

WELCOME!!

By enrolling in our academy, you have made the first commitment towards what will hopefully be a lifelong involvement in an exciting and highly rewarding field of study - the martial arts. As a new student, many of the practices and terms you will encounter will no doubt be confusing at first. Be patient. The first class is the most difficult.

To help you get started, take a few moments to read over this Student Handbook and familiarize yourself with the school guidelines, rules, basic terminology, and belt structure. This information should give you a little insight and can make your beginning go more smoothly.

One-on-one instruction is available to all academy members (excluding TOTS who receive their own individual instruction) who commit to three months or longer with the academy. In most classes, an upper ranking student will work off to the side with you for several weeks until you become more comfortable and familiar with the moves. You can also come to class 15 minutes early or stay late and grab a senior ranking student who would be glad to assist you. Or, you can make an appointment with Sensei; she will be happy to work with you. **It is up to you to arrange sessions with a teacher.** How long it takes you is up to you and your individual pace of learning. Material taught in the beginning lessons should be practiced and learned before learning something new. Try to learn the material at a comfortable pace and not all at once.

We sincerely welcome you into our academy and hope your journey is a rewarding one.

Check out our website at:
www.RedSunAcademy.com

There, you can see a list of our current activities, weekly announcements, tons of photos, classroom drills and exercises, and class outings



TABLE OF CONTENTS

Welcome	
Class Schedule	1
A Note to Beginners	2
School Guidelines	3
Rules of the Academy	5
A Word on Belts	6
Belts: Meaning & Requirements	8
Duration of Each Belt Rank	9
Belt Stripes: Advancing in Rank	10
Knowledge (for test)	14
Terminology Sheet (for test)	17
Lessons for the New Student	18
Warm Ups & Basics	19
Stances	20
Blocks	21
Kicks	22
New Age Kata	23
Taikyoku (Traditional White Belt Form)	24
Self-Defense (3 white belt self-defense moves)	25
10-Move Hand Combination	26
Frequently Asked Questions	27
Tai Chi	28
Student A and Student B	29
Meditation	30
Ki-ai - The Karate Yell	32
Price Sheet (Sparring Gear)	33
Black Belt Examination	34
Quitting	36
Membership Agreement	38

CLASS SCHEDULE

Adults:

Adults can take any class, even tots (tho your partner may be very short!)
 Most adults take the Mon & Wed later class. Saturday class is good too.
 Adults who are green belt and higher can take Weapons class.

Children (ages 9-13):

Children can take any class except Adults, Gentle & Cardio.
 Most children ages 9 and older take the 6:30 class. Saturday too.
 Children who are green belt and higher can take Weapons class.

Tots (ages 5-8):

4:30 - 5:30 p.m. (Tue & Thu)

Beginners (age 9 or older):

The Basics class on Wednesday evenings are geared for beginners, tho not only beginners go to this class. Higher ranking students who want to review their basics go to the Basics class too. An upper-ranking student will work off to the side with beginners during regular classes while the rest of the students do moves that beginners have not yet learned. Also, beginners can schedule one-on-one lessons* with Sensei or an upper-ranking student at a time that is convenient for both.

*As long as you've committed to 3 or more months with the academy

MON	TUE	WED	THU	FRI	SAT
	4:30 - 5:30 Tots		4:30 - 5:30 Tots	5:00 - 6:00 Tai Chi	
6:30 - 7:30 Weapons	6:30 - 7:30 Children	6:30 - 7:30 Basics	6:30 - 7:30 Children	6:00 - 7:00 Workshops	10:15-11:00 Cardio Fitness
7:45 - 8:45 Adults	7:45 - 8:45 Gentle Class	7:45 - 8:45 Adults	7:45 - 8:30 Cardio Fitness		11:00-12:00 Kids & Adults

Extra fees apply for the Tai Chi classes

AGES: Tots: age 5-8. Children: age 9-13 or so.

SUMMER: Memorial Day until Labor Day.

WORKSHOPS: There are varying workshops on some Friday evenings. Check the monthly calendar.

Effective April 1, 2004. Schedule subject to change.



A NOTE TO BEGINNERS

Entering the Classroom

Bow when you first enter the dojo. Also, bow to Sensei when you arrive.

After you enter the classroom, take your shoes off. NEVER WALK WITH SHOES ON THE MAT! Place your shoes neatly against the wall or in your gym bag. Please do NOT leave gym bags on the dojo floor or on the red chairs. Place gym bags in the changing rooms. Shoes are not to be worn in the dressing rooms.

Remember to sign your name on the Sign In sheet. Attendance is very important for belt promotion, and if you continually forget to sign in, it may cost you a promotion.

After you bow, remove your shoes, and sign in, proceed to practice quietly before class begins.

In the Classroom

Please address the head instructor as *Sensei*. Sensei is a Japanese word meaning *teacher*. Please address the Assistant Instructors and other black belts in the classroom as *Sir*, *Ma'am* or *Sempai*.

When you are specifically addressed by Sensei during class, please acknowledge the comment by saying "Yes Sensei" (or "Yes Sir" or "Yes Ma'am" to Assistant Instructors) or "os", a Japanese word of acknowledgment.

Both the children's class and the adult's class has the same lesson plan. The same goes for all the classes each week. For example, one week we may work on kicking drills. The next week we may work on self-defense, etc. Because attitude is important, a verbal lesson is given before each class along with the announcements. The physical drills, verbal lesson, and announcements before class are the same all week. Therefore, if you miss class all week, it is important you find out what drills, lessons and announcements you missed. You can do this by checking the big Announcement notebook on the front table.

The one-on-one beginners lessons are strictly instructional and will not give you a cardiovascular workout as the regular classes do.

Do not worry about the Japanese and Korean terminology during your first several months as a student. When you test for your first belt (yellow belt), you will not be tested on terminology. It is not until you test for your second belt (orange belt) that you must know the asian terms. By then, you will have heard them enough times that it will seem natural to you. The best material is learned naturally, not forced by crammed memorization.

Outside the Classroom

PRACTICE IS KEY. Material taught in the classroom must be practiced at home. Ten to fifteen minutes a day is all it takes. It is usually quite obvious when a student has not practiced. Of course, you may be struggling with new material, and the instructor expects some confusion, but when an instructor has to continually re-teach material to the student, it is a waste of the instructor's time and other students' time. Sensei is not irritated by errors at all, as long as the student is trying.

If for some reason you must leave the academy (because you move, become busy at work, have financial problems, get involved with other sports, etc.), please let Sensei know. It is okay to leave the academy, but it is considered rude to leave without contacting Sensei beforehand.



GUIDELINES

Attitude

Attitude is more important in martial arts than physical ability, contrary to what many people believe. A strong and positive attitude will build a base or root necessary to learn martial arts. Good attendance, showing respect to your dojo and Sensei, participating in tournaments and school outings, and showing an eagerness to learn all reflect a positive attitude. Not only does this academy teach self-defense, but also how to build character so that you can be strong both mentally and physically.

Attendance

Missing many classes will cause you to get behind your fellow students and will show in your performance in the class. Attending two classes a week is the minimum requirement. Good attendance reflects positive attitude and shows that you are eager to learn martial arts.

Call Sensei if you are to miss a week or more of classes. It is important that you find out the announcements you missed while you were out. A notebook containing the weekly lesson plan and weekly announcements is on the front table. They are also emailed to you once a week (if Sensei has your email address). Make sure you read the announcements you missed while you were out.

Payment

Monthly Fee:

The fee for Red Sun Academy is \$50/month, and this is due the 7th of each month. If the monthly fee is not collected by the 7th, it is considered late. After a week grace period, a \$5/week late fee applies. You'll be given a warning first.

Initiation Fee:

There is a \$25 initiation fee for all new students, or for any student who has interrupted their monthly training. What this means is that if your attendance lapses for a month, a \$25 re-initiation fee will be charged.

Scholarships:

Red Sun Academy encourages students to study hard and therefore will grant any student a one month scholarship for receiving straight A's, providing you are a full-time student and have been a member of the academy for at least three consecutive months. (LIMIT: one scholarship a year)

Please make all checks payable to Red Sun Academy, Inc.

Tournaments

Occasionally, Red Sun Academy will attend tournaments. All students are encouraged to participate in tournaments or come as a spectator. This will further your knowledge of martial arts. You must remember that tournament fighting is only a small part of martial arts, and that it is more important to know how to lose gracefully than to know how to accept a trophy. Having a positive attitude at a tournament is more important than winning a match.

Testing

You are probably entering Red Sun Academy as a white belt. It takes approximately four months (longer for smaller children) to achieve each beginning belt (yellow and orange) and approximately eight months to achieve the rest of the belts, until you go for your black belt. That takes about a year. Thus, it takes at least five years to earn a black belt. If you do exceptionally well, you may test sooner. Children often take longer.

Once you have earned all five belt stripes (see section on "Belt Stripes"), you are eligible to test.

The tests are divided into seven divisions, each of which are evaluated individually:

1. Knowledge
2. Basics (stances, blocks, & kicks)
3. Kata (forms)
4. Self-Defense
5. Weapons (greenbelts and above)
6. Sparring (yellow belts and above)
7. Breaking (green belts and above)

Testing fees are \$25. This price includes your new belt and certificate which will be awarded to you (should you pass) along with a detailed testing evaluation report.

Challenging A Student

During the formal belt presentation, the passing student is awarded their new belt, certificate, and a testing evaluation report. The passing student walks the line, bowing to each student. This bowing acts as a mutual acceptance of the student to his new rank. Any academy member can challenge a student receiving a new belt if he believes the student does not deserve the new rank. Though they will be disagreeing with Sensei, they have the right. If challenged, the challenger and challengee must spar each other in a manner according to their belt level. If it is decided by Sensei and the Assistant Instructor(s) that the challenge was invalid, the challenger must apologize, in writing, to the student they challenged, and they will drop a belt level.

Ordering Supplies

Sensei orders martial art supplies the first week of every even month. For example, January is 1, February is 2 (an even number), and so on. Therefore, orders are placed the first week of February, April, June, August, October, and December.

Uniforms and sparring gear are always on hand in the back room, so there's no wait for these items.

If you'd like to order other items (such as patches, bags, heavy-weight uniforms, or targets), you must pay when the order is made. It is your responsibility to give Sensei your correct size, though Sensei will try her best to assist you with this. If the item does not fit correctly, there will be a returned postage fee that the supplier imposes. Items cannot be returned after 30 days.

Every effort is made to keep costs low. While prices are subject to change, most prices have *not* changed in over ten years! The prices for uniforms, sparring boots, gloves and headgear have remained unchanged since the school opened in 1989!

Outings

You should consider your fellow students as your second family; you are all learning something very special together. To get to know each other better, we plan "fun events" outside the classroom, such as camping trips, dinners, hikes, going to the movies, etc. Try to attend.



RULES OF THE ACADEMY

1. Always bow upon entering and leaving the dojo.
2. No shoes are to be worn in the dojo. Shoes are to be placed neatly against the wall. If you see other shoes in disorder, please place them in order.
3. Bow to your Sensei (instructor) and any other black belt when you first see them, inside and outside the dojo. Giving this respect does not mean that you are less than they are; it means you are aware of the power of martial arts and you respect this.
4. Call Sensei if you are to miss a week or more of classes.
5. Do not arrive to class late. If you do, stand to the side and wait for Sensei to bow you in. Do not simply join class if you arrive late.
6. Do not come to class sick. Sharing is nice, but please don't share your illness.
7. Keep fingernails and toenails short to prevent injury and infection to other students when practicing together.
8. No cursing, horseplay, or display of anger in the dojo.
9. Always address Sensei as "Sensei" or "Ma'am." For example, never ask "Can I?" Instead, ask "Can I, Sensei?" or "Can I, Ma'am?" Never simply answer "Yes." Answer "Yes Sensei" (or Ma'am) or "Os!" And please, never say "Yeah" in class.
10. When Sensei or a senior ranking student gives you instruction or advise, respond by saying "thank you sir!" (or ma'am). Always show that you have heard the advise and thank them.
11. Yield to senior ranking students. For example, if a senior student is behind you at the entrance, let him go in first.
12. If you need to adjust your uniform during class, please turn around and face the back.
13. **SPARRING:** It is mandatory for all yellow belts and above to wear sparring gear (gloves, boots, mouthpiece, headgear, and groin protection for males) whenever sparring. White belts do not spar. Light contact only for yellow through purple belts. For brown and black belts, heavy contact is permitted only if chest protectors are worn. No contact is permitted to the head or neck except for light contact to the headgear.
14. When you are sitting to the side during class and another student is training, do not talk or do anything to distract that person.
15. When sitting in class, do not sit with your legs stretched out. Sit properly.
16. When using the training equipment, handle it with care. When finished with it, return it to its proper place.
17. Ask permission before entering Sensei's office.
18. Never ask Sensei to demonstrate an advanced kick or to spar with you for your amusement. Martial arts should never be used to show off.
19. Never allow your belt to touch the floor when you are not wearing it. You've worked hard for your belt and have earned it; treat it with respect.
20. Do not wash your belt, as it contains your spirit. (PLEASE wash your uniform, but not your belt!)
21. Do not ask Sensei when you will be testing next. You can ask how you are doing.
22. No jewelry at all is to be worn during class.
23. No smoking in the dojo or restrooms. If you must smoke outside, please clean up butts.



A WORD ON BELTS

Each time you advance in rank, you earn a new belt. Each new belt's color is slightly darker than the previous belt. This darkening of color represents increasing knowledge; the deeper the color, the deeper the knowledge.

Each belt has its own meaning.

The **white** in a white belt represents a white piece of blank paper ready for knowledge. White symbolizes purity and innocence. Adults often fondly refer to their childhood. Black belts often refer to their experiences as a white belt and smile, saying something like “when I was a white belt I thought and did this.”

Yellow in a yellow belt represents the rising sun, a beginning. By now, your confusion should lessen and you should begin to understand the different moves (along with an inkling that there's more to martial arts than just the moves).

Orange is the color of fire and represents that it is now time to change bad habits. You now realize the work and dedication that martial arts demands, and understand that you must continually put forth effort to better yourself. There is no such thing as “being the perfect martial artist”; we are all constantly improving.

Green is the color of spring and growth. The martial art seed has been planted in you and is starting to grow. By green belt, you now have your basics down.

Blue is the color of the sky - the sky's the limit - goals are set high. You make martial arts a part of your life. Perhaps prior to receiving your blue belt, you wanted to achieve a Ph.D., for example, but felt you weren't able. As a blue belt student, however, you realize that with hard work, most anything can be accomplished.

The **purple** belt student works on overcoming his fear. You push yourself further than before to reach your potential. Similar to someone who has received a purple heart, you perhaps will risk bruises and scratches to further your training (though of course purple heart recipients risk more than bruises and scratches) (and so do some martial artists). However, it is not recommended that a martial art student endure any kind of injury to further their training. Martial arts is about *bettering* the body, not harming it.

Brown is the color of autumn. Before the time of refrigerators and grocery stores, people had to work hard to prepare themselves for the winter. As a brown belt, you can now deal with hardships in your training and your everyday life. This helps to prepare you for your black belt. It is only at the brown belt level that you are able to use your martial arts to truly defend yourself on the street.

And black represents all colors combined, with all the colors working together. Achieving a black belt is not an end, but a beginning. As a black belt, you continue to learn and relearn, to grow, to set new high goals, and to apply your training to your everyday life.

Long ago, martial art students did not receive a new belt each time they advanced in rank. They had one belt that they kept throughout their years of training, and with time, age, wear and tear, the belt grew darker naturally. This began the concept of the black belt.

After your are involved in martial arts for a few months, you can't help noticing that sometimes a lower ranking student "looks better" in form and technique than a higher ranking student. To think that all green belts are "better" than all yellow belts is too simplistic. Martial arts is a highly individualized art. Do not compare yourself to others; this will poison you. The true competition is within the each person. Try to be the best white belt you can be, then improve with each increasing rank. There *are* standards you must achieve for each belt, but each student has different growth rates. Growth is achieved in spurts, and there may be a period of time when you don't see improvement. Be patient. It will come.



BELT STRIPES

Advancing in Rank

When you begin your training at Red Sun Academy, everything can seem overwhelming at first. To make it easier, the material is taught in stages. Now, you can take one thing at a time. Otherwise, if you try to learn everything at once, you may become frustrated. Therefore, we have broken down the material one step at a time by earning each individual belt stripe.

To qualify to test for the next rank, you must earn five belt stripes:

1. **Green** (kata)
2. **Blue** (self-defense)
3. **Red** (technique)
4. **Purple** (contribution)
5. **Black**..... (attendance)

You can earn stripes in any order you choose, except for the red stripe. You must qualify to test for the red stripe. To do this, you must already have your green and blue stripes and be roughly ten classes shy of meeting your attendance requirements for the next rank.

When you feel ready to test for a belt stripe, make an appointment with Sensei. Each individual test for a belt stripe takes only about five minutes. If you pass, the teacher will place the colored tape on your belt.

Most students do not pass the first time they test for a belt stripe. Do not feel discouraged if you do not pass your belt stripe test. Testing is a learning process. Each time you test, it will be a little easier. You are learning how to act under pressure. If you are attacked on the street, you must act under pressure.

You can only test for one stripe a day unless Sensei gives you permission to test for additional stripes. If you test and do not pass, test again on another day.

Stripes are to be worn on the left side of the belt. Stripes indicating actual belt rank are worn on the right.

With this belt stripe system, you know exactly where you stand in your immediate training. You will know what you need to work on and how to set goals by working in stages.

When you earn a new belt, you will begin the belt stripe process all over again.

THE GREEN STRIPE (kata)

To earn your green stripe, you must perform your New Age or your traditional kata (if you are a white belt) and all prior katas (if you are not a white belt) without a mistake. Remember, when you test for your green stripe, you must perform the moves correctly the first time. The key here is that you must perform the moves without a mistake. There is no second try. Missing a ki-ai (karate yell) or stepping incorrectly will mean that you must test again. This does not mean the technique has to be mastered yet; that's what the red stripe is all about.

THE BLUE STRIPE (self-defense)

To earn your blue stripe, you must perform your 3 self-defense moves (and all prior self-defense moves if you are not a white belt) without a mistake on the first try. Keep in mind that you are not simply doing a series of moves, but that you are actually defending yourself. Your moves should have fire and speed and look real.

THE RED STRIPE (technique)

The red stripe tests technique. Once you have earned the green and blue stripe and are roughly ten classes shy of meeting your attendance requirements, you can test for the red stripe.

Remember that the red stripe on your belt means that you have mastered the technique for the rank you are testing for. Therefore, it is unlikely that you will be ready for your red stripe soon after you receive a new rank. The red stripe is usually one of the last stripes earned and the most challenging stripe to earn.

When you test for your red stripe, you will be tested in four areas:

Stances

Blocks

Kicks

Kata

Usually, Sensei will find something from the above four areas that you will need to work on. This will be written down for you. Keep that paper, practice hard on the areas you need to work on, and bring that paper with you when you retest for your red stripe. If you do not have your paper, you will have to take the entire test again. If you have your paper, you will only retest in the areas that need correction.

THE PURPLE STRIPE (contribution)

Being a martial artist involves more than training in only the physical. Mental training is equally, if not more, important. You must contribute something to the school, community, or to your family before advancing to a new rank. Please spend at least twenty minutes on your contribution, and it must not have been monetarily rewarded.

When you have made your contribution, tell Sensei either verbally or by placing a note on her desk (notes from parents of children are requested), and you will be awarded a purple stripe.

Ideas are as follows:

ADULTS

- Adopt-A-Tot, or any white belt (orange belts and above only)
- Tutor a child, helping him with homework
- Replace dojo lights by ceiling
- Paint dojo as needed
- Adopt-A-Highway (Red Sun participates with this program)
- Volunteer with the Chamber or Commerce or another organization
- Items from Children's list below

CHILDREN

- Dust bookshelf
- Clean window sills
- Empty trash from bathrooms for one week
- Vacuum rugs
- Clean dojo floor
- Sweep mats
- Throw away trash from outside dojo
- Visit an elderly person at a nursing home (read or tell them a story)

THE BLACK STRIPE (attendance)

Once you have met your attendance requirements, you have earned your black stripe. There is no test for this stripe. It is recommended that you attend at least two classes a week (or more, if you'd like!).

ATTENDANCE REQUIREMENTS

White Belts	30 classes
Yellow Belts	30 classes
Orange Belts	60 classes
Green Belts	60 classes
Blue Belts	60 classes
Purple Belts	60 classes
Brown Belts	60-75 classes
High Brown Belts	1 year of good attendance* (100 classes)
1st Degree Black Belt	2 years of good attendance* & teaching (200 classes)
2nd Degree Black Belt	3 years of good attendance* & teaching (300 classes)
3rd Degree Black Belt	4 years of good attendance* & teaching (400 classes)

Students joining Red Sun Academy from other karate schools will have their past attendance from other schools count towards their attendance requirements.

*Good attendance means that the student attends at least two classes a week on average



KNOWLEDGE

What is the ACADEMY CREDO?

1. Let me be proud of my actions so I don't lie.
2. Let me be understanding so I don't criticize.
3. Let my actions speak for themselves so I don't boast.

Why do we bow?

To show sincerity and respect. A bow is a universal gesture of politeness. In the west, we use the handshake.

What is the order of belt rank in our academy?

White, Yellow, Orange, Green, Blue, Purple, Brown, High Brown, & Black

Why do we wear different color belts?

Around the turn of the century, Judo master Jigoro Kano developed the belt system representing rank. The changing color of a belt symbolizes an increase of knowledge. As our belts deepen in color, our knowledge also deepens.

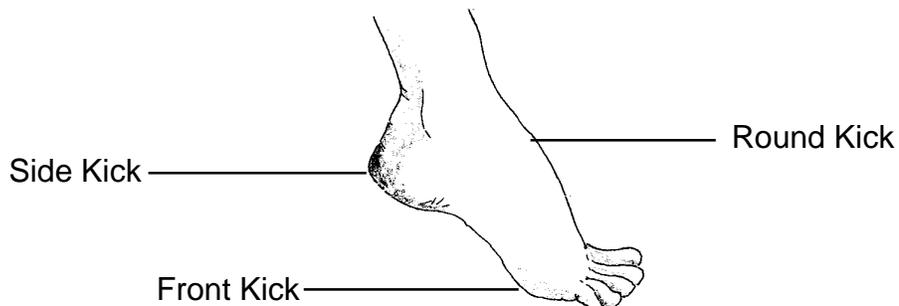
When do we use martial arts on another person?

Only when we, or others who need our help, are seriously threatened in an emergency situation. We never use martial arts to defend our feelings or our pride, no matter how strong the feeling is.

If I'm smaller than my opponent, do I have any advantage?

While larger people tend to have more strength and power, smaller people tend to be quicker.

What part of the foot should we use with front, round, and side kick?



Of the 3 basic kicks (front, round, side), which is the fastest? Which is the most powerful?

Though round kick tends to be the quickest kick, it can lack power. Side kick tends to be the most powerful of the three basic kicks. This is true of most people, but not all.

What does Karate translate to mean?

Empty Hand. (KARA = empty) (TE = hand)

What does Tae Kwon Do translate to mean?

The way of the fist and foot. (TAE = foot) (KWON = fist) (DO = art or way)

What countries do Karate, Tae Kwon Do, and Kung Fu come from?

Karate comes from Japan

Tae Kwon Do comes from Korea

Kung Fu comes from China

What are the 5 most vulnerable striking areas on a person?

Eyes, nose, throat, groin, & kneecap

What are the 5 least vulnerable striking areas on a person?

Jaw, chest, tops of arms, thighs, buttocks

How do I make power?

$$F = M \times A$$

Force = Mass x Acceleration, or

Power (force) = Size (mass) x Speed (acceleration), or Power = Size x Speed

To have POWER, you must have SIZE (being big isn't all, but it helps) and SPEED.

Why are some of the moves in the katas unpractical?

Long ago, it was forbidden to practice martial arts. People disguised their practice of martial arts through kata. Some of the moves in kata may seem to be unpractical due to this, and also because of misinterpretation of the moves that were passed on through the ages. Kata aids the student in not only practicing their strikes, but also mind-body coordination, muscle development, grace, and balance.

In martial art history, which came first - self-defense or spiritual growth?

Spiritual growth developed initially in India about 500 B.C. By 500 A.D., masters of meditation traveled into China to teach spiritual awareness. In their travels, many were attacked and thus the need to learn to defend themselves was developed.

What are the five tenets of Tae Kwon Do?

1. Courtesy
2. Integrity
3. Perseverance
4. Self-Control
5. Indomitable Spirit

What are some things to remember about punching?

1. Punch with your first two knuckles
2. Punch to your center
3. Keep your wrist straight
4. Punches start close to your body
5. Keep your elbows in as you punch (don't expose your ribs)
6. Don't punch your sister

What is the advantage and disadvantage of a punch & a palm heel strike?

The punch has further reach than a palm heel strike. However, striking with our knuckles hurts! Our knuckles are a vulnerable part of our hand, protected only by a thin layer of skin.

Do most martial art students reach the rank of brown belt?

No. Only about 10% reach the rank of brown belt. The average person does not have the perseverance needed to earn such a high rank.

Why do most students practice martial arts barefooted?

Long ago, before Reeboks, teachers taught students in their homes and it was customary to remove one's shoes before entering the home. This was done out of respect.

What is the YIN-YANG symbol?

It is a Chinese symbol or philosophy representing two "opposites" or, better yet, two complimentary elements that exist as one in harmony with each other. Examples are:

Light-Dark • Day-Night • Man-Woman • Hot-Cold • Summer-Winter

One element cannot exist without the other. Neither YIN or YANG is better or worse than the other. Be careful not to judge one as good or evil. It is a human quality to assign judgment such as good or bad; nature assigns no such judgment.

YIN symbolizes the dark, the cold, the winter, the night. YANG symbolizes the light, the hot, the summer, the day. YIN represents all that is receptive, listening and internal. YANG represents all that is dynamic, obvious, and external. It is important to be balanced.

Who is thought to be the father of Shotokan?

Gichin Funakoshi. Born in 1868, Funakoshi was a son of a minor Okinawan official. A master at 25, Funakoshi, a school teacher, was authorized to put karate on the educational curriculum. At 60, Funakoshi set up his first dojo in Tokyo.

Who is thought to be the father of U.S. Tae Kwon Do?

Jhoon Rhee. Arriving in the United States in 1957 to study civil engineering at college, Jhoon Rhee never pursued this career when he found success in teaching Tae Kwon Do. By 1970, Rhee had five large schools in the D.C. area averaging 100 new students a month from his frequent advertising.



TERMINOLOGY SHEET

General Terms

Honorable Teacher	Sensei (J)
Assistant Teacher	Sempai (J)
Student of Junior Rank	Who-bae (K)
Greetings	Konnichi-wa (J)
School	Dojo (J)
Form	Kata (J)
Uniform	Gi (J)
Meditation	Mokuso (J)
Fighting	Kumite (J)
Breaking	Tamishiwara (J)
High	Jodan (J)
Middle	Chudan (J)
Low	Gedan (J)

Stances

Stance	Dachi (J)
Preliminary Ready Stance	Yoi (J)
Ready Stance	Jun-bi (K)
Return to Junbi	Baro (K)
Front Stance	Zenkutsu Dachi (J)
Back Stance	Kokutsu Dachi (J)
Horseback Riding Stance	Kiba Dachi (J)
Fighting Stance	Kumite Kamae Kamaette (J)

Counting

KOREAN

- Hana
- Dul
- Set
- Net
- Dasat
- Yasat
- Ilgop
- Yo-dolb
- Ah-hop
- Yal

JAPANESE

- Ichi
- Ni
- San
- Shi
- Go
- Rokku
- Shichi
- Hachi
- Ku
- Ju

Kicks

	KOREAN	JAPANESE
Kick	Chagi	Geri
Front Kick	Ahp Chagi	Mae Geri
Roundhouse Kick	Dol-reo Chagi	Mawashi Geri
Side Kick	Yup Chagi	Yoko Geri

Closing (end of class)

	KOREAN	JAPANESE
Practice is Finished	Un Dong Gutt	Sore Made
Thank You (teacher)	Kamsab-nida (Sabum-nim)	Arigato Gozai-masu (Sensei)
You're Welcome	Chunman-ay-yo	Do-itashimashite
Goodbye	Ahn-nyung-hi Gase-yo	Sayonara

Commands

Line Up	Seiretsu (J)
Attention	Chareyut (K)
Karate Yell	Ki-ai (J)
Bow	Rei (J)
Bow to Sensei	Sensei ni Rei (J)
Sit	Anja (K)
Formal Kneel	Seiza (J)
Stand	Ira-sa (K)
Punch	Tsuki (J)
Turn Around	Dwiro Dora (K)
Switch Feet	Pal-gyo-dae (K)
Begin	Hajime (J)
Stop	Yame (J)

Blocks

Block	Uke (J)
Down Block	Gedan Uke (J)
Upward Block	Age Uke (J)
Inside Block	Uchi Uke (J)
Outside Block	Soto Uke (J)

LESSONS FOR THE NEW STUDENT

- Yoi
- Junbi
- The Punch

STANCES

- Front Stance
- Back Stance
- Horseback Riding Stance
- Fighting Stance

BLOCKS

- Down Block
- Upward Block
- Inside Block
- Outside Block

KICKS

- Front Kick
- Round Kick
- Side Kick

-
- [Kata](#) (New Age Kata *and* Taikyoku)

-
- 3 [Self-Defense](#) moves

-
- 10-Move [Hand Combination](#)
-

After learning the above, continue to sharpen your basic skills and improve your self-defense and sparring drills. In addition, begin to understand the mental benefits that training in the martial arts brings.

After approximately four months, you should be ready to test for your yellow belt. Understand, however, that this time varies greatly between individuals. Small children often take up to a year before they are ready to test for their yellow belt.



WARM UPS & BASICS

WARM UPS:

1. Jumping Jacks
2. Stretch palm to ceiling
3. Neck
4. Roll Shoulders
5. Arm Circles (6)
6. Waist Turns (6)
7. Waist Bends (6)
8. Hoola-hoop
9. Sit on Heels, Stretch out Leg (hold each leg for 20 seconds)
10. Sit with Feet Spread, Head on Knee (hold each side for 20 seconds)
11. Elbows to Floor (hold for 10 seconds)
12. Butterfly (hold for 10 seconds)
13. Stand with Feet Apart, Knuckles to Floor (hold for 10 seconds)
14. Fighting Stance, Leg Kick Ups (4 or more each leg)
15. Feet Together, Knuckles to Floor (hold for 10 seconds)
16. Knee Circles (6)
17. Ankle Circles (6)
18. Push Ups
20. Sit Ups: Crunches (20) Bicycles (20) Scissors (20) Feet Raised

BASICS:

1. Punches from Horseback Riding Stance
2. Double-Punch from Fighting Stance
3. Blocks
4. 10-Move Hand Combinations
5. Crescent Kicks
6. Front, Round & Side Kick from Front Leg (standing still)
7. Front, Round & Side Kick from Back Leg (traveling up & down room)
8. Step & Kick
9. Double Kick
10. Advanced Kicks (see below)

YELLOW BELTS: Jumping Front Snap Kick & Spin Side

ORANGE BELTS: Hook Kick

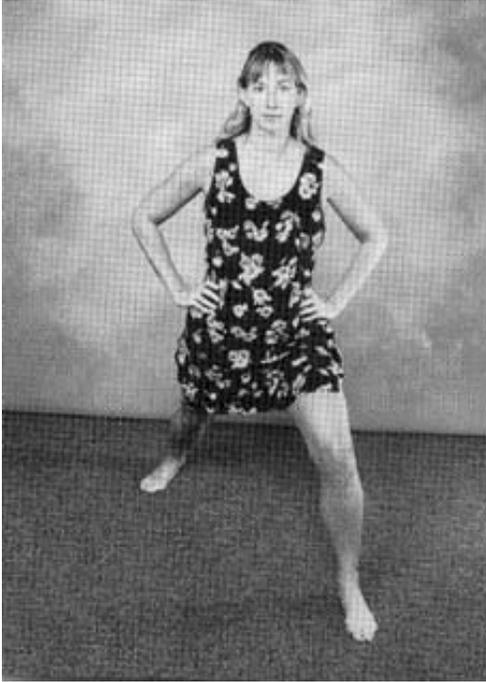
GREEN BELTS: Spinning Side Kick

BLUE BELTS: Flying Side Kick

PURPLE BELTS: Tornado Kick



STANCES



Front Stance



Back Stance



Horseback Riding Stance



Fighting Stance

BLOCKS

Down Block



Upward Block



Inside Block



Outside Block



KICKS

FRONT KICK



Foot Angle



Chamber



Kick

ROUND KICK



Foot Angle

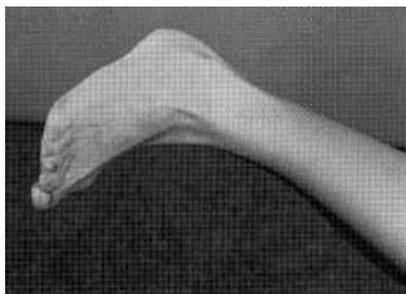


Chamber



Kick

SIDE KICK



Foot Angle



Chamber



Kick

NEW AGE KATA

Step forward with left foot into left front stance.

1. Down block, Upward block, Inside block, Outside block (all with left hand).

Pivot so you're facing right, in right front stance.

2. Down block, Upward block, Inside block, Outside block (all with right hand).
Pivot so you're facing forward.



Bring left foot back so you're in left fighting stance.

3. Front foot front kick (left).
4. Pivot right into right fighting stance. Front foot front kick (right).
5. Pivot left into left fighting stance. Front foot round kick (left).
6. Pivot right into right fighting stance. Front foot round kick (right).
7. Pivot left into left fighting stance. Front foot side kick (left).
8. Pivot right into right fighting stance. Front foot side kick (right).



Pivot left into left fighting stance.

9. Two back foot front kicks, traveling forward (right & left).
10. Turn 180° facing back. Two back foot round kicks, traveling back (left & right).
11. Turn 180° facing front. Two back foot side kicks, traveling forward (right & left).



12. Step into left back stance. Shuto (left). Turn 180° facing back.
13. Bring left foot to right foot into rt. back stance. Shuto (right). *Ki-ai*



14. Step forward with left foot into left front stance. Punch (left).
15. Step forward with right foot into right front stance. Punch (right). *Ki-ai*



BARO by turning left foot, turning 180°, facing front, in horse stance



TAIKYOKU

White Belt Traditional Kata

- Yoi, Junbi -

	Hand & Foot	Direction
1. Turn Left & <u>Down Block</u>	(left)	West (9:00)
2. Step Forward & <u>Punch</u>	(right)	West (9:00)
3. Turn Right & <u>Down Block</u>	(right)	East (3:00)
4. Step Forward & <u>Punch</u>	(left)	East (3:00)
5. Turn Left & <u>Down Block</u>	(left)	North (12:00)
6. Step Forward & <u>Punch</u>	(right)	North (12:00)
7. Step Forward & <u>Punch</u>	(left)	North (12:00)
8. Step Forward & <u>Punch</u> , <i>ki-ai</i>	(right)	North (12:00)
9. Turn Left & <u>Down Block</u>	(left)	East (3:00)
10. Step Forward & <u>Punch</u>	(right)	East (3:00)
11. Turn Right & <u>Down Block</u>	(right)	West (9:00)
12. Step Forward & <u>Punch</u>	(left)	West (9:00)
13. Turn Left & <u>Down Block</u>	(left)	South (6:00)
14. Step Forward & <u>Punch</u>	(right)	South (6:00)
15. Step Forward & <u>Punch</u>	(left)	South (6:00)
16. Step Forward & <u>Punch</u> , <i>ki-ai</i>	(right)	South (6:00)
17. Turn Left & <u>Down Block</u>	(left)	West (9:00)
18. Step Forward & <u>Punch</u>	(right)	West (9:00)
19. Turn Right & <u>Down Block</u>	(right)	East (3:00)
20. Step Forward & <u>Punch</u>	(left)	East (3:00)

- Baro (back to Junbi) (move left leg)



SELF-DEFENSE

3 White Belt Self-Defense Moves

In all one-step self defense moves, both opponents face each other in fighting stance with left foot forward.

You will nod to your opponent when you are ready to defend yourself against your opponent's attack. Your opponent will then step forward with his right leg and throw a punch with his right hand. Now you are ready to begin your defense:

=====

#1:

- Step forward with right foot (inside opponent's leg).
- Block (outside block) opponent's arm with your right hand.
- Immediately bring your right hammer fist into opponent's face.

=====

#2:

- Step forward with right foot (inside opponent's leg).
- Block (outside block) opponent's arm with your right hand.
- Immediately jab your right elbow into opponent's rib.
- Then immediately bring your right hammer fist into opponent's face.

=====

#3:

- Step forward (outside opponent's leg), ending in deep horseback riding stance. While stepping, block (outside block) opponent's arm with your right hand.
- Bring your back left leg close to opponent (at their center-line) in horseback-riding stance. While stepping, jam your left elbow into your opponent's stomach. (Your right open hand covers your left fist. Left palm faces up and touches your body.)

=====

On all self-defense moves, the defender must *ki-ai* at the end of each defense.



10-MOVE HAND COMBINATION

1. Block
2. Punch
3. Reverse Shuto
4. Spear Hand
5. Back Fist
6. Palm Heel
7. Upper Cut
8. Ridge Hand
9. Shuto
10. Hammer Fist

FREQUENTLY ASKED QUESTIONS

Does karate make you more violent?

On the contrary, Red Sun Academy strongly encourages building a strong character by developing respect for yourself and for others. The more respect an individual has towards himself and others, the less violent he becomes. Statistics show that martial art students are not violent people. If any Red Sun Academy member uses their martial art skills in an inappropriate way (bullying, getting into fights), they are suspended from the academy.

Will I get hurt?

Safety is a main consideration at Red Sun Academy. In the 14 years we have been open, there have been no major injuries. No one is pushed into doing anything they don't feel comfortable doing.

What if I'm not in shape?

No problem. That's why you've taken a good first step by enrolling at Red Sun Academy. Everyone progresses at his own rate, and most people joining believe that they're not in shape. You've got to start somewhere!

Is bowing and meditation anti-Christian?

Not at all. Bowing is simply a means of showing respect (not worshiping any flag!), and meditation is a means of gaining focus (not conjuring up any evil spirits!). Your sensei has a very loving and personal relationship with God.

Am I too old to train?

Nah! There are martial art students in their sixties. I met a 68-year-old lady who was loved by the students her karate school. I deeply admired her for training at her age. So did everyone else.

I'm scared it's too hard.

Don't worry. New students sign up every month. Your teacher and all the upper-ranking students are eager to help and to make your martial art journey as comfortable as possible. Black belts will individually work off to the side with you during your first few weeks. After that, you can always make an appointment with Sensei (your teacher) if you are confused.



TAI CHI

Separate from the karate classes, Tai Chi is a more gentle approach to the martial arts. It is geared for stress reduction. The ancient art of Tai Chi claims many health benefits such as increasing circulation, reducing stress, toning muscles, and channeling positive energy.

The Chinese refer to the joints as gates, and these gates control the amount of energy (in the form of oxygen in the blood) that flows through the body. Practicing Tai Chi increases the range of movement in the joints, unblocking muscular tension.

Don't feel you're too old or out of shape. The moves are similar to swimming in air. No brute force is used.

Class meets every Sunday from 6:00 - 7:00 p.m., and the cost is \$30/month for Red Sun members and nonmembers.

STUDENT A AND STUDENT B

Let's take two hypothetical martial art students - Student A and Student B. Student A has beautiful kicks. He is the envy of most other students. He's a natural at sparring and learns his katas fairly quickly. He doesn't need to practice much because it seems that he just catches on in class. His attendance is average. He doesn't seem to have the time for extra participation in the karate school as he is a busy person. But he brings in trophies for the academy because his technique is fantastic.

Then there's Student B. His kicks aren't too pretty, though he tries. He struggles to learn each kata and seems to need much practice before getting them straight. He is awkward at sparring, though he has strong spirit. His attendance is excellent and he puts in extra time for school activities, but he wonders why he isn't catching on as quickly as some of the others. He attends most all of the tournaments but rarely brings home a trophy because his technique is only average. But he tries. Oh, he tries.

In real life, students aren't either all of "Student A" or "Student B, but rather a mixture of the two. All students in martial arts soon become aware of "the natural" - the student who quickly learns and can do the techniques involved with little effort. Some of us must try harder to achieve the same goals.

As your martial art instructor here at Red Sun Academy, I would prefer a class full of Student B's over Student A's.

MEDITATION

Meditation simply means “An altered state of consciousness through relaxation that is self controlled and self inflicted.” This is Webster's definition. There is nothing magical, mystical, religious, or nonreligious about meditation.

Think of your mind as a picture on TV. When your mind is clear, the TV picture is good. When your mind is interrupted by random thoughts (mental noise) that keep coming into your head without your control, the TV picture is fuzzy. Meditation is a way of clearing your mind so random thoughts don't interfere with your trying to focus on one thought. While meditating, *you* are in control of your thoughts.

The mind and the body are very complex, intricate, and intuitive instruments. If you get in a life threatening situation, changes occur to your mind and body. Your mind begins to act more keen and is able to take information at a much quicker pace. During an emergency situation, you automatically close down some senses and enhance some others, depending on the situation.

A martial artist learns how to control these mind and body changes.

Learning how to control your body is easier than learning how to control your mind. In turn, it is easier to learn to do a jump spinning hook kick than to learn to think positively.

Back in ancient times, it was believed that it was natural to think negative thoughts. It was thought that a mind left to itself would spiral down into ever-increasing unhappiness. To think positive thoughts, however, required effort, and this effort was achieved through discipline and training. Many people falsely believe “if only I didn't have financial difficulties, I'd be happy” or “if only I was out of this bad marriage, I'd be happy.” It was discovered that happiness comes not from a single set of situations, but from an overall positive attitude towards life. Meditation helps you to achieve this by your being able to control your mind, allowing yourself to think positively. If you continually think how someone has done you wrong, it will poison you. Instead, concentrate on how good the sun feels on your skin, or how a special person has given you warmth and support.

How do you meditate? Begin by sitting comfortably with your back straight. Shut your eyes. For twenty seconds, let absolutely no thought come into your head. This may be difficult at first. If any extraneous thought wanders its way into your head, relax and gently push it out. After this becomes easier, start slowly increasing the time. Later, try concentrating on only one thing. It can either be a thought, emotion, sound, or an image. Examples are:

A feeling of extreme warmth coming from a white light

Any positive emotion

A face

Any word of your choosing

A white dot against a black background

Any image of your choosing

Concentrate on only this one thing for as long as you can. Understand that your mind will wander. Know that this is natural and human. Now, you are learning not only control but also focus. After you can meditate for several minutes, try applying this controlled thought to your every day thinking. If a negative thought comes into your head, push it out and think of something positive instead.

Of course, life is not as simple as this and often bad situations must be addressed. However, we often elaborate on the petty negative and don't stop to "smell the roses." Once you have learned that you are in control of your mind, you are on the road to becoming a happier person.

KIAI - THE KARATE YELL

Kiai is a Japanese word and means to employ the karate yell. The yell should come from the lower part of the abdomen, not the vocals. The stomach should expand slightly when giving the kiai.

The kiai serves several functions:

- to psyche one's opponent
- to control breathing
- to find one's rhythm
- and, simply, breathing out when struck hurts less than breathing in

A teacher looking at a beginning martial art student doesn't so much look for how pretty their kicks are or how well their technique is, but rather their attitude and spirit. A timid person or someone who doesn't think much of themselves may give a weak kiai, where a student with strong spirit tends to give a strong kiai.

PRICE SHEET

Item	Cost
UNIFORMS	
Uniforms (standard)	\$35
Middleweight Uniform	\$45
Middleweight Uniform Top	\$20
Middleweight Pants (contact)	\$25
Heavyweight Uniform	\$70
Heavy Uniform Top	\$35
Heavy Uniform Pants (contact)	\$35
Teacher's Uniform (0-5)	\$54
Teacher's Uniform (6-7)	\$56
Teacher's Uniform Red Top (0-5)	\$26
Teacher's Uniform Red Top (6-7)	\$27
Teacher's Uniform Pant (0-5)	\$28
Teacher's Uniform Pant (6-7)	\$29
Grappler Uniform	\$55

SPARRING GEAR

Glove	\$34
Boots	\$34
Headgear	\$38
Headgear with facemask	\$60
Shin Protectors (cloth)	\$10
Shin Protector (foam)	\$27
Shin Protector (extra foam) (Warrior)	\$30
Forearm Protectors (cloth)	\$10
Chest Protector (TKD sparring vest)	\$40
Chest Protector (foam)	\$33
Mouthpiece	\$ 2
Mouthpiece Carrying Case	\$ 4
Male Groin Pad	\$40
Athletic Cup	\$ 4
Athletic Cup Supporter	\$ 5

REMEMBER:

- Please pay when the order is made
- Prices include tax but do not include shipping
- It is your responsibility to supply the correct size
- There is a small exchange fee for items that do not fit
- Items cannot be returned after 30 days

*Effective September 1, 1999. Prices are subject to change

Item	Cost
WEAPONS	
Bo (tapered) (5' or 6') (#1244)	\$18
Fighting Bo (5' or 6')	\$30
Junior Bo (5')	\$18
Jo (50")	\$15
Tonfa (competition) (18" or 20")	\$35
Sai (13", 15", 18", 19.5", 21.5")	\$50
Nunchaku (rubber) (cord) (BK, BL, RD)	\$ 4
Tai Chi Sword	\$17

TARGETS

Vinyl Hand-Held Target (single)	\$17
Vinyl Hand-Held Target (double)	\$20
Leather Hand-Held Target (single)	\$25
Leather Hand-Held Target (double)	\$30
Blocker	\$16
Square Hand Targets	\$17
Body Shield Targets	\$50

BAGS

Wavemaster (270 lbs.)	\$110
Kid Kick Wavemaster (170 lbs.)	\$70
Heavy Bag (canvas or vinyl) (70 lbs.)	\$80
Heavy Bag (vinyl) (100 lbs.)	\$100
Water-Filled Bags (70-120 lbs.)	\$90-\$130
"Bob" (270 lbs.)	\$300
"Bobby" (170 lbs.)	\$200

CARDIO

Vinyl Bag Gloves (red or black)	\$10
Delux Bag Gloves (black)	\$20
Boxing Gloves	\$30

MISCELLANEOUS

Red Sun Patch	\$ 5
Martial Art Sneakers	\$45
Kung Fu Shoes	\$ 7
Belt Keychains	\$ 2
Belt Display (holds 10 belts)	\$40
Plaques/Belt Display (holds 10 belts)	\$45



EXAMINATION FOR 1ST DEGREE BLACK BELT

ATTENDANCE: Minimal 1 year of good attendance on a regular basis as a high brown belt.

ESSAY: The examination will begin with a verbal speech on what martial arts means to you. The only requirement is that the words come from your heart. You will have no printed aid in front of you while giving your speech. Before the examination, give Sensei a typed essay on this speech.

KNOWLEDGE: Be aware of information from this Student Handbook, including the knowledge on pages 14-17, academy guidelines and rules, and any basic knowledge of the martial arts covered in class.

BASICS: This will be a test not only of all stances, blocks, and strikes, but also of stamina and endurance. Be prepared to do up to:

- 100 Jumping Jacks
- 100 Sit Ups / Crunches
- 100 Push Ups
- 100 Kicks with one leg on a target

KATAS: Know and be prepared to demonstrate all nine academy katas along with your own invented kata. You should have prepared, in typed form, a brief scenario of your kata's setting along with a listing of all strikes used.

1. NEW AGE KATA (white-brown belt)
2. Taikyoku (white belt)
3. Taegeuk EE Jang (yellow belt)
4. Taegeuk OH Jang (orange belt)
5. Heian 2 (green belt)
6. Heian 4 (blue belt)
7. Taegeuk YUK Jang (purple belt)
8. Taegeuk CHIL Jang (brown belt)
9. Taegeuk PAL Jang (high brown belt)
10. YOUR OWN INVENTED KATA

SELF-DEFENSE:

- All 15 self-defense moves from white - blue belt
- 3 invented self-defense moves from purple belt
- Spontaneous self-defense (brown belt level)

Timing, focus, technique, and power are critical.

SPARRING: Be prepared to spar with 4 opponents, employing full contact. Apply proper technique, timing, control, breathing, combinations, footwork, power, and strategy.

WEAPONS: Know strikes, self-defense moves, and katas from all 5 weapons.

BREAKING: Be able to use any strikes we've used in class to break boards:

Straight Punch
Palm Heel
Hammer Fist
Shuto Strike
Ridge Hand
Hook Punch
Uppercut

Front Kick
Round Kick
Side Kick
Hop Side Kick
Jumping Front Snap Kick
Spin Side
Hook Kick
Spinning Hook
Flying Side
Tornado Kick

You may also be asked to use these strikes in combination to break multiple boards.

Be prepared to break one 1-inch cinder block using any hand technique.

DISCIPLINE: Your true self-discipline will be tested by sitting in one position of your choosing (as long as your back is kept straight) for a period of up to one hour. Meditation is strongly encouraged to help you with this. This is a test of physical and mental discipline.

KIMCHEE: One last requirement . . . In order to get your black belt in this academy, you must eat kimchee (and sushi!) with Sensei! If you survive this ritual, you most likely have earned your black belt.



QUITTING

Ask any martial art student who's been in the arts for a while if they'd ever thought of quitting, and they'd most likely answer yes.

There was an advanced student who had been involved in martial arts for over five years. He said a couple of years back he thought of quitting; material didn't seem new to him and he was getting very busy with his work. Then he started seeing the benefits of martial arts - how he could now touch his toes for the first time in 20 years, how he hadn't missed a day of work due to sickness in two years, and how his job seemed less stressful. He stuck with it and now has earned the rank of black belt.

Not learning anything new

Most all martial artists get to a point where they think they aren't learning anything new. Students believe that they've learned all the kicks, or they don't want to learn any more forms, or they aren't getting any more flexible, and that they've gone as far as they can go in the martial arts. When you reach this point where you feel you aren't learning anything new, ironically, that's when you really are.

What is actually happening is that the knowledge is resting on the surface. What is needed and what is necessary is for that knowledge to get below the surface, to become ingrained and get from your mind to your heart. Only then can you truly use what you have learned. If an attacker were to approach you, and you had the knowledge of how to react but had to *think* about it, it would be too late. You have to simply react, without thinking. This occurs only when the knowledge is ingrained through years and years of repetition. After all the knowledge is learned (when some students feel they aren't learning anything new) a process occurs where the knowledge is seeping in and martial arts is becoming a part of you. How unfortunate it is for the student who quits at this point.

In martial arts, a beginning student learns basic strikes, and then repeats them over and over again, often for many years. At first, the student struggles with the moves, both mentally and physically. Over a period of time, the moves become natural and can be done without effort. A martial artist must be able to perform strikes without effort if he wishes to apply them on the street. The student who does not understand this often believes, after a period of time, "I'm not learning anything new." He doesn't realize that the learning has gone from his mind to his heart.

So when you feel you aren't learning anything new in the martial arts, that's when you really are.

Quitting after a certain belt rank

Some students think “I’m going to quit after green belt - I’ve learned enough.” The learning is compounded exponentially. Quitting when you’re just getting started (at green belt, you’re just getting started; you’re just barely skimming the surface) is like throwing away lots of hard work and good money you’ve put into the martial arts thus far. You may retain some knowledge, but if you don’t continue to practice and sharpen your skills and condition your body, the delay that results from lack of practice may be all it takes on the street.

Too busy with other sports

Some students say they’re going to quit because they want to take soccer, or football, or whatever, and they don’t have time for martial arts. Soccer and football and whatever are fine sports. But the student must determine what is more beneficial in the long run without thinking of short term gains. Does soccer help your life in the long run? Perhaps it does. Does martial arts?

Too busy at work

Some students say they’re going to quit because their job keeps them too busy, and that is understandable. Family should always be number one, and one’s job supports one’s family. But ask - will the two or three hours a week that the student devotes to martial arts actually hinder the student’s job, or will it help? Studies show that a person who exercises regularly has more energy for their work. Does the student actually not have two hours a week to spare? Is it possible they can use their time more efficiently to leave time for an art which very well could improve the quality of their life?

Taking a break

Some students think of taking a break from the martial arts, of “temporarily quitting.” Even though the student has every intention of returning, bear in mind that most don’t. Do you ever want to take a break from eating?” No, you need to eat about every day. You *like* to eat; it is not a chore. The same is true of martial arts; serious students feel a need to do martial arts about every day, if not physically, then mentally or spiritually. It’s work, but it’s fun work.



MEMBERSHIP AGREEMENT

You are now a member of Red Sun Academy. You have read the academy rules and will abide by them. Further, you will engage in stringent training of martial arts to improve your mind and body so that you will bring honor to yourself and no dishonor to our academy.

signature

