



# 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](mailto:karstadttaekwondo@gmail.com)  
Members Website: [www.azkicks.com](http://www.azkicks.com)



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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](http://www.AzKicks.com)  
to check our events and activities!**

**STRONG MIND**



**STRONG BODY**

## **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](http://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](http://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 previ-  
ous 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.



## 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

# 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!**



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**OUR STAFF MAKES A SPECIAL COMMITMENT TO EVERY STUDENT**



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

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

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CODE  
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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 \_\_\_\_\_ :