

# Cutting Edge Martial Arts

## Bozeman Class Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>AM</b>	<b>(6-7:00) Adult General Training</b>		<b>(6-7:00) Adult General Training</b>	<b>(11:10-12:10) Tai Chi</b>		<b>(8:15-9:45) Tai Chi</b>
<b>11:30am-12:10pm</b>	<b>Adult Conditioning</b>		<b>Adult Conditioning</b>		<b>Adult Conditioning</b>	<b>(10-11:30) Aikijujutsu</b>
<b>12:10 - 1:10pm</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult Forms</b>	

<b>3:45-4:15pm</b>	<b>Peewee</b>		<b>Peewee</b>		
<b>4:15 - 5:00pm</b>	<b>Kids Intermediate</b>	<b>Kids Beginners</b>	<b>Kids Intermediate</b>	<b>Kids Beginners</b>	
<b>5:00pm - 5:45pm</b>	<b>Kids Beginners</b>	<b>Kids Intermediate</b>	<b>Kids Beginners</b>	<b>Kids Intermediate</b>	
<b>5:45pm - 6:30pm</b>	<b>Kids Teen/Advanced</b>	<b>Kids Teen/Advanced</b>	<b>Kids Teen/Advanced</b>	<b>Kids Teen/Advanced</b>	<b>(5:30-6:30) Adult General Training</b>
<b>6:30pm - 7:30pm</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult Forms</b>	<b>Adult General Training</b>	
<b>7:30pm - 8:30pm</b>	<b>Tai Chi</b>	<b>Kung Fu</b>			

### Age Levels

**Peewee:** Ages 3-5

**Kids:** Ages 5-12

**Adult:** Ages 12+, 8+ Red Belts and up

### Kids Taekwondo Skill Levels

**Beginners:** White through Senior Yellow

**Intermediate:** Green through Senior Blue

**Advanced/Teen:** 8+ Red belts and up, 12-17 All

### Adult Martial Arts Classes

**General Training:** General technique, fitness, and sparring for all ranks

**Conditioning:** Body-weight strength training

**Forms:** Open hand poomse and weapons forms

**Kung Fu, Tai Chi, Aikijujutsu:** *Free* classes taught by a variety of instructors with decades of experience.

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## Parent's Guide

This is a guide intended to help parents ensure their kids have the best martial arts experience possible at Cutting Edge Martial Arts. It assumes that parents want their kids to remain active martial arts; if this is not the case for whatever reason, please talk to me as soon as possible.

It will start with our goals as instructors, progress to generalities that will help students of all ranks, and then quickly go into specifics for beginners.

### Our Goals

A great many Olympic Taekwondo instructors (and those from other sports-focused martial arts) teach because of their passion for the competitive side of the art. We are not those instructors, though kids are welcome to compete at one of the area tournaments as they can be a valuable learning experience and often inspire kids to train harder in class. Our primary goals are to help kids become stronger – mentally, emotionally, and physically – to be more confident and capable and self-assured, help learn how and when to lead or follow, and generally be comfortable in their own skin regardless of circumstances.

While the curriculum we teach is valuable, what kids learn about themselves – how to be who they are and how to become who they want to become – is far more important.

Our disciplines as an instructors:

- 1) **Students are never "wrong" or "bad"**. That doesn't mean that we enable bad behavior or that students don't make mistakes, it means some things are helpful and constructive, others aren't, and mistakes are momentary and fixable. We endeavor to never make students feel like *they* are wrong or bad and encourage them to establish a positive view of failures as necessary risks and steps to achieve success.
- 2) **We are *always* on the student's side**. Even if a child is challenging authority, pushing boundaries, goofing off, or just spacing out and they receive push-ups or some other form of discipline to bring them back into line, our goal is always to help them notice their behavior and recognize when it isn't helping them and/or is hindering others.
- 3) **Every student is equal on the mat**. Human nature plays favorites, but we work hard not to make any child feel left out, on their own, singled-out, or, the flip-side, that they don't have to follow the same rules as everyone else or are better than anyone else.
- 4) **Availability**. If a student (or parent or former student) needs my help or needs to talk about something that is troubling them – martial arts/self-defense related or otherwise – I am available to talk with them and do whatever I can to help.

If anyone feels we not are following any of these disciplines at any point, please let me know immediately so we can reflect and self-correct to be closer to our intentions.

### Curriculum

Many new parents have questions about **belt and stripe testing** so here is the basic overview of how we handle promotions. Kids earn six stripes per belt, each covering various elements of taekwondo such as kicks, self-defense techniques, and forms. If a child feels they have a grasp of their newest material, they may test with an instructor after class. If they pass, they gain a new stripe, if not, the instructor will let them know what they need to work on and they may try again the next class they attend.

Once a child has all six stripes, they are eligible to test at the next belt test, usually held on a Saturday around 1pm every six weeks. To sign up for the test, a test application form (available at the school) along with a \$45 testing fee are due the Friday before the belt test.

## Helping your kids

I) The number one thing parents can do to help kids be successful in martial arts is to **get students to class regularly**. Most kids thrive on regularity and stability and struggle with change and unpredictability. The **number one determinant of success** in martial arts that I've observed in over a decade of teaching is **simply showing up**. We recommend **two classes a week** as a minimum if at all possible. Our reasoning is as follows:

- 1) **Progression**. Students who attend regularly **learn content faster**. Most kids love the feeling of accomplishment they get earning their next stripe and how quickly a child progresses is in largest part a result of how often they are at class.
- 2) **Forgetting**. Kids who come once a week or less **often struggle to just remember what they learned** the previous week, much less make progress as a week seems to be just enough time to start to forget what was learned previously. On harder stripes (the black stripes are the most common culprits) it can then be difficult to make much headway as very few students are able to learn a new form or set of techniques and test successfully on the same day. After a week or more has gone by without practicing them they often need to relearn everything almost from scratch.
- 3) **Discipline**. One of the things many parents value about martial arts is the focus and self-discipline it instills in students. **The biggest part of discipline is consistency** and it is very difficult to establish consistency as an instructor when the student's attendance is sporadic.

II) The number two thing parents can do to help their kids is to help them **find their purpose** for being at taekwondo and help them **set goals** based on that. The goal depends on the student and parents will likely know better than I do what it is that motivates them. Some example goals and motivations:

- 1) **Belts**. Some kids are naturally goal-oriented and so **earning their stripes to get the next belt** might be the best inspiration.
- 2) **Competition**. Other kids are more focused on competition. Focusing on **preparing for an upcoming tournament** – be it forms, sparring, or both – can really push competitive kids to work hard.
- 3) **Self-Defense**. Some kids – especially those picked on by bullies – really benefit from the self-defense we teach. Note that self-defense *almost never* means fighting, but focuses more on doing whatever is necessary to reduce the physical and/or emotional harm inflicted by an aggressive and/or dangerous person or situation. The self-confidence gained from martial arts practice alone has been known to change a child's demeanor enough that bullies stop picking on them. One goal a child might set is to **learn how to protect themselves** from particular types of bully or situations and ask about it in class.
- 4) **Friends**. Very few children make it to black belt without some sort of support and/or friendship of their classmates. If your child is especially social, wants to have or has friends in class, **encouraging them to make friends and/or come to the same classes as friends** can be a great motivator.

# Beginners

## *White through Senior Yellow Belts*

At the beginner level kids will be learning the basics of everything: class routine, discipline, self-discipline and self-control, focus, basic martial arts and simple self-defense techniques, introduction to the sport side of taekwondo, and getting to know the other beginners in their class.

In class, kids will test for stripes in class that show their progress through their current rank. Once they have six stripes on their belt, they are eligible - and highly encouraged - to promote at the next belt promotion test where they can earn the next color/rank of belt.

Beginners have several advantages going for them: everything is new and exciting, they are enthusiastic, and they have not developed any bad habits that need to be corrected. They do, however, have their own **unique sets of challenges**:

- 1) **Dealing with failure.** Beginners will all eventually reach a point where they fail. It might be not passing a stripe test, having to make corrections after a belt test, or even simply not being allowed to test after a class because they don't know the material well enough. While we work hard to view and express failure positively and encourage them to try again the next time they are in class, some children have more difficulty dealing with the let down of not meeting the demands they had placed on themselves. On occasion they may even want to give up or quit afterward.

Letting them know they did well and that **they can *always* practice and try again** at the next class is often the most helpful thing parents can do. Suggesting they practice a bit extra before or after class and/or ask help from a higher-ranked student or instructor if one is available during this time can also help.

- 2) **Falling behind.** Kids all progress at different rates, depending on their age, physical and mental maturity, coordination, attendance, memory, enthusiasm, and a myriad of other factors. Kids often do not recognize those factors and if they see another student "get ahead of them" – via stripe or belt progression – they can take it to mean not that the other child worked harder, had something just *click*, or simply was just in class more frequently but instead that they themselves are stupid, slow, or in some other way inferior to the "faster child".

Letting them know that everyone progresses and is *expected to progress* at their own rate, that there is no competition, and that **other students' progress doesn't mean anything about your child's competence** can all be helpful. That said, if the other child *was* working much harder in class, a gentle reminder of that fact to help your child focus on working harder themselves might not be remiss.

- 3) **Bogging down.** Some of the first stripes can be challenging, especially for younger students. Sometimes a child can end up working on the same stripe for days, weeks, or occasionally even months, to the point where the child might even not want to attend as they know they will just be “working on the same thing over and over”. Some children expect all stripes to be as easy and quick as the first few and have a hard time when the stripes get difficult, forcing them to focus and apply themselves to earn them. If it reaches the point of boredom, they often stop trying, ensuring they will not learn whatever it is and be “stuck” working on it *again* in the next class.

The **last white belt stripe is *the* most difficult stripe kids ever earn** as it is the first form and a big step up in difficulty from the other stripes. If they can get that stripe, they can get any other stripe all the way up to red belt.

Reminding them that some stripes are more difficult than others, that it **only takes a few classes of focusing and working hard to earn most stripes**, and that they will get to learn cool new things once they make it past the current "roadblock" may help them work past it.

Remember that I am always open to and appreciative of **feedback about where your child is at**, whether they are loving it, worried about coming to class, or anything in between. Please email me, call, or talk to me at the dojang if you have any questions concerns or comments.

# Cutting Edge Martial Arts

## Registration Form and Liability Waiver

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F  
Name of Parent or Guardian (if under 18): \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Whom should we contact in case of emergency? \_\_\_\_\_  
Relation of contact to yourself: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_  
School Attended (if minor): \_\_\_\_\_ Grade or Year: \_\_\_\_\_  
Why are you interested in Taekwondo(circle)? Fitness Self-Defense Cross Training Fun  
Focus/Discipline Other: \_\_\_\_\_  
How did you hear about Cutting Edge Martial Arts? \_\_\_\_\_  
Is there anything else you want us to know about the student's learning style, challenges, etc.?  
\_\_\_\_\_

If the student has prior experience in Taekwondo, what rank was achieved? \_\_\_\_\_

Experience in other martial arts, if any? \_\_\_\_\_

This Agreement is entered into the upon date set forth below Cutting Edge Martial Arts and/or Mark Austin and the Enrollee or Guardian whose name is set forth on the bottom of this form and who has caused his or her signature to be affixed hereto (hereinafter referred to as "Student"). All references herein to Student shall be deemed to include, as appropriate, the minor on whose behalf his or her guardian is executing this Agreement.

Student agrees to abide by the rules and regulations governing the conduct of students and observers and the operation of instruction sessions, all of which have been promulgated by the Dojang in order to promote efficiency, safety, and a clean training environment. Student acknowledges and agrees (i) that rules and regulation governing the Dojang have been adopted, and may be changed from time to time, (ii) to abide by all such rules and regulations as adopted or hereinafter amended, (iii) that the hours of operation and schedule of classes may be changed at the discretion of the Dojang and (iv) that the Dojang reserves the right to revoke or terminate any enrollment.

Student understands that Taekwondo training may involve intense physical exercise and Student certifies that Student is in good physical and mental condition, and that Student has not been advised by any doctor or physician not to engage in such physical activities as are involved in training at the Dojang. Student further certifies that Student has notified the Dojang of any physical or mental condition which may affect Student's health or safety, or the safety of others while training at the Dojang.

Student agrees that all exercises and/or courses are undertaken at Student's own risk. Student understands the procedures and exercises involved in instruction and participation as explained to him/her by an instructor or assistant of the Dojang. Student understands that there is a risk of personal injury or medical trauma involved in the course of instruction and, with this knowledge, hereby indemnifies and holds harmless the Dojang from all losses caused by accident, injury or trauma to Student, or to any third party who may be with Student, in the event that Student or said third party is injured or harmed in any way during the performance or execution of exercises.

Neither the Dojang, its agents or employees shall be held responsible for damaged, lost or stolen articles, inside or outside the Dojang's facilities.

Student hereby irrevocably authorizes the Dojang, its successors and assigns, and those acting under its authority, to copy, use or publish, for art, advertising, trade, or any other lawful purpose whatsoever, photographic portraits, pictures or videotapes of Student, in which Student may be included in whole or in part, without any cost. No refund will be given.

Student Name: \_\_\_\_\_ Student/Guardian Signature and Date: \_\_\_\_\_