

Four Dragons Martial Arts



Student Handbook



Welcome!

Welcome to **Four Dragons Martial Arts**. The following information will better prepare you for your study with our school.

Our professional staffs of Black Belt Instructors with their assistants are here to guide you toward greater self-confidence and discipline as you improve your balance, coordination, flexibility, and reactions. Our program gradually guides you to improved cardiovascular fitness, muscle tone, flexibility, increased confidence, mental discipline, self defense capabilities and more. It is a fun way to get in shape and stay in shape!

Introduction

Self Defense: You will learn effective and powerful self defense skills as well as the fundamental attitudes appropriate to those skills. The basic attitudes of a successful martial artist (and of a successful person) are respect, discipline, goal setting, and effective leadership.

Respect: Through the martial art philosophy and customs, the student learns to build superior relationships based on respect and friendship.

Discipline: Through martial arts training, the student develops self-motivation, self-discipline, and stick-to-it-tiveness (perseverance).

Goal Setting: This is a necessary road map for a successful life. It was once said, "If you fail to plan, you are planning to fail." On the road towards Black Belt the student gains the experience and feeling of success by earning progressively higher belt ranks.

Leadership: As you work with your fellow students you develop communications skills, and at the level of Red Belt you will be able to participate in our Leadership Training Program.

Four Dragons Martial Arts is a "Black Belt" School. Our goal for every student is to help them earn their "Black Belt" not only in Martial Arts but in Life too. By working towards this goal we create an environment in which the student develops confidence through

accomplishing high, but realistic and attainable goals.

Rules & Regulations

Dojo Rules

- When a student enters or leaves the school they must bow to the front and to the instructors.
- No shoes are allowed in the training area. They must be lined up neatly in the shoe rack or other designated area.
- Students must bow when coming onto or leaving the mat, and must bow to the flags when crossing unless participating in class.
- Full uniforms are required unless specified by the Instructor. Do not remove your belt at any time while still in the school unless retying during class.
- Students shall line up for class according to: Respected portfolio, rank, proper uniform, and experience.
- Students must stand at Chun-bi when speaking during class. Raise your hand for permission.
- When in the presence of an Instructor students should place their hands behind their back.
- No foul or vulgar language is allowed in the school and inappropriate behavior will not be tolerated.
- No jewelry should be worn unless granted special permission by the instructor.
- Smoking and alcohol are not permitted in the school.
- Eating, drinking, or chewing gum are not allowed while class is in session.
- All training equipment must be used with the safety of others in mind. Students must ask permission prior to use.
- No whistling, shouting, or screaming in the school.
- Always seek help in a respectful manner.
- All students will immediately come to attention and bow when a Black Belt enters the school for the first time. Any student may initiate this protocol.
- Students are responsible for their own personal belongings and the school is not responsible for lost or stolen items.

Code of Conduct

- Students must not misuse the art they are learning and disciplinary measures may be taken against students doing so.
- Integrity is an important part of your martial arts training. Your word is your bond.
- You are a martial artist. Always be respectful when dealing with Instructors or your fellow students both in and outside of class.
- Students and Instructors of Four Dragons are not permitted to teach the art privately, commercially, or publicly without the permission.
- Instructors and Black Belts should always be addressed as Sir or Ma'am both inside and outside of the school. Titles of rank, i.e. Cho Gyo Nim, Bu Kwan Jang Nim, etc., may also be used.
- Should your uniform come undone during class etiquette requires that you turn away from the Instructor or your partner and fix it.
- Be neat and show pride in your school by cleaning up after yourself.
- When representing the school at events or activities such as tournaments, demonstrations, social gatherings, etc., discipline and proper manners are of the utmost importance.

Black Belts

Black Belts are considered the “seniors” of the school and therefore shoulder additional responsibilities. Holding this rank represents your commitment and dedication to the art and the school, and conduct and character are of utmost importance. Rank can be nullified at anytime for violating dojo rules or the Black Belt Code of Conduct.

- Have honor in your words and actions.
- Be generous, supportive, and helpful to all students.
- You should be the first to volunteer and help out when cooperation is needed.
- You should attempt to attend all dojo activities and events.
- Black Belts must take the initiative to help teach or assist in classes whenever possible.
- An active training schedule is required to improve skills and techniques as well as advance in rank. Black Belt is only the beginning of the journey.
- Be the first to arrive and the last to leave.
- Always set a good example of conduct and attitude whether in the school or outside in the community. You are a role model!

Student Oath, Tenets, Precepts

Students of Four Dragons should strive to live by our oath, tenets, and precepts as these are the concepts that our system is founded upon.

Oath:

1. I shall develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.
2. I shall develop self-discipline in order to bring out the best in myself and others.
3. I shall use what I learn in class constructively and defensively, to help myself and others, and never be abusive or offensive.

We are a Black Belt School-Motivated, Dedicated, Disciplined, and Loyal.

Tenets:

Modesty, Integrity, Courtesy, Etiquette, Self Control,
Perseverance, Indomitable Spirit, Respect

Precepts:

1. Have faith in your teacher and your selected system of martial arts.
2. Revere your ancestors.
3. Train with your mind.
4. Strengthen the will.
5. Center you energy.
6. Focus on reality.
7. Quest for higher excellence.
8. Never misuse what you learn.
9. Act with earnestness.
10. Covet nothing.
11. Subdue the “I”.
12. Behave with fortitude.
13. Learn always.
14. Assume nothing.

15. Overcome fear with courage.
16. Teach and grow.

Frequently asked Questions

What style of Martial Arts will I learn at Four Dragons?

Tamashii Ryuu Tae Kwon Do is comprised of the following martial arts styles: Traditional & Olympic Tae Kwon Do, Karate, Chin-Na Defensive Techniques, Modern Arnis, and Yoshimishinki Ryugi Ju Jitsu.

The formation of the style was based on the ancient Asian culture of the Code of Honor (budo) which consisted of loyalty, respect, courage, and bravery; and promoted love, peace, and the avoidance of unnecessary violence or killings. Simply speaking, the philosophy of Tamashii Ryuu is to achieve an understanding of respect, love, benevolence, magnanimity, sympathy, patience, and strong character.

What should I wear?

Regular Class Days:	White Dobok-All gup ranks white through red Red Dobok Top-Black Belt Club Members Only White or Red Dobok w/ Black Trim-All Black Belts
Belt Testing & Graduation:	Any approved Dobok with appropriate patches
WTF Tournaments:	White Dobok only

Where do I put all those patches?

White or Red Dobok: Association Patch-left chest
USA Flag-right shoulder
SWAT/STORM-left sleeve
STAR's-collar
Academic Achiever-right sleeve

Who will be teaching Me/My child?

Our Chief Instructor, Heidi Wilmott, has more than 35 years combined experience in the martial arts. She currently holds a 4th Degree Black Belt in both Kwok Wu Chuen and Tae Kwon Do, a 2nd Degree Black Belt in Shotokan Karate, and a 1st Degree Black Belt in Ju Jitsu. She is a Level III Certified Instructor and has been teaching for more than 20 years.

Professor Mike Wilmott is a 5th Degree Black Belt in the art of Yoshimishinki Ryugi Ju Jitsu and has also been teaching for more than 20 years.

SWAT and STORM Team Members may assist classes and take direction from the instructor at all times.

How early should I arrive for class?

Students should arrive 5-10 minutes early for class because:

- This gives the student time to take their shoes off, put their things away, and be lined up for the start of class.
- Being in class on time helps the student be more successful as they are properly pre-framed and warmed up for what they are going to do in class.
- It is disrespectful and disruptive to come into a class that is already in session as it

interrupts the flow. Students arriving late for class should wait on the side until acknowledge by the instructor who will then bow them in per protocol.

- Arriving early to class is part of the discipline of martial arts training.

Attendance Policy or What should I do if I miss a class?

Basic students may attend 2-3 classes per week. Cancelled classes may be made up at any time during an age appropriate class. Please call us at **607-284-4040** and make arrangements or speak with an instructor personally.

Black Belt Club students may attend as many classes per week as desired.

If a student should go on vacation or be out sick for two weeks or longer, they may complete and submit a vacation form prior to going away. Once approved and accepted, Four Dragons will issue a credit for the time the student is out. Payments do continue during "out time" but we will "bank" the time for you and use it to extend the end date of your membership.

Regular class attendance is important for the student to progress and it is the student's responsibility to attend.

What about School Closings?

Four Dragons may be closed for:

- Inclement weather & Public school closings
- Holidays: Thanksgiving, Christmas, Easter, Memorial Day, 4th of July
- Staff training: TBA
- Dojo activities: TBA

When will I be promoted?

Students will be "Stripe Tested" every 8-10 classes and will receive a stripe for their belt provided they meet the standards and requirements for each stripe. Those students who have earned three black stripes and a final red stripe may attend Belt Testing which is held monthly.

Black Belt testing is held twice early-in November and May.

Tell me more about Testing and Promotion Day?

- Students should arrive early and in a **clean, full uniform**.
- Family and friends are always welcome to attend and take pictures.
- Proper etiquette must be observed at all times.
- Please refrain from talking and turn off all cell phones during Testing!
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What about Sparring?

- Students attaining the rank of Orange Belt are **required** to purchase sparring gear for use in class and sanctioned tournaments. Equipment may be purchased through the school and includes the following items: Reversible Chest Protector, Head Gear, Mouth Guard, Shin/Instep Guards, Forearm Guards, and Groin Protector (both male & female). Gloves are optional. It is suggested that a gear bag also be purchased to keep items together and readily accessible.
- On "B" days (Wednesdays and Thursdays) or other designated sparring days,

students must line-up for class in full sparring gear. Students without a full-set of gear will not be allowed to participate in some or all of the class activities.

Are there any other costs involved in training?

There is a nominal fee **required** for Promotion to a new rank.

Sparring gear is **required** for all students Orange Belt and above. This may be purchased at the school.

Students attaining the rank of Green Belt are **required** to purchase Arnis Sticks which should be brought to every class. These may also be purchased at the school. Black Belts will need to purchase a Bo Staff.

Various tournaments, weapons, and self-defense seminars are held throughout the year. These are **not required** for promotion but are recommended for all students to gain experience and build confidence.

How should I stay informed?

- Make sure that we have your current phone number and email address.
- Read the monthly calendar posted at the school and/or pick up a copy.
- Check the calendar on the website for changes/updates: www.fourdragonskwc.com
- Join our Face Book page!
- Check your emails daily for announcements, etc.
- Listen to the announcements at the end of class.

Is it Safe?

Martial arts are a contact sport and there is always an inherent risk of injury. Four Dragons strives to provide a safe and fun learning environment at all times by implementing rules that must be followed by all students.

Any student who can or will not practice safe behavior towards themselves or someone else may be asked to leave at any time. Four Dragons has an obligation not only to teach but to protect all of the students within its walls and **behavior that is considered extremely disruptive, disrespectful, or dangerous will not be tolerated**. We reserve the right to expel any student or parent in order to protect the greater interests of the staff and student body.

How can I become a successful student of Tamashii Ryu Tae Kwon Do?

- Have faith in your selected style: Conceive, Believe, Achieve
- Respect your chosen Master and recognize his/her ability.
- Concentrate during training: Strong discipline results in rapid mastery.
- Cultivate patience during training: Your goals will be reached in good time.
- Practice as much as possible: Consistent performance and application of knowledge leads to certain proficiency.
- Don't ask too many questions during training: It is better to attempt to find the answers yourself as they may be more meaningful.
- Don't compare yourself to others during training: The only competitor is you.
- Maintain an open mind: Give yourself a chance when trying new things.
- Always strive to improve yourself: Commit to Constant and Never-ending

Improvement!

- Do not feel discouraged if the instructor corrects you: This is part of the discipline of martial arts and students are expected to excel to their fullest capabilities.

Notes for parents of Tiger and Junior Students

- While we do allow parents to watch classes please do not speak to your child while classes are in session as this is a distraction for your child as well as others. Have faith in the instructors, your child, and the school's goals.
- Always be supportive of your child and do not compare him/her to another student in class. Each child is unique and special and each learns differently and at different rates.
- Please be aware of testing dates as promotions are important to your child. Be aware of your child's attendance and progress and make sure that he/she is ready for graduation by encouraging home practice and completion of requirements.
- Children should learn to put on their own uniforms and safety equipment and tie their belts properly.
- If you have questions or concerns please feel free to talk to a staff member or instructor before or after class. Conferences can be scheduled as needed.

Additional Information

Personal Hygiene

Be considerate of others and avoid embarrassment by doing the following:

- Wash your uniform between classes. Extra uniforms are available for purchase.
- Use deodorant.
- Shower or bathe daily.
- Keep your sparring gear clean and odor free. If it stinks, wash it!
- If you have long hair keep it pulled back or wear a bandana. Bandanas can also be worn with short hair or under sparring gear and are available for purchase.
- Keep toenails and fingernails trimmed and clean.

How can I aid in fat/weight loss?

Use the following principles of smart eating, combined with 2 or more classes per week, to help reach your fitness and weight loss goals:

- Eat 5 small meals per day.
- Choose carbohydrates that are rich in fiber and slow absorbing such as fruits, vegetables, and whole grains.
- Eat limited amounts of fats and choose fats that are unsaturated, such as olive oil and avocados.
- Choose proteins that are lean such as turkey breast, tofu, or egg whites.
- Be sure to drink water throughout the day to keep yourself hydrated. A hydrated body burns fat more rapidly and is more efficient.

Who do you know that could benefit from a program like ours?

If you have a friend or a family member who would like to experience the benefits of martial arts training we can arrange a FREE private or group class for them. Just ask an instructor for a GUEST PASS.

Website: fourdragonskwc.com
Email: fourdragonskwc@gmail.com