



INTERNATIONAL TAEKWON-DO FEDERATION

General Choi, Hong Hi

Taekwon-Do Founder



INTERNATIONAL TAEKWON-DO FEDERATION

Grand Master Hwang, Kwang Sung

1st Korean ITF Grand Master K-9-1



USA-UNIFIED TAEKWON-DO

David Karstadt - Master Instructor

9th Degree Black Belt USA-Unified Taekwon-Do



USA-UNIFIED TAEKWON-DO

Vern Devlin - Senior Instructor

5th 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 34+ 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"



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

Integrity

Perseverance

Self Control

Indomitable Spirit

Self Discipline

TAEKWON-DO STUDENT CREED

To build ourselves physically and mentally based
on the Taekwon-Do spirit.

To keep friendship with one another and
be a strong group.

To never fight to achieve selfish ends.

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.



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!



ENROLLMENT POLICY

Holidays

The USA-Unified Training Curriculum is based 10-12 week training semesters - 48 to 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.

Vacation Value

USA-Unified offers -1- private session to equal 1 student vacation week of missed training. This may be redeemed up to 4 times in any one annual (12 month) training period.

Cancellation

The USA-Unified training programs will renew automatically following the initial term of enrollment. 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, 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.

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!**

2020

KARSTADT TAEKWON-DO

2020

Schedule Effective May 15, 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness
Private Instruction	Private Instruction		Private Instruction		Private Instruction	Private Instruction
1:00-4:00 SPECIALTY WORKSHOPS SELF DEFENSE PRIVATE and GROUP TRAINING	4:00-4:30 BEGINNER <small>White/Yellow Stripe/Yellow</small>	4:00-4:30 NINJA ALL-STAR <small>Beginner Stripe Belts White & Yellow</small>	4:00-4:30 BEGINNER <small>White/Yellow Stripe/Yellow</small>	4:00-4:30 NINJA ALL-STAR <small>Beginner Stripe Belts White & Yellow</small>		10:00-10:45 ALL BELTS Weekly Review Class
	4:45-5:15 INTERMEDIATE <small>Green Stripe/Green/Blue Stripe</small>	4:45-5:15 NEW STUDENT Basic Training	4:45-5:15 INTERMEDIATE <small>Green Stripe/Green/Blue Stripe</small>	4:45-5:15 NEW STUDENT Basic Training		11:00-11:45 SPARRING All Belts Skills & Drills
	5:30-6:15 ADVANCED <small>Blue Belt thru Black Belt</small>	5:30-6:15 ALL BELTS OPEN TRAINING	5:30-6:15 ADVANCED <small>Blue Belt thru Black Belt</small>	5:30-6:15 ALL BELTS OPEN TRAINING		12:00-1:00 Open training
	6:30-7:30 ALL BELTS ADULT OPEN TRAINING	6:30-7:10 NEW STUDENT Basic Training	6:30-7:15 LADIES NIGHT KNOCK OUT Self Defense and Fitness	6:30-7:10 NEW STUDENT Basic Training		12:00-2:00 Private Instruction
	6:30-8:00 BLACK BELT PRELIMINARY BLACK BELT Workshop	7:15-8:15 ALL BELTS ADULT OPEN TRAINING		7:15-8:15 ALL BELTS ADULT OPEN TRAINING		



PEEWEES (4-6)	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
ALL STARS	WHITE BELT	GREEN STRIPE	BLUE BELT	BLACK STRIPE
ALL STRIPES	YELLOW STRIPE	GREEN BELT	RED STRIPE	PRELIMINARY 1,2,3
	YELLOW BELT	BLUE STRIPE	RED BELT	ALL BLACK BELT

IMPORTANT TRAINING NOTES

- Observe social distancing
- Sanitize before and after class.
- DO NOT attend class with a fever or cough.
- Arrive 5 minutes before class starts.
- Warm up before class starts.
- Wear a clean and complete uniform to class.
- You must be in uniform to train. No exceptions.
- Karstadt TKD T-Shirts may be worn in class during warmer months.
- Advise the instructors in advance if you have an injury or need early dismissal.
- Students must stay on the workout floor for the entire class unless excused by the instructor.
- Practice at home 20 minutes every day. Ask your Instructor for training hints.
- To enter your training late, remain at the edge of the mats with your hand raised until called by the instructor. Then ask permission to enter.
- Please do not attempt to coach your child or get your child's attention during class unless it is an emergency.
- Filming is acceptable during classes.
- Class and event dates/times may be subject to change.

KARSTADT TAEKWON-DO
www.love2kick.com

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USA-UNIFIED TAEKWON-DO
www.usa-unifiedtaekwondo.com

602-264-2300

Established 1986

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.



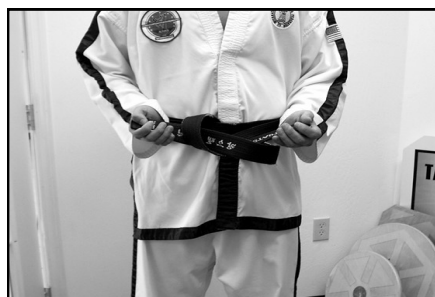
Front View
Tuck the outside end behind the belt and out over the top. One end is now down and the other up. At this point check belt ends for equal length.



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.



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	6-12 Weeks	Pattern: Chon Ji
8	BEGINNER	6-12 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	18 Months - Assistant Instructor	
II	2ND to 3RD DEGREE BLACK BELT	24 Months - Assistant Instructor	
III	3RD to 4TH DEGREE BLACK BELT	36 Months - Assistant Instructor	

STRONG MIND



STRONG BODY

All about the WEB!

www.love2kick.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 the
“KARSTADT TAEKWONDO MEMBERS”
group