Communication and Attention, Discipline, Responsibilities, recognition and Praise, and Success.

As parents you want the best for you children. Training in the Martial Arts is a structured, time proven way of learning how to focus on goals, the methods needed to achieve them, the patience of learning skills one step at a time, and the positive reinforcements children need. When a child can take pride in his/her actions and what he/she can accomplish, the child gains a sense of direction and purpose, increased confidence, and improved feelings of self-esteem.

Once again, congratulations on making this very important decision of enrolling yourself or a loved one in our Martial Arts Program.

*Master Benjamin Michael Baird*

## Tampa Bay Tang Soo Do Center Student / Parent Partnership letter

*Dear Students / Parents this is just a brief outline of the expectations from you as a new member of our facility.*

**Monthly Tuition:** [ TUITION ] is due by the first day of the month. This is inclusive of all members. Monthly [ TUITION ] received after the [ 5<sup>th</sup> ] day of the month is considered late and shall include a [ ten \$10 ] late fee.

**Punctuality:** Students/Parents Punctuality is very important, especially in the Martial Arts. Please make every attempt to be at class on time.

**Lil Dragons ( Pee Wee Class – 4 –6 yr olds )** starts at 5:30 - till 6:00 pm 30 minutes

**Family Class ( all ages from 7yrs old and up )** starts at 6:00pm – 7:00pm one hour

**Adults only -** starts at 7:00pm – 7:45 pm 45 minutes

**Uniform Care:** Remember, how you look directly represents how you feel about yourself. Take pride in the way you uniform looks. Uniforms ( **Tobahks** ) Should be washed on a regular basis and touched up with an iron if very wrinkled. Remember, do not wash you belt ( dee ) in the washing machine and afterwards through in the dryer, it will shrink immensely. If needed, it is much better to hand wash the belt and let it drip dry.

**Belt Promotion:** Most students become eligible to test about every three months up to red belt level. Our requirement is a minimum of [ 21 ] classes Between tests. The test guidelines and requirements are posted on the Dojang wall. All students must be regular in attendance and show an improvement to be considered for Belt Promotion Testing.

- A) school age children will have to bring in their most recent Report Card and will have to maintain a [ C ] grade or better in all classes in order to be eligible for consideration.
- B) Also, the Belt promotion recommendation form will need to be signed and approved by a teacher and the child's parent, and turned in prior to the test date.
- C) Test Fees are due at Testing with the completed Test form.  
Gup Test Fees are [ \$30 per test ]

## *Tampa Bay Tang Soo Do Center* *Student / Member Rules for the Dojang*

- I] When arriving at the studio, members should remove shoes prior to entering the dojang area.
- II] Bow to the Master Instructor upon arrival.
- III] Members should address the Flags with proper respect, when entering the Dojang.
- IV] Bow to any Dan members in the dojang (studio)
- V] No smoking, chewing gum, or eating inside the dojang
- VI] No profanity is to be used in the dojang at any time.
- VII] Respect all of your senior belts, remember to bow when asking a question.
- VIII] Answer with proper respect at all times, example: yes sir, no sir  
Yes ma'am, no ma'am. This is very important.
- IX] Horseplay will not be tolerated in the dojang at any time.
- X] Be respectful of others please, no loud talking in the dojang.
- XI] Never lose your temper in the dojang, use control.
- XII] Keep you Dobahk ( uniform ) clean and neat at all times.
- XIII] Do not lean against the walls and sit properly in class ( legs crossed )
- XIV] Students must keep fingernails and toe nails clean and clipped at all times.
- XV] Wearing of jewelry is not recommended during class. Protruding rings shall not be worn, as with dangling earrings.
- XVI] Obey the Master instructor at all times. No talking while the instructor is on the floor
- XVII] Punctuality is very important, please make every attempt to be at class on time.
- XVIII] Do not face your Sabumnim or the flags, when fixing, tying, or Straightening your uniform or belt.
- XIX] Members should ask permission to be excused during class, it's very disrespectful to just walk off the floor without first being acknowledged.
- XX] Bow to the flags, Master instructor, and senior Dan Members when leaving the dojang.

## Tampa Bay Tang Soo Do Courtesy and Etiquette

*Tang Soo Do Moo Duk Kwan is a traditional Martial Art based on respect for all life. It is very important to develop this respect, of our art, our country, Grandmaster, Senior Dans and all members, in accordance with Tang Soo Do principles.*

The proper protocol for each specified situation is explained below.

### I] Entering the Dojang

Upon entering the Dojang, pause by the entrance, face the flags and salute by holding the right hand open and across the chest, with palm facing the heart and bow in the direction of the flags. This demonstrates respect and appreciation for our country, our style, and our training, and the country that produced the development of our style. You should perform this discipline upon entering and leaving the Dojang.

- A) Bow to the instructor, prior to walking into the Dojang
- B) Remove shoes at the entrance.

### II] General Situation in the Dojang

- A) Upon entering the Dojang one must show respect by personal preparation. Cease talking and try to quiet yourself both mentally and physically. Turn your thoughts towards your training. This will help to create an atmosphere of "Jung Soo" (internal Peace). Remember where you are and why.
- B) As you enter the Dojang you should recognize the Senior Members (Dan Members) that are Present, by bowing. The appropriate bow is performed by standing at attention and bowing from the waist about 45 degrees. The Senior Member will bow in return. Upon the entrance of a Senior Member, you should recognize him/her with a bow (unless class has started and your group is on the floor training, in which you would wait until the class takes a break and then recognize the Senior Member appropriately.
- C) If the instructor is addressing you, whether verbally, or demonstrating, make sure that you are **quiet, focused, and paying attention**. No explanation needed here.!!!

### III] Late Entrance

- A) When a student arrives late (after class has started) and enters the Dojang, he/she should follow this protocol. Quietly enter the Dojang and stand at the door.

- B) First bow in the direction of the flags
- C) Then, remain at attention by the entrance until you are recognized by the instructor on the floor. Never!!!! Just walk right into the Dojang without being recognized first. This is very disrespectful.
- D) Members / Parents, please make every attempt to be at class on time.

#### **IV] Receiving Instruction**

- A) At any time, before, during, or after class, when the instructor or a senior member offers personal correction or instruction to a junior member, the junior member should standing at attention position ( if possible ).  
At the completion of the instruction the junior member should show respect by bowing and saying " kahm Sa Ham Nida" ( Thank you )
- B) During the class, if a student has a question , he/she should raise his/her hand .  
When the instructor recognizes him/her, the member should be at attention, bow and ask the question. After the aswer is received, the student/member should bow and say " Kahm Sa Ham Nida " ( Thank You )

*Master Benjamin Michael Baird*