



WELCOME

David Karstadt

USA Unified Taekwon-Do
9th Degree Black Belt
Grand Master Instructor
International Taekwon-Do Hall of Fame
USA Team Coach
44 Years Martial Arts Experience

Contact:

Karstadt Taekwon-Do
1307 E Northern Ave Phx, AZ 85020
602-264-2300

Email: karstadttaekwondo@gmail.com
Members Website: www.azkicks.com



Join us on Facebook:
Karstadt Taekwondo
Karstadt Taekwondo Members Group

Official Member of the
INTERNATIONAL TAEKWON-DO HALL OF FAME



Official Member of the
INTERNATIONAL TAEKWON-DO FEDERATION





INTERNATIONAL TAEKWON-DO FEDERATION

General Choi, Hong Hi
Taekwon-Do Founder



INTERNATIONAL TAEKWON-DO FEDERATION

Grand Master Kwang S. Hwang ITF K-9-1
1st ITF Korean Grand Master



USA-UNIFIED TAEKWON-DO

Grand Master David Karstadt - UITF A-9-1
9th Degree Black Belt USA-Unified Taekwon-Do



Welcome!

The staff and instructors at **KARSTADT TAEKWON-DO** would like to say welcome and thank you for joining our Unified Taekwon-Do Black Belt Leadership Training Academy.

We are a Black Belt Leadership School and it is our belief that with our world class instructors' guidance, anyone can develop into a world class leader, not just here at **KARSTADT TAEKWON-DO**, but at home, school, work and in every other aspect of life. We look forward to working with you on your journey towards becoming one of our Black Belt Leaders!

At **KARSTADT TAEKWON-DO**, our 38+ years of success in the valley speaks for itself. We are committed to providing extraordinary customer service, teaching world class Taekwon-Do and developing leaders that make a difference in the community. Our Leadership members are committed to making a positive impact in the world around them everyday. We are a certified, professional, leading edge school and we're glad you and your family have chosen to be a part of our proud team!

Respectfully,

David Karstadt
Grand Master Instructor
9th Degree Black Belt



Official Member of the International Taekwon-Do "Hall of Fame"

**Earn your
SCHOOL
PATCH**

STRONG MIND



STRONG BODY

TAEKWON-DO STUDENT OATH

I shall observe the tenets of Taekwon-Do.

I shall respect the Instructors and Seniors.

I shall never misuse Taekwon-Do.

I shall be a champion of freedom and justice.

I shall build a more peaceful world.

TENETS OF TAEKWON-DO

Courtesy

"To be kind, share and always show respect."

Integrity

"To be honest to myself and all others."

Perseverance

"To always keep trying and never give up."

Self Control

"To control my thoughts and actions by choice."

Indomitable Spirit

"To have an unbeatable (winning) attitude."

Self Discipline

"To do the things I know I must do without being asked."

STRONG MIND



STRONG BODY

DO-JANG RULES

(Academy Rules)

1. Students must bow respectfully to the Instructors and all Black Belt seniors upon entering and leaving the school.
2. Students must bow respectfully to the American Flag upon entering or leaving the workout area. These actions display our respect, courtesy, and modesty to all.
3. Students must bow when addressing the Instructors. Always speak with courtesy, respect and consideration for others. When addressed, always answer with, "YES SIR" or "NO SIR" or "YES MA'AM" or "NO MA'AM".
4. Students must request permission when entering or leaving the class or workout area.
5. Students must always be courteous and understanding. Advanced students must set a good example for new students and assist them however necessary.
6. No idle talk, laughter, horseplay or disrespect of any kind will be tolerated.
7. Absolutely NO NOISE during class sessions.
8. No food, drink, candy, gum, drugs, or alcohol permitted. No smoking permitted in or about the Do Jang.
9. No jewelry permitted in class.
10. No street shoes permitted in the workout area. Sport specific training shoes permitted.
11. Students are to wear a clean wrinkle free do-bok (uniform) at all times. No soiled or torn uniforms permitted. Always wear a complete uniform in the Do-Jang.
12. Students must respect a substitute teacher as if in the presence of the Chief Instructor.
13. Students must ask permission before teaching or demonstrating techniques to other students.
14. Students must never participate in any activities that might degrade Taekwon-Do, the instructors, or the reputation of the school.
15. Students must request their instructor's permission prior to outside participation in a tournament competition.

STRONG MIND



STRONG BODY

BLACK BELT PARENTING

1. Congratulate your child on making the choice to come to class today and fulfilling their commitment to becoming a Black Belt Leader.
2. When your child looks over at you during class, you can support them with a positive sign of encouragement, smile or nod.
3. Help your child stay focused by letting the instructors and assistants do the work when it comes to making corrections and talking.
4. Please step outside if you have a younger child requiring your attention.
5. A high energy classroom is important and we love noise during class! However, it is better for our students if they are the ones making it. **Thank you for not talking and turning off cell phones while paying attention to your child's class.**
6. After every class spend time with your child discussing their training. Focus on "What" they did instead of "How" they did. This will build their confidence and excitement about their next class.
7. As your child begins class give yourself a "pat on the back" for being a caring, committed parent and for supporting your child in all that they do. They may not thank you for years to come, but remember you are making the biggest difference possible.

Taekwon-Do is an amazing physical outlet that teaches your child the very best in attitude, behavior and character skills.

Children stop Taekwon-Do training for 3 reasons;

- 1) *They think they can't do it.*
- 2) *They don't know how to do it.*
- 3) *Someone told them it was ok to quit on their goals.*

Please don't encourage a "quitting" attitude!

STRONG MIND



STRONG BODY

Buddy Pass!

Special Event / Guest Information / Permission Slip

*Must be completely filled out by parent/guardian
to participate in class or event.*

Name _____ Age _____

Address _____

Phone _____ Email _____

Referred By _____



**Yes, my child has permission to participate in an open
enrollment activity at KARSTADT TAEKWON-DO / AZ KICKS.**

Parent/Guardian (Print) _____

Parent/Guardian (Signature) _____

Date ____ / ____ / ____

See you in class!

**Go online at www.AzKicks.com
to check our events and activities!**



ENROLLMENT POLICY

Holidays

The USA Unified Training Curriculum is based on five 10-12 week training semesters 50 weeks of training annually. The remaining weeks of each year are used for traditional holidays, semester breaks, student vacations, sick days, and Summer/Winter Staff breaks as listed on our annual schedule and available on our website at www.usaunified.com.

Vacation

In the case of student vacation the studio will make available an exchange of 1 private session = 1 vacation week of missed training. This may be redeemed up to 3 times in any one annual (12 month) training period.

Cancellation

MASTER KARSTADT'S Black Belt Program, Leadership Program and Master's Coaching Program will renew automatically following the initial term of enrollment (6 , 12 or 36 month) All programs require a 90 days notice of training and billing cancellation.

All agreements must be cancelled in writing with receipt issued to confirm cancellation. Cancellation cannot be accepted by phone, text, email or verbal notification.

Should the student postpone, discontinue or cancel the initial course/lessons requested, this does not remove the responsibility of the buyer to uphold the terms of the agreement for the initial term.

There are no refunds for time/lessons not used. Extended periods of absence, vacation time, sickness or injury must be made up by the member. Contact your instructor for extra class availability.



INTERNATIONAL TAEKWON-DO RANK CERTIFICATION

Grade	Belt Level	Certification Requirements & Education	
10	INTRO TO TAEKWON-DO	4-6 Weeks	Pattern: 4 Directional Punch / Block
9	BEGINNER	4-6 Weeks	Pattern: Chon Ji
8	BEGINNER	10-12 Weeks	Pattern: Dan Gun
7	INTERMEDIATE	10-12 Weeks	Pattern: Do San
6	INTERMEDIATE	10-12 Weeks	Pattern: Won Hyo
5	INTERMEDIATE	10-12 Weeks	Pattern: Yul Gok
4	ADVANCED	10-12 Weeks	Pattern: Joong Gun
3	ADVANCED	10-12 Weeks	Pattern: Toi Gye
2	ADVANCED	10-12 Weeks	Pattern: Hwa Rang
1	ELITE	6-12 Weeks	Review 1: All Basic Requirements
Pre I	ELITE	6-12 Weeks	Review 2: All Intermediate Requirements
Pre II	ELITE	6-12 Weeks	Review 3: All Advanced Requirements
Pre III	ELITE	All Previous Requirements, Pattern: Choong Moo	
I	1ST to 2ND DEGREE BLACK BELT I	18 Months - Assistant Instructor	
II	2ND to 3RD DEGREE BLACK BELT II	24 Months - Assistant Instructor	
III	3RD to 4TH DEGREE BLACK BELT III	36 Months - Assistant Instructor	

STRONG MIND



STRONG BODY

All about the WEB!

www.azkicks.com

**✓ Click On
TEST PREP**

This is the "TEST PREP" section to see your newest pattern *on video* and check your educational requirements.

**✓ Click On
SIGN UP NOW**

You can sign up and pay on line for ALL AZ Kicks activities
IT'S EASY!

**✓ Click On
SCHEDULES**

For Weekly Schedule and Annual Events

***Don't forget to "like" us and follow
our activities on Facebook!***

"KARSTADT TAEKWONDO"



Join our [KARSTADT TAEKWONDO MEMBERS](#) page

EDUCATION

What are the colors of belts in order?

White / Yellow / Green / Blue / Red / Black

Where is Taekwon-Do From? Korea

What does Taekwon-Do mean?

Tae- Kick, strike, attack, defend with the foot
Kwon- Punch, strike attack, defend with the hand
Do- The “art” and “way” of living.

What is the I.T.F.?

INTERNATIONAL TAEKWON-DO
FEDERATION

Why do we bow? To show courtesy & respect

What are the tenets of Taekwon-Do?

Courtesy Integrity Perseverance
Self-Control Indomitable Spirit

When was TKD named the “official martial art of Korea” April 11, 1955

Count to “10” in Korean

1 Hana	4 Naet	7 Il Gop	10 Yul
2 Tool	5 Ta Saet	8 Yul Dol	
3 Saet	6 Ya Saet	9 A Hop	

What does a White Belt represent?

The beginner, innocence. One who has no previous knowledge of Taekwon-Do.

Learn the Taekwon-Do Student Oath-

Receive your “Student Patch”

PATTERN

Left 4 Directional Punch - 7 Moves

(Right foot never moves)

Count Technique

1. Step Forward Left Leg- L Middle Punch
2. Turn to Right-Step Back Left Leg - R Low Block
3. Step Forward Left Leg- L Middle Punch
4. Turn to Right-Step Back Left Leg - R Low Block
5. Step Forward Left Leg- L Middle Punch
6. Turn to Right-Step Back Left Leg - R Low Block
7. Turn to Right-Step Back Left Leg - R Low Block

SPECIAL NOTES

The Right Foot Stays in One Spot-It Never Moves

Every Stance is a Walking Stance

- ✓ Feet Straight
- ✓ Shoulders Straight
- ✓ Eyes Straight
- ✓ Opposite Hand on my Belt

Memorize your

TAEKWON-DO STUDENT OATH

and earn your SCHOOL PATCH!

I shall observe the Tenets of Taekwon-Do.
I shall respect the instructors and seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom & justice.
I shall build a more peaceful world.



STRONG MIND

STRONG BODY

INTRO CERTIFICATION TECHNIQUES

WARM UP

BASICS

Sitting Stance Punch sgl/dbl/trpl

Walking Stance

Walking Stance Punch

Walking Stance High Block

KICKS

Front Kick Stretch

Side Kick Stretch

Front Kick- Rear Leg Middle Section 10 ea side

Front Kick -Rear Leg High Section 10 ea side

Step Side Kick 10 ea side

Step Behind Back Kick 10 ea side

PATTERN

Step Forward and Punch / Step Back and Block
(Left Side Only)

SELF DEFENSE

Cross Grab

Shoulder Grab

FINISH DRILLS

Hooking Kick

Jab / Cross

Jab / Cross Front Kick

Basics / 4 Dir Punch

ITF TRADITIONAL TAEKWON-DO of ARIZONA

Arizona's Best Family Taekwon-Do Since 1986

2 WEEK INTRO FREE

At our Martial Arts School We Teach
Self Discipline and Respect

The Importance of

- ✓ Academic Achievement
- ✓ Self Confidence...
- ✓ Improve Social Skills...
- ✓ A Positive Mental Attitude...
- ✓ Important Child Safety Skills...
- ✓ Improved Mental Focus

"And remember we're more than
just a martial arts school..."

WE ELEVATE ATTITUDES!



Free Taekwon-Do Uniform with Enrollment

Call Today !! 602-264-2300

OUR STAFF MAKES A SPECIAL COMMITMENT TO EVERY STUDENT



ESA Approved Vendor

Learn how to pay for our exciting programs for FREE through ESA funding

Do you want your child to learn Fitness and Self Defense this summer?

Send them back to school with:

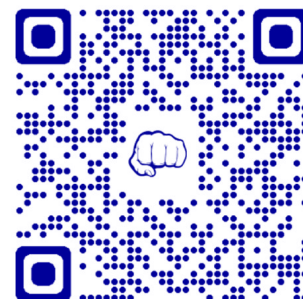
CONFIDENCE ♦ FOCUS ♦ SELF DISCIPLINE ♦ RESPECT ♦ SELF CONTROL

Enrollment is open NOW!

International Certified Instructors

Scan the code shown here and register for a summer of great drop in classes!

SCAN QR
CODE
FOR MORE
INFORMATION



TYING THE BELT



Front View
Center the belt in front.



Rear View
Bring both ends around. One side should overlap the other so that the belt does not twist and it lays smooth in the back.



Front View
Continue to bring belt ends to the front. One will be inside (underneath), the other on outside (on top).



Front View
The belt should be completely wrapped around with one end coming around from underneath and the other coming around over the top.



Front View
Tuck the outside end behind the belt and out over the top. One end is now down and the other up. At this point check belt ends for equal length.



Front View
Bring the bottom end across.



Front View
The top end goes over the bottom end and back up through the middle.



Front View
Pull both ends straight to the side.



Front View
Finish in a square knot.

NEVER wear your belt outside of training.
This is a display of arrogance, a disrespect to your art.

STRONG MIND



STRONG BODY

Welcome Packet

Welcome Letter
Student Oath *
Academy Rules
Black Belt Parenting
Buddy Pass
Weekly Schedule
Annual Schedule
All about the "web"
Program Descriptions
Beginner Curriculum
Peewee Curriculum
All Star Ninja's Victory Sheet

Holiday/Vacation Schedule
Cancellation Policy

Business Card
School Brochure
Birthday Party Brochure
Self Defense Brochure



** Memorize your Student Oath to earn your School Patch*

My Progress Report and Basic Training CERTIFICATION is scheduled for

Day _____ Date _____ TIME _____: _____