

Legacy American Martial Arts



Karate Kits & Karate Kubs Student Handbook

The Values and Philosophy of Legacy American Martial Arts

Each person who becomes involved in the martial arts has a different objective: to improve his or her physical condition, to learn self-defense, or perhaps to improve self-discipline – to meet a mental as well as physical challenge. Each of these different goals, however, reflect one common thought: personal improvement. Because each student has different capabilities (mentally and physically), our instructors concentrate on individual progress. There are certain physical techniques and technical concepts that must be mastered as the student proceeds through the ranks – and some progress more quickly than others. Students are not compared to one another; each is judged according to the concept of “personal victory” – a measurement of individual improvement based on personal potential.

Because of the “personal victory” concept, our programs are exciting forms of mental and physical exercise for both children and adults. The current physical condition of the student is not an issue because personal improvement is the common goal. If the student is willing to attend classes two or three times per week, he or she will meet their goals, and they may receive additional benefits they never expected.

As students attend classes regularly, they prepare for periodic rank tests to achieve progressively higher ranks, signified by the color of the belt or sash worn with their uniform. Upon successfully testing through the color belt or sash ranks the student is awarded his or her First Degree Black Belt or Sash.

The beginning student often considers the Black Belt (Taekwondo), Blue Belt (Brazilian Jiu Jitsu) or Black Sash (Tai Chi) to be the ultimate goal, but the successful martial artists realize that their training actually began when they achieved that benchmark. The study during the early ranks teaches the student the fundamental techniques, theory, and movements needed for training. Each belt or sash is the beginning of a wonderful journey; it is not the destination.

This student handbook will acquaint you with our school’s general policies and procedures and answer many of your questions. Please take the opportunity, also, to meet with your instructors; they are committed to your success and will be pleased to answer additional questions and help you achieve your goals. Also, take time to meet and get to know your fellow students and training partners. As you train and progress in the martial arts your classmates will be there to support and push you. While the martial arts are an individual activity we train as a team. By helping others grow we are making ourselves and the team stronger!



Jena Bushey
Chief Instructor



Jack Smail
Head Instructor

Karate Kit Program



Karate Kit Program

One of the great things about quality martial art training is that it can be enjoyed by students of almost any age. Our Karate Kit Program is designed specifically for students ages 3-4 and helps children develop the physical, mental, and emotional skills necessary to succeed in life.

The core of our Kit program is our training environment. Our program is taught in a safe, structured classroom setting where the children are expected to pay attention, follow directions, and treat their classmates and instructors respectfully. The instructors run a fun and exciting learning environment where the Kits are challenged to do their best. The key is consistency in class attendance. Even children with focus or discipline issues show improvement in classroom behavior after a couple weeks of training. As a student continues their training the improved behavior starts to become a habit and carry over to other areas of their life.

An important focus of the Karate Kit program is our attention to “life skills” such as respect, integrity, and self-discipline. Every month we focus on one life skill for the students to learn about. Our goal is to reinforce the values taught at home and help the students put them into practice. Every month the Kits are also given a safety topic from our Safety N.E.T. Kids program to learn about. Safety topics include information such as what to do if you are lost, how to say “NO!” to a stranger, passwords, and others.

Students also learn new techniques and moves every month. The movements the Kits learn and practice are designed to help them develop their motor skills, strength, balance, flexibility, control and a greater understanding of their body. As Kubs advance in rank they are given more challenging movements. This increasing level of difficulty not only keeps the kids interested, but also pushes Kits to improve their physical abilities.

At the end of every month Kits demonstrate what they have learned to earn either a stripe on their belt or new belt after they have earned 3 stripes. We find that monthly demonstrations help teach kids about goal setting and making the connection between “work” and rewards. Another benefit is that students become more relaxed with public demonstrations and speaking

Class Structure

Kits who arrive to class early (we do not recommend more than 10 minutes) should use the bathroom before class starts to avoid unnecessary classroom disruptions.

When it is time for class to begin, Students will grab their attendance cards and wait at the edge of the mat. The instructor will then call students by rank to their spot on the floor. When called the student will answer, “Yes Sir/Ma’am!”, give a bow, and run to their spot.

After the students are lined up the senior ranking student will say the Korean words “Charyot! Kyung-reeay!”, which translate as “Attention! Bow!” The instructor will then ask, “Who wants to be a black belt?” The Kubs respond, “I do Sir/Ma’am”. The instructor asks, “What does that take?” The class says;

*“Knowledge in my mind
Honor in my heart
Strength in my body
And make good friends!”*

After the class recites this oath the instructor will ask, “And if we do all that, what do we become?” The kids will grab their belt and say, “A black belt Sir/Ma’am!”

A 5-10 minute warm-up follows the student oath. Exercises can range from movements that emphasize focus, balance, reaction time, building strength, and coordination. Kits are learning to behave in a classroom environment. There is no touching the other children, students should raise their hands before talking, and the Kits should respond, “Yes Sir/Ma’am” or “No Sir/Ma’am” to the teacher’s instructions. Our goal is to help improve their focus and self-control while having structured fun.

After warm-ups the instructor may run the Kits through various games and activities to improve their physical abilities or skill in their Taekwondo techniques. Time is also spent on their important Safety N.E.T. Kids topic and making sure the students memorize and understand how to keep themselves safe. Our instructors also focus on the Kits life skill of the cycle and discussing examples of how to put that skill into practice in their life.

At the end of class students will be instructed to line back up just as they did at the beginning of class. The Kits oath will be recited, the instructor will make any announcements that need to be made, and then class will be dismissed.

Etiquette and Protocol

1. As a sign of respect to our mutual training area, students and instructors will bow each time they enter and/or leave the workout floor, even if there is no class in session.
2. If a student is late for class, they should bow at the edge of the workout floor and wait to be recognized by the instructor; they may then ask permission to join the class. The instructor may then assign a warm-up and/or other exercises as appropriate.
3. Students should use the restroom before coming to class. However, if necessary, it is acceptable during class to ask permission to be excused. Remember to help keep our restroom clean out of respect to others in the studio.
4. Students will respond “Yes/No, Sir”, or “Yes/No, Ma’am”, as appropriate, in all conversations with instructors.
5. With the exception of “Yes/No, Sir/Ma’am”, counting, or answering an instructor’s direct question, Students must raise their hand if they wish to speak in class
6. If a student does not understand a command, s/he is allowed to raise her/his hand and ask that the instruction be repeated. A student is expected, however, to pay careful attention so the class may proceed with minimal interruption.
7. Let the instructors know before class if you have a personal injury or limitation that may affect your performance. If an instructor asks the class to perform a movement you cannot do, perform a different drill instead. (Example: If you are asked to do push-up and have an elbow injury that will not allow you do perform push-ups, perform isometric planks instead.)
8. No student, regardless of rank, may instruct or correct another student without the direct and specific permission and supervision of the instructor.
9. Student uniforms should be kept clean and in good repair. Make sure finger and toe nails are trimmed. Students should not begin class with body odor.
10. For everyone’s safety no jewelry, with the exception of small religious symbols and medical tags should be worn during training.
11. Students who are ill should refrain from training in class until the illness is no longer contagious.
12. For safety reasons, students who wish to join class late or leave the mats must first ask permission.

Karate Kit Ranking System

Our Karate Kit program uses 6 belt ranks. At the end of every month the Kits have an opportunity to demonstrate their knowledge and skill of their monthly curriculum. Kits who demonstrate their curriculum earn a stripe on their belt. Once a Kit has earned three stripes their next monthly demonstration will be for their next belt. Our Karate Kit belt system is as follows;

	White Belt
	Yellow Double Stripe
	Green Double Stripe
	Purple Double Stripe
	Blue Double Stripe
	Red Double Stripe

Once a child has reached the red double stripe belt rank or turns 5 years old it is time for them to start making the transition into the Karate Kub program. When a Kit is two months away from entering the junior class they receive a black “invitation stripe” on their belt. This stripe means they are allowed to train in both the Kit and Kub classes. We find this helps children comfortably make the transition into the Karate Kubs and cuts down on the amount of time needed to adjust to the new level of training.

The transition from the Kit to Kub program involves the Kit performing at the standard monthly demonstrations. The Kit will perform their monthly curriculum on both sides of their body, in a good stance and with just the instructor’s words for assistance. During this demonstration the child will demonstrate that they are ready to meet the challenges of their next level of training. Upon a successful performance the Kit will enter the Karate Kub program at the rank of yellow-stripe belt.

Karate Kub Program



Karate Kub Program

One of the great things about quality martial art training is that it can be enjoyed by students of almost any age. Our Karate Kub Program is designed specifically for students ages 5-6 and helps children develop the physical, mental, and emotional skills necessary to succeed in life.

The core of our Kub program is our training environment. Our program is taught in a safe, structured classroom setting where the children are expected to pay attention, follow directions, and treat their classmates and instructors respectfully. The instructors run a fun but disciplined learning environment where the Kubs are challenged to do their best. The key is consistency in class attendance. Even children with focus or discipline issues show improvement in classroom behavior after a couple weeks of training. As a student continues their training the improved behavior starts to become a habit and carry over to other areas of their life.

An important focus of the Karate Kub program is our attention to “life skills” such as respect, integrity, and self-discipline. Every month we focus on one life skill for the students to learn about. The children are expected to know not only what the life skill is and what it means, but to be able to give examples on how they can demonstrate the life skill at home and at school. Our goal is to reinforce the values taught at home and help the students put them into practice.

Every month the Kubs are also given a safety topic from our Safety N.E.T. Kids program to learn about. Safety topics include information such as what to do if you are lost, how to say “NO!” to a stranger, passwords, and others. It is important that your Karate Kub learns and internalizes this information so they know how to keep themselves safe and what to do if something bad does start to happen.

Students also learn new techniques and moves every month. The movements the Kubs learn and practice are designed to help them develop their motor skills, strength, balance, flexibility, control and a greater understanding of their body. As Kubs advance in rank they are given more difficult movements to master with less assistance from the instructors. This increasing level of difficulty not only keeps the kids interested, but also pushes Kubs to improve their physical abilities.

At the end of every month Kubs demonstrate what they have learned to earn either a stripe on their belt or new belt after they have earned 3 stripes. We find that monthly demonstrations help teach kids about goal setting and making the connection between “work” and rewards. Another benefit is that students become more relaxed with public demonstrations and speaking. Our black belts who have had their start in the Karate Kub program are among our most confident and positive students.

Class Structure

Kubs who arrive to class early (we do not recommend more than 10 minutes) should use the bathroom before class starts to avoid unnecessary classroom disruptions.

When it is time for class to begin, Students will select their attendance cards and wait at the edge of the mat. The instructor will then call students by rank to their spot on the floor. When called the student will answer, "Yes Sir/Ma'am!", give a bow, and run to their spot.

After the students are lined up the senior ranking student will say the Korean words "Charyot! Kyung-reeay!", which translate as "Attention! Bow!" The instructor will then ask, "Who wants to be a black belt?" The Kubs respond, "I do Sir/Ma'am". The instructor asks, "What does that take?" The class says;

*"Knowledge in my mind
Honor in my heart
Strength in my body
And make good friends!"*

After the class recites this oath the instructor will ask, "And if we do all that, what do we become?" The kids will grab their belt and say, "A black belt Sir/Ma'am!"

A 5-10 minute warm-up follows the student oath. Exercises can range from drills that emphasize focus, balance, reaction time, building strength, and coordination. Kubs are expected to maintain their self-control during class. There is no touching the other children, students should raise their hands before talking, and the Kubs should respond, "Yes Sir/Ma'am" or "No Sir/Ma'am" to the teacher's instructions.

After warm-ups the instructor may run the Kubs through various drills to improve their physical abilities or skill in their Taekwondo techniques. Time is also spent on their important Safety N.E.T. Kids topic and making sure the students memorize and understand how to keep themselves safe. Our instructors also focus on the Kubs life skill of the cycle and discussing examples of how to put that skill into practice in their life.





At the end of class students will be instructed to line back up just as they did at the beginning of class. The Kubs oath will be recited, the instructor will make any announcements that need to be made, and then class will be dismissed.

Etiquette and Protocol

1. As a sign of respect to our mutual training area students and instructors will bow each time they enter and/or leave the workout floor, even if there is no class in session.
2. If a student is late for class, they should bow at the edge of the workout floor and wait to be recognized by the instructor; they may then ask permission to join the class. The instructor may then assign a warm-up and/or other exercises as appropriate.
3. Students should use the restroom before coming to class. However, if necessary, it is acceptable during class to ask permission to be excused. Remember to help keep our restroom clean out of respect to others in the studio.
4. Students will respond “Yes/No, Sir”, or “Yes/No, Ma’am”, as appropriate, in all conversations with instructors.
5. With the exception of “Yes/No, Sir/Ma’am”, counting, or answering an instructor’s direct question, Students must raise their hand if they wish to speak in class
6. If a student does not understand a command, s/he is allowed to raise her/his hand and ask that the instruction be repeated. A student is expected, however, to pay careful attention so the class may proceed with minimal interruption.
7. Let the instructors know before class if you have a personal injury or limitation that may affect your performance. If an instructor asks the class to perform a movement you cannot do, perform a different drill instead. (Example: If you are asked to do push-up and have an elbow injury that will not allow you do perform push-ups, perform isometric planks instead.)
8. No student, regardless of rank, may instruct or correct another student without the direct and specific permission and supervision of the instructor.
9. Student uniforms should be kept clean and in good repair. Make sure finger and toe nails are trimmed. Students should not begin class with body odor.
10. For everyone’s safety no jewelry, with the exception of small religious symbols and medical tags should be worn during training.
11. Students who are ill should refrain from training in class until the illness is no longer contagious.
12. For safety reasons, students who wish to join class late or leave the mats must first ask permission.

Karate Kub Ranking System

Our Karate Kub program uses 6 belt ranks. At the end of every month the Kubs have an opportunity to demonstrate their knowledge and skill of their monthly curriculum. Kubs who demonstrate their curriculum earn a stripe on their belt. Once a Kub has earned three stripes their next monthly demonstration will be for their next belt. Our Karate Kub belt system is as follows;

	White Belt
	Yellow Stripe
	Green Stripe
	Purple Stripe
	Blue Stripe
	Red Stripe

Once a child has reached the red stripe belt rank or turns 7 years old it is time for them to start making the transition into the Junior Taekwondo program. When a Kub is two months away from entering the junior class they receive a black “invitation stripe” on their belt. This stripe means they are allowed to train in both the Kub and Junior Beginner classes. We find this helps children comfortably make the transition into the Junior Taekwondo program and cuts down on the amount of time needed to adjust to the new level of training.

The transition from Kub into the Junior Program involves the Kub performing at the standard monthly demonstrations. The Kub is expect to perform their form from memory, as well as perform a board break. During this demonstration the child will demonstrate that they are ready to meet the challenges of their next level of training. Upon a successful performance the Kub will enter the Junior Program at the rank of yellow belt.