



Master Dustin C. Andersen
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New Student & Parents Flying Dragons Program

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 children as a whole; physically, mentally, & spiritually. Being strong in all three of these areas is what makes martial arts training so valuable. Children who are well balanced in these areas will have more successes in life. You will begin to notice improvements very early on and your support as a parent will help your child to learn faster. Just imagine if your children always listened to you the first time...or better yet, what if you didn't even have to tell them because they used the self discipline we taught and things were already taken care of. How much would that be worth to you? I for one can guarantee you that if everyone conducted themselves as a martial artist in all areas of there life that 90% of the problems faced by children would disappear. There would be no bullying, lying, or disrespect. Please listen carefully to the lessons we are teaching your child in class. Together we can ensure your child's success, not just in martial arts, but in life.

Please take some time 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 – Let's start developing self discipline right away.
- Word of the Month Homework – This must be handed in at the end of each month
- Preparation for Rank Promotion Requirement Sheet – This must be handed in before each testing
- 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 with us.

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

PERFORM.ACCOMPLISH.SUCCEED. since 1978

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Preparation for Rank Promotion All in One Requirement Sheet

Student Name _____ Age _____

At Andersen Tang Soo Do Academy we believe that learning respect and the art of discipline is the most valuable lesson to be learned in the martial arts. This is accomplished in many ways through the martial arts, from kicking & punching to mat chats about different subjects. We would also like to ensure that our students take these lessons out into the world and demonstrate them in everyday life. By reviewing and filling out this form you can assist us in ensuring this happens. Please take a moment and go over this form to assist us in determining whether the above named student is ready to go to the next level in martial arts.

The above named student has consistently demonstrated both discipline & respect in the past few months. By signing this you are in agreement that the student has complied to the following items:

- Is respectful to you and gets along well with others
- Follows instruction promptly
- Gives 100% effort in completing assignments & chores

Relationship	Signature	Date	Comments	Legend
Mother			Circle (A, B, C, NS)	A=Excellent B=Good C=Average NS=Not Satisfactory (no test)
Father			Circle (A, B, C, NS)	
School Teacher			Circle (A, B, C, NS)	
Martial Arts Teacher			Circle (A, B, C, NS)	

WORDS OF THE MONTH

Word 1	Word 2	Word 3
Dictionary Definition	Dictionary Definition	Dictionary Definition
How have used this in your life in the last month?	How have used this in your life in the last month?	How have used this in your life in the last month?

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Daily Practice & Self Discipline Sheet

(Flying Dragons)

Remember...Be Honest

Optional Homework Sheet to help develop a schedule and self-discipline

Parents please sign if you agree with what has been marked on this sheet.

Month: _____ Student Name: _____ Parent Signature: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School Homework							
Household Chores							
Daily Self Discipline							
Random Act of Kindness							
Stretching							
10 minutes Karate Practice	Basics		Forms		Weapons		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School Homework							
Household Chores							
Daily Self Discipline							
Random Act of Kindness							
Stretching							
10 minutes Karate Practice	Basics		Forms		Weapons		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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10 minutes Karate Practice	Basics		Forms		Weapons		

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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 leaning against walls or lying on the floor while in uniform anywhere in the dojang or the reception area
5. Watch your language, you may be asked to leave for the day if you do not respect the presence of others
6. Your uniform and personal self will be kept clean at all times, keep fingernails and toenails trimmed to avoid injury
7. Don't complain about being tired
8. No unnecessary talking during the training period
9. 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
 - d. Hand Pads
 - e. Foot Pads
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 (minors)
- 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 student's 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 th Gup	White Belt
9 th Gup	White Belt w/ Orange Stripe
8 th Gup	Orange Belt
7 th Gup	Orange Belt w/ Green Stripe
6 th Gup	Green Belt
5 th Gup	Green Belt w/ Brown Stripe
4 th Gup	Brown Belt
3 rd Gup	Brown Belt w/ Red Stripe
2 nd Gup	Red Belt
1 st 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

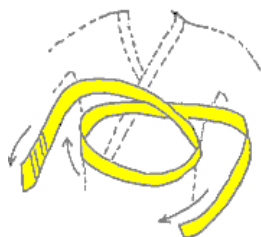
While this page can help you learn how to tie your belt, your instructor is the best person to learn the exact way to tie it.



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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GETTING KIDS TO CLASS

Several parents told me that they had trouble getting their kids to class. "They have a great time once they're here, but it's a battle getting out of the house," the parents said. I did some further investigation & found the following. It turned out that all of these kids were doing one of their favorite activities, playing with friends, video games, or watching a favorite TV show when the parents asked them to leave for karate class, having to leave another favored activity made going to class seem like a punishment.

My suggestion was simply to change the schedule, making homework, a household chore, or some other less fun activity occur **RIGHT BEFORE** karate class. Since karate is much more reinforcing to the kids cleaning their rooms, karate class turns into a reward! The result: no more battles, no more students late to class, and no more unhappy parents!

Reprinted from the American Council on Martial Arts Instructor Certification Manual, on the role of discipline, praise, and punishment. Dr. Gianine Rosenblum has a Master Degree and Doctorate in Psychology and conducts research on the psychological development of adolescent boys and girls and has also been training in the martial arts for over 10 years.

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PARENTS COACHING TIPS

Some helpful hints on how to coach your child to **Black Belt Success**

DO: Always, always compliment your child after each class (find something they did well). This is also a great time to give out a hug or kiss (these are free so be generous). High 5's work great, too!

DON'T: Criticize your child during or immediately after class. Use the PCP (Praise/Correct/Praise) principle and do so at the appropriate time.

DO: Watch as many classes as possible. Get involved, be your child's #1 fan and cheerleader.

DON'T: Be a "Drop Off Parent" (We miss you when you're not there).

DO: Tell your child how proud you are of him/her (anytime is great).

DON'T: Complain about traffic, your busy schedule, or money in front of children. They can begin to feel guilty or selfish.

DO: Get into a regular schedule as much as possible so children can mentally prepare for class early in the day.

DON'T: Threaten to take karate away when they misbehave at home.

DO: Take advantage of teams and special classes we offer, involvement leads to commitment.

DON'T: Criticize, instead encourage your child.

DO: Lead by example, eat healthy, drink water, have a positive attitude. Deal with stress and challenges the same way you would want your children to.

DO: Give your child the thing they want more than anything else in the world, your time!

Working together as a team...nothing can stop us!
We always say "The goals we set are the goals we
get!"

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Dear Parents,

Leadership skills are some of the most important lessons we teach at Andersen Tang Soo Do Academy. These are the skills that will allow your child to excel at academics, accomplish their goals and lead a successful, adult life.

Teaching our children to be leaders also includes lessons in confidence, concentration, self-esteem and self-discipline. For many children, the first lesson in leadership is self-discipline, or being able to lead the self, before attempting to lead others.

This is especially important for family harmony and understanding, and raising children that respect themselves and others, including parents, siblings and other family members.

The lesson of self-discipline, even for the youngest children, starts with their basic chores, tasks and responsibilities, related to hygiene, cleaning their rooms, completing their homework, practicing their martial arts, etc.

Our Leadership Challenge Program allows us, together, to guide and chart your child's self-discipline and development as a leader. Each of our students have been given a Leadership Chore Chart, which includes a number of basic tasks and responsibilities that you can track during a four-week period.

It is often easy to tell children to perform their chores, but it is much easier to make sure they've been done and progress is being made if you have a chart to follow and mark. The tangible directions and record of a chart makes the lesson and shared experience with your child much more meaningful and significant.

Following the four-week period, we would like to sit with you and discuss your child's progress and those areas that need additional reinforcement. I know we can help you develop a child that thinks and acts like a leader.

Sincerely,

Master Dustin C. Andersen

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