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## New Student

Welcome to Andersen Tang Soo Do Academy! We are excited for the opportunity to serve you through the martial arts. Martial arts training is very unique when compared to other activities. Rather than just focusing on physical abilities as most sports do, martial arts develops the person as a whole; physically, mentally, & spiritually. Being strong in all three of these areas is what makes martial arts training so valuable. By being a well balanced individual you will begin to notice improvements in all areas of your life. Just imagine how you could improve your life by developing better self discipline and confidence. You would have the confidence to go for it and the self discipline to follow through and make it successful, whatever it may be. I can guarantee you that if everyone conducted themselves as a martial artist in all areas of there life that 90% of the problems we face in society would disappear. As you begin your training with us be open to developing yourself as a whole.

Please take a minute and go through the material in this folder. You will find the following items enclosed:

- A welcome to the Pan-Am TSD Federation – Please go to the website listed and learn about the origins of our martial art and the founder of the greatest martial arts association in the world.
- Self Discipline tracking sheet & a refrigerator magnet to post it – Lets start developing your self discipline right away. Choose something small that you would like to improve. It could be not getting angry easily, eating right, or not using the snooze button. Choose something small at first and work up to the bigger things later.
- New student handout – Take a moment and read through all of the items in this handout. You will find rules, basic information about the belts, and our codes, tenants, and creed.
- Belt tying instructions – Just in case you forget
- Child related information – For those of you who are parents please read over this material. I believe you will find it useful.

Please feel free to communicate any questions or concerns to us throughout your training. We are always looking for better ways to serve your needs. Again we would like to thank you for your wise decision in beginning martial arts training.

Tang Soo!

Chief Master Instructor: Dustin C. Andersen

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***WELCOME Aboard***

Grandmaster Chong Su Kim founded Kim's Karate in 1978. He is the founder and president of the Pan-Am Tang Soo Do Federation and Kim's Karate. Grandmaster Kim has created Kim's Karate facilities for men, women and children to pursue goals in achieving a strong mind and healthy body. Grandmaster Kim and his staff have enrolled thousands of adults and children in martial arts instruction. Thanks to the support of the surrounding communities, enrollment continues to grow rapidly in our schools. You're the reason we're the BEST!

***WELCOME TO OUR MARTIAL ARTS FAMILY!***  
**Grandmaster Chong Su Kim**

**TANG SOO!!!**

To find out more about Kim's Karate please visit us at:



**tangsookim.com**

**Any questions please e-mail @ [tangsookim@gmail.com](mailto:tangsookim@gmail.com)**

**PERFORM.ACCOMPLISH.SUCCEED. since 1978**

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# Self Discipline

**THE PURPOSE OF DEVELOPING SELF DISCIPLINE IS TO IMPROVE AND ENRICH YOUR LIFE AS A WHOLE. SELF DISCIPLINE WILL ALLOW YOU TO ACHIEVE GREATER RESULTS IN ALL AREAS OF YOUR LIFE. IT WILL IMPROVE YOUR RELATIONSHIPS, SUCCESS WITH YOUR CHOSEN LIVING, & PERCEPTION OF SELF VALUE. IT WILL ALLOW YOU TO REACH NEW HEIGHTS IN WHATEVER IT IS YOU WOULD LIKE TO FOCUS ON IN LIFE. MY SUGGESTION IS TO START SMALL. MAYBE IT'S HEALTHIER EATING HABITS (PICK ONE AT A TIME...SODA POP FOR INSTANCE), GETTING THE PROPER AMOUNT OF REST (DON'T SLEEP TOO MUCH OR TOO LITTLE & DO YOU REALLY NEED THE SNOOZE BUTTON), STAYING CALM IN SITUATIONS THAT WOULD NORMALLY INCREASE YOUR BLOOD PRESSURE (EVEN IF THEY DID CUT YOU OFF). USE THIS SHEET TO TRACK YOUR PROGRESS WITH SELF DISCIPLINE.**

**I \_\_\_\_\_,**

**CHOOSE MY SELF DISCIPLINE ACTION ITEM TO BE**

**THE REASON I AM CHOOSING THIS IS BECAUSE IT WILL IMPROVE MY LIFE BY**

In order to track your progress grade yourself on how well you are following your goals (A=Better than expected, B=As expected, C=Less than as expected, D=Not at all). Remember the reason we set goals is because it is human nature to procrastinate. Decide where you want to go in life, set the necessary goals to get there & follow through on them.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							

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## Student Rules

1. Remove shoes upon entering the dojang, shoes are not to be worn on the training floor
2. Remove ALL jewelry before the class begins
3. No candy or chewing gum is allowed during training
4. No use of tobacco while in the training area
5. No leaning against walls or lying on the floor while in uniform anywhere in the dojang or the reception area
6. Watch your language, you may be asked to leave for the day if you do not respect the presence of others
7. Your uniform and personal self will be kept clean at all times, keep fingernails and toenails trimmed to avoid injury
8. Don't complain about being tired
9. No unnecessary talking during the training period
10. No free sparring, horseplay, loud laughing or talking, or any lack of self-discipline will be tolerated

## Student Requirements

1. Execute a bow of respect to the instructor and assistant instructors and salute the national flag on entering and exiting the training area regardless of location.
2. Strict attention is to be given to the instructor and assistants at all times.
3. Any disciplinary action given by any instructor must be followed immediately and without question.
4. Students arriving after class has started must receive permission from the instructor to join class.
5. Arrive to class wanting to learn instead of play.

### **NOT FOLLOWING THESE RULES WILL RESULT IN THE FOLLOWING;**

- Verbal Warning and/or Additional Exercises
- Dismissal from class
- Denial to be promoted/tested
- Expulsion from class without a refund

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## **General Sparring Rules**

1. You are required to wear the proper protective equipment at all times during contact sparring. This includes the following:

- a. Mouth Piece
- b. Protective Cup (male students)
- c. Head Gear

It is also encouraged that you wear pads on the hands, feet, and chest as well. If you are concerned about protecting any other areas of your body please ask and I will assist you.

2. No contact to the front part of the face where the headgear does not cover
3. No contact to any area below the belt (e.g. groin, knees, thighs)
4. No contact to the back
5. No excessive contact is allowed. Excessive is defined as any contact that could potentially cause pain, injury, bleeding, death, or knock the person down. The size and age of your opponent should be taken into careful consideration. If there are any questions about acceptable limits ask for clarification.

## **Martial Artist's Conduct**

As a martial artist it is important to maintain self control under any circumstances. The techniques learned and the abilities that will be developed in practicing martial arts can cause serious injury, including death, to the practitioner and others in the practitioner's vicinity if not practiced properly and with self control. For this reason fighting is strictly prohibited under any circumstance or in any location, except in the case of self defense. Every attempt should be made to walk away from a fight before it becomes unavoidable. Students also should not demonstrate the things they learn or attempt to teach others outside of martial arts class unless they have the expressed written consent of their instructor.

- Practicing martial arts is not allowed at school
- Practicing martial arts is not allowed unless parent's permission is granted (minors)
- Fighting is not allowed
- Always maintain self control

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## **SEVEN TENANTS OF TANG SOO DO**

1. Integrity
2. Concentration
3. Perseverance
4. Respect and obedience
5. Self-control
6. Humility
7. Indomitable spirit.

## **FIVE CODES OF TANG SOO DO**

1. Loyalty to country
2. Obedience to parents
3. Honor of friendship
4. No retreat in battle
5. In fighting chose with sense and honor.

## **STUDENT CREED OF TANG SOO DO**

1. I will develop myself in a positive manner and avoid anything that will reduce my mental growth or physical health.
2. I will develop self-discipline in order to bring out the best in myself and others.
3. I will use what I learn in class constructively and defensively to help myself and my fellow person and never be abusive or offensive.
4. I am dedicated.  
I am motivated.  
I am on a quest to be the best!

## **COUNTING IN KOREAN**

- |                   |                   |
|-------------------|-------------------|
| 1 – One – Hana    | 6 – Six - Yassut  |
| 2 – Two – Dool    | 7 – Seven - Ilgop |
| 3 – Three – Set   | 8 – Eight - Yudol |
| 4 – Four – Net    | 9 – Nine - Ahop   |
| 5 – Five – Dassut | 10 – Ten – Yul    |

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## **RULES OF MANNER AT HOME**

- I will always maintain a respectful attitude toward my parents
- I will always address my parents respectfully
- I will not ignore or disobey my parent's instructions
- I will always sincerely help my parents with daily chores
- I will not fight with my siblings. Instead I assist, compromise with, and love them

## **RULES OF MANNER AT SCHOOL**

- I will always maintain a respectful attitude toward my teachers
- I will always cheerfully study and learn from my teachers
- I will always address my teachers respectfully
- I will be kind to my schoolmates and be generous and helpful to my friends
- I will always handle school articles properly and be loyal to my school

## **STUDENT PLEDGE**

- To build true confidence through knowledge in the mind, honesty in the heart, and strength in the body.
- To keep friendship with one another and to build a strong and happy community
- Never fight to achieve selfish ends, but to develop might for right.

## **RULES OF DISCIPLINE**

- First: Have a righteous mind. Martial arts trainee shall always have a righteous mind to tell right from wrong and behave justly.
- Second: Do not become greedy. If I become greedy my mind will become unbalanced. Then I will make an unreasonable attack that will lead to an adverse counter-attack by my opponent.
- Third: Do not become angry. If I become angry I will lose correct judgment. Then I will surrender control of my behavior. This will make me vulnerable to an attack by my opponent.
- Fourth: Do not become foolish. If I become foolish instead of acting in a righteous manner I will become vulnerable to an opponent who uses deception or skillful methods.

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### **MEANING OF AMERICAN FLAG**

- The thirteen stripes represent the original thirteen colonies
- The fifty stars represent the fifty states currently in the union
- Red symbolizes the blood shed in the name of freedom
- White symbolizes purity
- Blue symbolizes unity

### **MEANING OF KOREAN FLAG**

- The middle circle is Tae Keuk, an equally balanced circle. The red half is YANG and the blue is UM(YING). Together they represent day and night, light and dark, active and passive, hot and cold, ect...
- The three solid lines-Heaven
- The three broken lines-Earth
- The two solid and one broken-Fire
- The two broken and one solid-Water

### **MEANING OF FEDERATION FLAG**

- The Korean flag symbolizes Tang Soo Do's country of origin
- The American flag symbolizes the country of our headquarters
- The fist represents Moo Duk Kwan, the origin of Tang Soo Do
- The belt represents the continuity of life, each stage progressing to the next
- Within the belt is Tang Soo Do written in Korean (Hangul)

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## MEANING OF THE BELTS

**WHITE:** Beginners belt. White represents the first stage of achievement. The seed as it lies dormant beneath the snows of winter.

**ORANGE:** Orange represents new growth which appears in spring. Also represents growth and knowledge.

**GREEN:** Green represents rapid development of skills as in summer.

**BROWN:** Brown represents strength, balance, agility, and insight. This is a stabilizing stage, both mentally and physically, similar to the plants which slow their growth and prepare to flower in late summer.

**RED:** Red represents endurance, stamina, concentration, and control. The students power and techniques begin to bloom and ripen.

**BLUE:** Dark blue represents experience, respect, and honor. This belt is given to Cho Dan Bo (black belt candidate).

**BLACK:** Black represents mastery, serenity, dignity, and truth. We see that it is not only the end of one stage but the beginning of another stage which leads up through the ranks of the higher black belts.

10 <sup>th</sup> Gup	White Belt
9 <sup>th</sup> Gup	White Belt w/ Orange Stripe
8 <sup>th</sup> Gup	Orange Belt
7 <sup>th</sup> Gup	Orange Belt w/ Green Stripe
6 <sup>th</sup> Gup	Green Belt
5 <sup>th</sup> Gup	Green Belt w/ Brown Stripe
4 <sup>th</sup> Gup	Brown Belt
3 <sup>rd</sup> Gup	Brown Belt w/ Red Stripe
2 <sup>nd</sup> Gup	Red Belt
1 <sup>st</sup> Gup	Red Belt w/ Blue Stripe
Cho Dan Bo	Blue Belt
Deputy Black Belt	Blue Belt w/ Black Stripe
1st Dan (Cho Dan)	Black Belt

## Testing Requirements

- The training period between belt testing is a minimum of 3 months.
- All students must be in good standing with the school
- The student must have the instructor's permission to test
- In order to test you must be a member of the Pan Am TSD Federation
- A testing fee of \$35 must be paid before or at the time of the test
- All students must wear a white uniform with all required patches and colored trim when applicable

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## **Holidays & School Closures**

Andersen Tang Soo Do Academy will close for the holidays listed below. Classes may also be closed on a Saturday if the holiday falls near the weekend. Tuition is not subject to adjustment or refund.

- Christmas Break (closed between Christmas Eve & New Years Day)
- Easter
- Memorial Day
- Independence Day
- Labor Day
- Halloween
- Thanksgiving

## **Tuition & Renewal Policies**

Please refer to your signed copy of the Contractual Agreement provided at enrollment for your specific program term, tuition rate, renewal date, and payment methods. The following are general policies:

### **Tuition Policy**

- Standard no refund policy
- No pre-rating tuition for missed classes
- Payment due for program regardless of attendance

### **Renewal Policy**

Your program will automatically renew for the same program term unless we are notified by you 15 days prior to your renewal date. You will receive notification of the renewal 30 days in advance. If you do not desire to renew you must notify us by email or in writing 15 days prior to the renewal date.

### **Freezing your membership**

If your schedule requires that you be absent for an extended period of time you may freeze your membership temporarily. While your membership is frozen you are still responsible to make all payments. The approved frozen time frame will be added as a credit onto your current term.

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## Here's How to Tie Your Belt

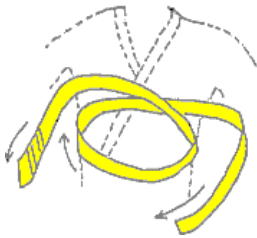
While this page can help you learn how to tie your belt, your instructor is the best person to learn the exact way to tie it.



Hold belt at its center, ends even, with tips (if you have them) on the right side.



Bring left (stripped) end of belt down and over the front of the U



Place center of belt on front center of jacket, about one inch below the naval. Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.



Loop stripped end under and up through the U shape to form a knot.



Lay the left side of belt over the center. Lay the right side of belt across the center. Stripes will now be on your left side.



Pull ends of belt outward to tighten knot. Tips will be on your left side.



Slide the left side of belt (striped side) under and behind all the belt layers at the center. Stripes will still be on your left side.



Adjust knot so the ends of belt are even and hang neatly.



Loop

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## CHILD SAFETY & AWARENESS

### KEEPING YOUR CHILD SAFE WHEN THEY ARE ON A PLAY DAY

Every parent has heard the word play date and probably has had their child on one. This routine is usually the same! Your child comes home from school and say my friend Sarah or John want me to come over tomorrow after school to play...Can I go? The parent's next response goes something like this...I'll talk to (or call) Sarah or John's mom or dad to see if it is alright. My question to you, the parent is:

#### HOW WELL DO YOU KNOW THE FAMILY AND THEIR HOME?

We want our child first to be safe and then have a great time. Here are a series of questions you should know before your child participates in a play day:

1. Have you been to or in your child's friend's home? Do they have a swimming pool? Do they live near water? Are there steep stairs and/or safety railings? How well are they going to be supervised? We have all heard at least one horror story, probably more, of a child drowning when left alone for a short period of time.
2. Do they have any pets? Dogs, cats, parrots, snakes...Oh my! Remember that any new person coming into a home is a stranger to any pet and also consider this if your child has any allergies.
3. Older siblings...Do they have any and what are they like? Are their friends going to be over also? A point to remember is a high percentage of child molestations are done by older children, usually familiar to the victim.

We want our children to have a great time with their friends, but our responsibility is to always make sure they will be safe.

Would you lend your car to a person you  
don't know...what about your child?  
Better safe than sorry.

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