



New Student Information

Congratulations on your decision to enroll in Tang Soo Do! In addition to all the physical benefits offered, this art is designed to develop individual character, mental strength, integrity, discipline, and respect.

Tang Soo Do encourages courtesy, patience, loyalty, honesty, and self-control. Values learned in the studio give the student concrete, practical guidelines for behavior in his/her life. Martial arts training also helps alleviate the fear many people have about handling themselves if someone physically confronts them.

Tang Soo Do is a traditional martial art that traces its roots back to ancient Korea. For more than 2000 years, the art has been passed down from instructor to student. Throughout its rich history, Tang Soo Do has been refined and polished. Today, the World Tang Soo Do Association continues to ensure that our art remains among the best in the world. A studio certified by our Association and taught by a trained, certified Black Belt instructor is a guarantee of some of the best martial arts instruction available today.

Our founder and leader, Grandmaster Jae Chul Shin first brought Tang Soo Do to the United States in 1968 and quickly saw it sweep across the country. Within a few short years, requests for Tang Soo Do training began pouring in from countries all over the world, so in 1982, he founded the World Tang Soo Do Association (WTSDA.) Now, Tang Soo Do is taught in more than 20 countries on 6 continents and has hundreds of thousands of students worldwide.

When you or your child is ready for the first test you will fill out a WTSDA membership application. Once this application is received and processed by headquarters, the student will be given a student manual and identification card. These will be used many times during training. Make sure these two items are kept in a safe and accessible place.

Much of the information in this letter is also found in the Student (Gup) Manual, but we wanted to outline some highlights for you as an intro to our program, as you will not receive that manual until you become a member of the WTSDA as well.

Before we get into some of the rules and other information of the class, there are a couple of items we want to be very clear on up front:

1. Discipline and orderliness are some of the most important lessons we teach, and are essential to running a successful martial arts program. If you are enrolling your child in our class, we need your

help in reinforcing this concept. Also, if at any time, you have concerns over how this is being enforced, we encourage and welcome you to speak with the LifeTrek instructors.

2. Fees: Tuition for regular classes is run through the YMCA. Please see their staff about this.

Everything else is paid directly to Mr. Burkett or the WTSDA. Please see the LTMA Budget Guide for more information. Both the YMCA and LifeTrek are committed to offering competitive, affordable rates for our students. Please see us with any questions or concerns you may have.

Again, congratulations on taking advantage of this opportunity and welcome aboard!

Students in Tang Soo Do progress through a series of promotions designated by different colored belts or Gup levels. Each color has its own philosophical meaning and each represents the cycle of the seasons and the cycle of life. There are 10 different Gup levels between the beginning student (white belt) and the eventual Black Belt. Each promotion or Gup level represents a new and advanced stage in Tang Soo Do training. In addition to learning new techniques, forms, and general information at each belt level, a minimum amount of time is required before a student is eligible to test again for the next level. Please see the LTMA Student Testing Progress Guide for more information.

The Korean language is used frequently here. It is expected that you learn it. Please visit www.lifetrek martial arts.wordpress.com/martial-arts-offerings/korean-terminology-2 for a list of most of the words you will eventually need to know. Don't worry! You don't need to learn all of it at once!

TESTING FOR PROMOTION

The instructor will advise the student when testing for the next belt will occur. It will be the sole discretion of the instructor to determine if advancing to a new level is in the best interest of the student at that time. When the minimum time has passed, the instructor will evaluate several factors, including but not limited to: progress made in training since the last test, attitude, general knowledge, conduct in class, etc. The road to Black Belt is a long-term commitment which cannot and should not be hurried any more than growing up should be rushed. At every stage in Tang Soo Do, there are valuable lessons, physical and mental, to be learned, and some take longer than others. Not all students in a class will advance at the same rate.

Upon passing a belt examination, a promotion ceremony will be held when new belts are awarded. This event is a celebration in which all students should participate, not just those receiving their new belt. A student's attendance at these ceremonies shows support of fellow classmates as well as dedication to one's personal training.

Most of the information pertaining to training protocol will explained in the WTSDA student manual and should be reviewed on a frequent basis. There are a few important issues explained there that should be mentioned here as a primer, however. Students should arrive at least 15 minutes before class is scheduled to begin. Upon entering (and leaving) the Dojang (studio), students should bow to the instructor and salute the flags. Once inside the Dojang, the student should quietly begin warming up and stretching off to the side. For safety reasons, no gum is allowed and all jewelry and watches should be removed. If a student arrives late, he/ she should prepare themselves for class and then wait to the side until he is recognized by the instructor and asked to join the class. If a student must miss a class, they should notify the instructor beforehand. In other words, at the beginning of each class, an instructor should know where every student is. If a student must leave class, they should first receive permission from the instructor.

One of the most misunderstood aspects of training in a traditional martial art is the meaning of the bow or “Kyung Yet.” In Tang Soo Do, the bow is a form of greeting and sign of respect. (This is the same reason why all Black Belts are to be called “Sir” or “Ma’am” by Gup students.) A student is expected to bow to his instructors, all Black Belts and Masters, whether in the studio or out, and also to his/her partners. The bow is never interpreted as the student being less or lower than the senior rank, but it is an expression of humility, courtesy, pride, and self-esteem. Black Belts and senior ranks are also expected to return the bow. A person who can show humility is truly capable of becoming a leader.

1. Attend classes at regularly scheduled times.
2. Arrive 15 minutes prior to class beginning.
3. Keep all toes/finger nails trimmed.
4. Wear loose fitting athletic clothing to class (if wearing shorts, they must be of modest length), or Do Bohk when appropriate
5. No food, drinks, or gum allowed in the Do Jang.
6. Use of alcohol, tobacco or drugs will not be tolerated prior to or during training.
7. No loud, abusive, or profane language permitted in the Do Jang.
8. Use of proper protocol when entering and exiting the Do Jang.
9. Always raise your hand when you have a question, and wait to be called upon.
10. If arriving late to class, always ask for the instructor’s permission to join
11. Use the restroom before or after class, not during. We certainly understand there are times this is unavoidable, but it is extremely disruptive to class, and repeated offenses of this rule will be considered disrespectful and subject to discipline
12. Be respectful to all students and instructors at all times.
13. Parents or family members **may not** interfere **or coach** students at any time.
14. Attire must always be neat, clean, and pressed for class and other functions.
15. No jewelry or decorative wrist or head bands permitted during class.
16. What you learn in class stays in class.
17. The YMCA has strict rules regarding the use of social media (Facebook, Twitter, etc...) As LifeTrek is a program of theirs, we ask that you respect their rule to not post any pictures that have anyone other than your family members on your social media sites. They do, however, allow you to share pictures they have posted on their social media sites, as well as the LifeTrek Facebook page and Twitter feed on your social media accounts.
18. Assist in making sure LifeTrek always leaves the Do Jang better than when we got there. Don’t leave behind trash. Don’t destroy or deface equipment. Respect your surroundings and the people/organizations that are making this available to you.
19. Observe all rules of the YMCA that may not be included on this list.

The Do Bohk (uniform) can be traced back to 600 AD in Korea, and is an important part of the traditional heritage we honor. This traditional symbol should be worn and maintained with great care and respect. Do Bohks should be cleaned and pressed for training. Unless you are just beginning, you should not expect to train if not in full uniform.

Once a student achieves Green Belt, the lapels of the Do Bohk top must be trimmed in the same color as the belt (except for Cho Dan Bo). There is only one acceptable way to tie the belt and to fold the uniform when not being worn. Please refer to this section of the student manual for details and instruction. Even young students should be taught to tie their own belts correctly.

There should not be colored shirts visible under the Do Bohk (plain white is ok), and the Do Bohk should only be worn for training or competition. Do Bohks should be purchased through LifeTrek, as we have properly printed uniforms available with all of the patches you will need at prices very similar to what you could purchase elsewhere.

Safety equipment is important to prevent injuries while training, and is a requirement for all competitive sparring. By the time a student achieves Orange Belt (earlier is okay), they must own a complete set of sparring equipment. The set should include protective headgear, hand gear, footgear, and a mouthguard. Boys are required to wear a protective cup. Safety gear can be purchased through the studio and we can help you determine the correct size to purchase.

When a student tests for Green Belt (and for all tests after that), they will be asked to break boards as part of the physical test. Breaking is a test of concentration and proper technique. Breaking is practiced in class occasionally. All boards for class and tests are provided by the instructor. Breaking should be done under an instructor's supervision only! Do not practice breaking at home!

PRACTICE & COMPETITION

The techniques and forms found in Tang Soo Do are designed to improve the student's understanding of various techniques, how to engage your body, and for many, they become a practice in calmness, discipline, focus, and serenity. The more you practice outside of class, the sooner your techniques will improve. For these reasons, natural athletic ability is not a substitute for diligent practice, especially as a student progresses into higher ranks. Ultimately, a student's training is his/her own responsibility and his/her dedication will determine the speed and level of his/her progress. Like any other worthwhile endeavor, the more a student puts into their Tang Soo Do training, the more they will get out of it.

While Tang Soo Do is considered an art as opposed to a sport, there are a number of regional tournaments scheduled that provide competition for those who desire to participate. The ultimate in Tang Soo Do competition is the World Championships, held every other year. Some of the benefits of competition include: meeting students from other schools and even other countries, increased confidence, the chance to compare techniques with other students, and the opportunity to learn from others. Tournaments are always educational and fun to watch, even for those not competing.

Tournaments are arranged so that students of similar age and belt level compete with each other. Events include Hyungs (Forms), Dae Ryun (Sparring), Weapons, and sometimes Breaking. Students may compete in some or all events depending on their belt level. Your instructor will prepare the students for upcoming competitive events.

VISITING OTHER DOJANGS

One of the great joys of being a member of the World Tang Soo Do Association is the opportunity to train with students almost anywhere in the world. If you are traveling and there is a World Tang Soo Do studio near where you will be, you may want to consider stopping in for a visit or training session if scheduling permits.

Proper protocol must be observed in order to do this. You should first ask your instructor for permission to train at another studio. Then you must contact the studio owner where you will be visiting beforehand to ask permission to stop by. Headquarters in Philadelphia or the Internet can provide you with a list of certified

studios all over the world. Visit the World Tang Soo Do website at www.wtsda.com. Frequently, a visit to a new Dojang can be the highlight of a trip.

FREQUENTLY ASKED QUESTIONS

QUESTION: What will I/my child get out of class?

ANSWER: We help students reach their fullest potential by teaching challenging classes, setting goals for our students, and giving them the necessary skills to reach those goals. In addition to improving physical conditioning, flexibility, and balance, students learn skills necessary for self-defense. Along the way, students develop integrity, self-esteem, and confidence. Dedicated training typically results in better focus and concentration. For all these reasons, it is not uncommon that students enrolled in Tang Soo Do also report improved grades in school.

QUESTION: Should I join Tang Soo Do with my child?

ANSWER: Absolutely!!! Every student trains at their own pace, so anyone, regardless of age or present condition, can study Tang Soo Do. While we may offer cross-training from time to time in ground-defense oriented styles, the majority of Tang Soo Do is done from a standing position. Of course, whether you or your child have any physical limitations that we should be aware of, please be sure we are aware, whether it is a temporary injury or chronic condition. We will be sure to accommodate to the best of our ability.

Also, while we will, from time to time, offer training that includes very controlled contact, kicks and punches are learned without body contact. In this way, coordination and flexibility can be increased at any age. Also, when children see important values illustrated by their own parents, they have strong role models to follow. Fun, wholesome activities, like Tang Soo Do, that actively involves the whole family strengthens family ties. It's true: Families that kick together, stick together!

QUESTION: Who will be instructing the class?

ANSWER: In order to teach in the World Tang Soo Do Association, all instructors are required to pass an Instructor's Certification program. Furthermore, our Black Belt instructors participate in regularly scheduled instructor classes, training camps, and seminars. As our program grows, you may also see several assistant instructors who work with students in small groups or even individually. When you watch a Tang Soo Do class, you see students enjoying themselves in a friendly environment led by caring, knowledgeable teachers.

QUESTION: Will classes leave me/my child battered? Will my child become a bully?

ANSWER: While classes are designed to be fun and exciting, we also teach that what we are learning should never be taken lightly. Safety gear and special equipment are required, and respect for others and self-control are two rules we strongly emphasize. The codes and tenets, which serve as our foundation, reinforce tolerance and compassion for others rather than bullying. In short, using what we teach to bully, intimidate, or otherwise harm another person (except for self-defense) will not be tolerated. Period.

QUESTION: How do students and parents stay informed?

ANSWER: There are several ways for students/parents to keep up with Dojang information. First is to listen to announcements made by instructors at the end of class. Second, we make use of Facebook, Twitter, and our website at www.lifetrek martialarts.wordpress.com. The YMCA of Southwest Indiana also makes

announcements for us on their social media sites. Finally, if you ever have questions, don't hesitate to speak with the instructor.

QUESTION: How often will I/my child attend class?

ANSWER: Classes are scheduled for one hour sessions, two days per week. Later, as students grow in rank and commitment, more classes become available. Please read the section under Class Protocol regarding missing classes.

Some Final Words to Parents and Students. . .

Welcome to the world of martial arts. It is important there be an understanding about what to expect when taking on an endeavor such as traditional Tang Soo Do.

First 6 months: In the beginning, if you are like most people, you will experience a sharp learning curve, where you will see results quickly. Focus and concentration will increase at a rapid rate. Balance and coordination will improve dramatically. There will be an increase in flexibility and strength.

Second 6 months: The student should go over basic stances and basic techniques every day. It seems to take longer and longer to achieve results. This is normal, and this is where self-discipline comes into play. Understanding this type of learning curve is beneficial to understanding martial arts. As well as having peaks, where technique is picked up quickly and understanding is high, there are times when it seems that not much is happening but work. These times are what I like to refer to as plateaus of learning. It is this time, when it seems like class is just drill, drill, and more drill, that the serious student is born.

Like other journeys of significance, Tang Soo Do is a method of self-actualization where a student can define one's self, and study human nature as well. Tang Soo Do is not a store bought item. It must be experienced to appreciate its value, and this takes time, perseverance, and patience. The original name for Tang Soo Do was translated as: Hard Work, or Grinding Out and Polishing. This applies to the physical being, the mental being, and the spirit of the student.

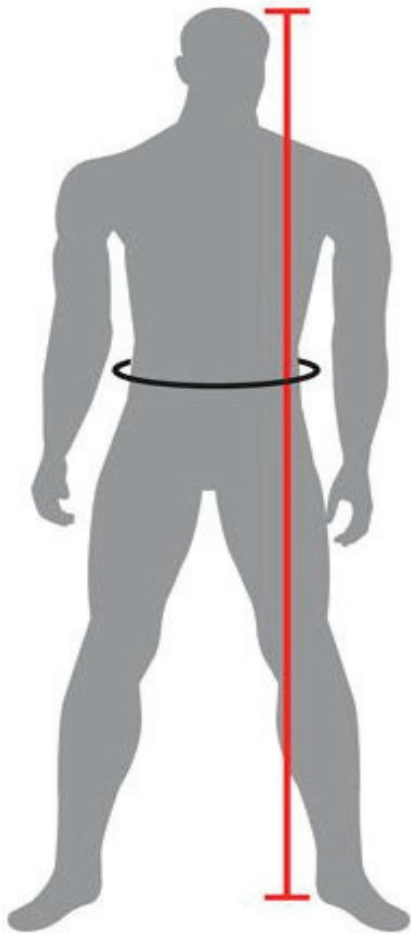
Tang Soo!

Brian Burkett
Chief Instructor
LifeTrek Martial Arts

UNIFORMS / BELTS

USE THE COLOR BARS PROVIDED TO HELP FIND YOUR SPECIFIC UNIFORM SIZE

TRADITIONAL UNIFORM AND BELT SIZE	CLOTHING SIZE	HEIGHT	APPROX. WEIGHT	
CHILD SIZES*	000	CHILD 2 - 4	3' - 3'5"	30 - 50 LBS
	00	CHILD 4 - 6	3'5" - 3'10"	40 - 60 LBS
	0	CHILD 6 - 8	3'10" - 4'3"	55 - 80 LBS
	1	CHILD 8 - 10	4'3" - 4'8"	70 - 100 LBS
	2	CHILD 10 - 12	4'8" - 5'1"	90 - 120 LBS
ADULT SIZES	3	SMALL	5'1" - 5'6"	110 - 150 LBS
	4	MEDIUM	5'6" - 5'11"	140 - 180 LBS
	5	LARGE	5'11" - 6'2"	170 - 210 LBS
	6	X-LARGE	6'2" - 6'5"	200 - 240 LBS
	7	XX-LARGE	6'5" - 6'8"	230 - 270 LBS
	8	XXX-LARGE	6'8" - 6'11"	260 - 300 LBS
	9	XXXX-LARGE	6'11" - 7'1"	290 - 320 LBS



Patch Placement Guide

Your new uniform already has the LifeTrek Martial Arts logo printed on the back. It also comes with the necessary patches. Please see the picture below for guidance on where to place them. Please note that the red part of the Um Yang (red/blue circle) on the Korean flag is on top.

You may sew these on, or you may use a fabric glue found at several craft stores to put these on, but whatever method you use, please make sure they are securely attached.

