

Legacy American Martial Arts



Taekwondo 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

Taekwondo Program



Ms. Jena Bushey and Mr. Jack Smail, Owners and Lead Instructors at Legacy American Martial Arts

Ki Nung Taekwondo Program

Our school is affiliated with the American Martial Arts Institute (AMAI), which uses the Ki Nung style of Taekwondo created by Master Kevin Mathis. Ki Nung is Korean for “functional” and reflects a more integrated approach to Taekwondo training that the style utilizes. Basic techniques make up our combatives (partner drills). The combatives make up our form. The techniques students will break boards with are found in their form. The goal is to unify all elements of a student’s curriculum – making training more efficient and helping students become stronger through focused practice of the techniques learned at each rank.

Students new to the martial arts come into our Taekwondo program as white belts. As they improve in skill and physical ability, they will also progress in belt rank. Each new rank offers a new set of skills to master, techniques to learn, and new challenges to meet. A student’s goal should be to learn how to use their body and how to make Taekwondo work for their own abilities. This requires 2-4 years of training on average, and this level of physical skill and self-knowledge in Taekwondo is represented by the black belt.

Many people believe that the black belt is the end goal of training. While it is true that the black belt is the end of the color belt journey it also means a new journey begins - the black belt journey. The black belt journey is about refinement of technique and gaining a deeper understanding of Taekwondo and themselves. A color belt would ask how to perform a technique. A black belt figures out how to perform that technique better. What this means is that Taekwondo is an activity that always offers a challenge and can be practiced and enjoyed for decades.

Alongside our Taekwondo curriculum we teach two safety programs– one for adults and one for children. Safety N.E.T. (No Easy Targets) Kids is a program developed by Master Glen Olson and focuses on the most common threats to a child’s safety. Bullying, home safety, child abduction, unwanted touches, and other topics are covered in class in order to help keep our students protected. All junior students are required to demonstrate knowledge of their safety curriculum alongside their Taekwondo curriculum in order to advance in rank.

Our adult self-protection program K.A.R.M.A. was developed by Kelly DeHaut, Ph.D. in Public Safety, 3rd Degree in Taekwondo, and Tiger Sash in Tai Chi, and Jack Smail, AA in Criminal Justice, 4th Degree in Taekwondo, and blue belt in Brazilian Jiu Jitsu. The program focuses on what you can do “beyond the kicking and punching” to keep yourself safe. “KARMA” stands for Knowledge, Awareness, and Risk Management Actions. Topics include ways to minimize risk of attack, how to identify and de-escalate potentially violent situations, understanding legal use of force, and specific types of crime such as domestic violence, sexual assault, and home invasions. Adult students are required to demonstrate knowledge of their self-protection curriculum alongside their Taekwondo curriculum in order to advance in rank.

Class Structure

A few minutes before class begins students will select their attendance cards and wait at the edge of the mat. If there is a class before yours it is important to keep noise to a minimum to avoid interrupting the training of other students.

When it is time for class to begin an instructor, a senior ranking student, or a member of our Leadership Team will line students up according to rank. Students will line up on the dots on the floor to ensure everyone has enough space to begin training.

The senior ranking student will say the Korean words “Charyot! Kyung-reeay!”, which translate to “Attention! Bow!” The senior student will then say, “Recite the tenets of Taekwondo, Sijahk! (Begin!)” The tenets we recite, also known as the student oath, is as follows;

“Sir/Ma’am!

Courtesy, Integrity, Perseverance, Self-Control, Respect,

And Victory Sir/Ma’am!”

A 5-10 minute warm-up typically follows the student oath. Exercises can include common movements such as push-ups and squats or movements you may not be familiar with. If you have an injury or physical ailment that prevents you from performing an individual exercise then perform a different exercise. The goal of a warm up is to simply prepare the body for physical activity and that cannot be achieved by standing still. Ask an instructor if you are not sure what exercises would be appropriate in order to work around an injury or physical ailment.

After warm-ups the instructor may run students through various drills to improve your physical abilities or technical skill in Taekwondo. Time will also be spent on the skills and knowledge you are expected to attain before promotion to your next rank. If you are unsure of what to do or what is being asked of you please do not hesitate to ask your instructor. Our goal is to help the student succeed and meet their goals.

At the end of class students will be instructed to line back up; similar to how they lined up at the beginning of class. The student oath will be recited in the same manner that class started. After the student oath is recited the 2nd highest ranking student will say, “Face the senior student. Charyot! Kyung-reeay!” Those two students will then shake hands. This is to thank and show appreciation to the senior student for taking on the responsibility of helping class run smoothly.

Depending on your physical condition before starting training, you may feel soreness or stiffness as a result of class. This means the training is working! It may take time for your body to adjust to new ways of moving or simply to the level and type of physical demands being placed on it. Activities such as additional stretching, a light workout the next morning, or simply an improved diet can help alleviate those symptoms.

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, s/he should bow at the edge of the workout floor and wait to be recognized by the instructor; s/he 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, they are allowed to raise their 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. Ask an instructor if you do not know what drill you should perform.
8. No student, regardless of rank, may instruct or correct another student without the direct and specific permission and supervision of the instructor.
9. Please maintain a proper level of personal cleanliness. Student uniforms should be kept clean and in good repair. Make sure finger and toe nails are clean and trimmed. Students should not start class with body odor, and strong perfume or cologne should be avoided.
10. For everyone’s safety no jewelry, with the exception of wedding rings, small religious symbols, and medical tags, should be worn during training. Wedding rings with stones should have the stone turned towards the palm during partner drills to avoid injuring your partner.
11. As classes often contain partner drills, 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.

Korean Commands

While our Taekwondo classes are conducted mostly in English, our instructors do use some Korean words to conduct class. Below are common Korean words you may hear in class. If you are ever unsure of what the instructor is saying please follow along with what the senior student is doing.

Charyot	=	Attention	Kihap	=	Yell	Jhoonbee	=	Ready						
Kyung-reeay	=	Bow	Bahroh	=	End	Poomse	=	Form						
Sahbum nim	=	Instructor	Sijahk	=	Start	Shwee-uh	=	At Ease						
Dojang	=	School	Dobok	=	Uniform	Kohmahn	=	Stop						
Hana	=	One	Dul	=	Two	Set	=	Three	Net	=	Four	Dosot	=	Five
Yosot	=	Six	Ilgup	=	Seven	Yodul	=	Eight	Ahup	=	Nine	Yul	=	Ten

Junior and Adult Taekwondo Ranking System

Legacy AMA uses 5 color belt ranks and 9 black belt ranks, with a half red/half black belt to denote a student who is bridging that gap between the color belt and black belt ranks. Our school holds monthly “Skill Reviews” to give students feedback on their training, similar to a “quiz” in school, and earn points towards rank promotion. Color belts perform a demonstration for their next rank when they have earned enough points from their Skill Reviews. Our color belt rank system is as follows;

	White Belt	Point Requirements
	Yellow Belt	<u>White and Yellow Belts</u>
	Green Belt	-Earn a stripe every 25 points
	Blue Belt	-May demonstrate for rank at 100 points
	Red Belt	<u>Green, Blue, and Red Belts</u>
	Red/Black (Candidate) Belt	-Earn a stripe every 30 points
	Black Belt – 1 st thru 9 th Degree	-May demonstrate for rank at 120 points

Skill Reviews

Legacy American Martial Arts conducts Skill Reviews towards the end of every month evaluate the progress of the students. The reviews are performed during a student's normal class and cover all the curriculum a student needs to demonstrate in order to advance in rank. It is important to note that these Skill Review are not pass/fail, nor does a student need to fully know all the curriculum for their belt level. The goal of these monthly reviews is to give students feedback on their training and where they are at towards their next belt promotion.

Each instructor scores students based on the individual's abilities and potential. Students will find that consistent class attendance, practice at home, and focus while training will greatly enhance their performance, and progress, through the ranks. Skill Reviews offer a great opportunity for students to progress faster, or slower, based on the amount of effort they put into their training. Progress is more individualized to a student's needs.

Students will find out the results of their Skill Review at the end of class. Students who have earned enough points for a stripe will be awarded one. Likewise, students who earn enough points and have demonstrated all the curriculum for their rank will be awarded with a new belt level. All students will receive the score sheet the instructors used to evaluate them in class the following week. This allows students to see exactly where they are excelling in their training and what they should focus on during the next month of classes.

It is highly encouraged that students attend the Skill Reviews. Students who miss the week of their Skill Reviews will still earn points towards rank advancement as determined by class attendance. Students will receive 1.5 points for every class they attend if they miss Skill Review week.

Scoring Criteria

During their Skill Reviews, **White and Yellow belts** are evaluated on 6 topics;

Testing Element	Max Points	Scoring Breakdown
Forms	6	Scoring based on performance of key points
Combatives	6	3 combatives, scored overall on performance of key points
Self-Defense	6	3 techniques, scored overall on performance of key points
Boards	6	Two board breaks, each worth up to 3 points
Life Skill	2	Their life skill question is worth up to 2 points
Safety Lesson	2	Their safety question is worth up to 2 points
Total Possible Points	28	

**White and Yellow belts will receive a stripe or a new belt every 25 points they earn.

Green, Blue, and Red belts are evaluated on the following topics at their Reviews;

Testing Element	Max Points	Scoring Breakdown
Forms	6	Scoring based on performance of key points
Weapons	6	Scoring based on performance of key points
Combatives	6	3 combatives, scored overall on performance of key points
Sparring	6	2 rounds, scored overall on performance of key points
Boards	6	Two board breaks, each worth up to 3 points
Life Skill	2	Their life skill question is worth up to 2 points
Safety Lesson	2	Their safety question is worth up to 2 points
Total Possible Points	34	

****Green, Blue, and Red belts** will receive a stripe or a new belt every 30 points they earn.

Forms, Weapons, Combatives, and Sparring: Each topic is graded on a student’s performance of certain key points. Each topic has 6 key points that are vital for a superior performance and are focused and trained on in classes.

Students earn 1 point for each Key Point they do well on, 0 points for each Key Point they struggle with, and .5 points for each Key Point they neither excelled nor struggled with. It is important for students to try to demonstrate as much of their curriculum as they can in order to receive full points!

Board Breaking: Students will have two techniques to break boards with – one hand technique and one foot technique. Students will earn 3 points for breaking a board on the 1st attempt, 2 points for the 2nd attempt, 1 point for the 3rd attempt, and no points for not breaking a board in 3 attempts. Students can break a board one color down, but they will receive a 1-point deduction

Life Skill and Safety Question: Students will be quizzed on both their monthly Life Skill and their SNK or KARMA lesson. Each question is worth up to two points, based on the quality of their response.

Students MUST demonstrate all ranking material at a Skills Review before being promoted to a new belt.

Black Belts

Black Belt students follow the same monthly Skill Review system as the color belts. Rather than earning stripes or being promoted at a Skill Review, black belt students earn points to be eligible to perform at our quarterly Black Belt Showcases. These showcases are an opportunity to not only show your instructors, family, and friends what you have been learning, but to demonstrate that you are ready for the next level of your black belt journey!

Black Belts will be scored at their Skill Reviews exactly the same as color belts. Their reviews consist of the following elements;

Testing Element	Max Points	Scoring Breakdown
Forms	6	Scoring based on performance of key points
Weapons	6	Scoring based on performance of key points
Sparring	6	2 rounds, scored overall on performance of key points
Boards	6	Two board breaks, each worth 0 to 3 points
Life Skill	2	Their life skill question is worth up to 2 points
Total Possible Points	26	

Red/Black Belts

- Need to earn 14 points on a Skills Review before they can perform at their 1st Showcase
- Need to earn 18 points on a Skills Review following the 1st Showcase before they can perform at a 2nd Showcase for the rank of 1st Degree Black Belt

1st Degrees (minimum 12 months at rank)

- Need to earn 13 points at a Skills Review and 14 points at a subsequent Skills Review before performing at their 1st Showcase.
- Need to earn 15 points at a Skills Review and 16 points at a subsequent Skills Review before performing at their 2nd Showcase.
- Need to earn 17 points at a Skills Review and 18 points at a subsequent Skills Review before performing at their 3rd Showcase for the rank of 2nd Degree Black Belt.

2nd Degrees (minimum 24 months at rank)

- Need to earn 14 points on a Skills Review and 15 points at a subsequent Skills Review before performing at their 1st Showcase.
- Need to earn 16 points on a Skills Review and 17 points at a subsequent Skills Review before performing at their 2nd Showcase.
- Need to earn 18 points on a Skills Review and 19 points at a subsequent Skills Review before performing at their 3rd Showcase.
- Need to earn 20 points on a Skills Review and 21 points at a subsequent Skills Review before performing at their 4th Showcase for the rank of 3rd Degree Black Belt.

3rd Degrees (minimum 36 months at rank)

- Need to earn 15 points on a Skills Review and 16 points at a subsequent Skills Review before performing at their 1st Showcase.
- Need to earn 17 points on a Skills Review and 18 points at a subsequent Skills Review before performing at their 2nd Showcase.
- Need to earn 19 points on a Skills Review and 20 points at a subsequent Skills Review before performing at their 3rd Showcase.
- Need to earn 21 points on a Skills Review and 22 points at a subsequent Skills Review before testing for the rank of 4th Degree Black Belt