



The core of our program is **Tae Kwon Do**, (pronounced Tie Kwan Doe) which is one of the oldest and most effective means of self defense. It is much more than a method of unarmed combat. Practiced as an exercise system it works wonders for your physical and mental well-being. Your coordination sharpens, your reflexes quicken, your breathing becomes controlled, your muscle tone improves, and your overall strength and endurance increases dramatically.

In addition to Tae Kwon Do, you will also have the opportunity to train using a variety of Japanese weapons such as the sai, kama, staff and tonfa.

All new students at America's Best Karate start with an introductory program designed to give them a chance to visit the academy, meet the instructors, and discover the benefits of martial arts.

In the introductory package, which consists of 2 private lessons and an official karate uniform, we will demonstrate some basic techniques and give you and your family the opportunity to understand the values that we instill in our academy. Men, women and children of all ages can participate at America's Best Karate. Each student, regardless of age, progresses at their own pace, developing and growing as an individual. Students as young as 4 and as old as 70 have discovered the rewards of our program. Discipline, confidence and self-esteem are traits that everyone can benefit from throughout their lifetime. Our Black Belt Program systematically takes you from the beginning level to our first goal in martial arts for you, obtaining your Black Belt.

ABK CHILDREN: Every parent wants their child to lead and succeed. The necessary tools for success are discipline, confidence, respect and self-esteem and a sense of commitment. America's Best Karate brings out these qualities in the children that we teach. The results are amazing: better grades, improved physical agility, mental alertness, self-motivation and leadership. When children feel good about themselves, peer pressure is greatly reduced. When the body is respected, the desire for drugs and alcohol is eliminated. When children have discipline, they become focused in their daily tasks. The qualities of leadership emerge and the difference is apparent to themselves and others.

ABK WOMEN: No other exercise program can compare with the positive benefits of martial arts. Women gain great pride in the trim and fit appearance that comes with the benefit of daily exercise. In addition to increased motivation and enthusiasm, women will be ready to take on challenges with poise and unlimited energy. Martial art movements are graceful as well as powerful. You will feel more secure knowing that you have the power and knowledge to defend yourself.

ABK MEN: Participation in the America's Best Karate program will reduce stress, increase physical endurance, and enrich countless facets of your life. Men of all ages will notice results in improved strength and flexibility. You will learn valuable self-defense skills that can help you through a difficult situation but more importantly, gain the confidence to avoid them entirely.

Karate Parent Handbook

F.A.Q.

Q: When can my child test?

A: Your child will be eligible when these requirements are met: He/she has enough days at their present belt rank, according to their P/T card, they can demonstrate their knowledge of their curriculum, and they have approval from both their teacher and you on their Letter of Intent to Promote form.

Q: When is testing?

A: Testing dates are listed on the schedule under the weekday Friday. They are approximately every five to six weeks. Testing dates are located on the Black Belt Club board to the left of the academy doors.

Q: How do I register for testing?

A: An instructor will initial your child's P/T card as cleared for testing then walk you to the front desk at the end of class to schedule your testing time. Once you have scheduled and paid for testing, the instructor will return your child's P/T card to the card box in the academy. There are usually four times available, 3:00pm, 4:00pm, 5:00pm and 6:00pm. These times are subject to change depending on how many students are testing. Testing fees must be paid at the time of scheduling unless you have pre-paid your testing fees.

Q: What is the "Letter of Intent to Promote"?

A: The "Letter of Intent to Promote" is a form that is handed to students when they are eligible to test. It is designed to help students develop themselves in society as well as in the academy. The letter must be signed by the student's parent and teacher stating that the student has been respectful and well-disciplined while outside of the academy. There are also a few questions that the student needs to answer. These forms are turned in by the day of testing. Your child will be given a "Letter of Intent to Promote" when they have been signed off for testing. If this form has not been approved by

both the parent and teacher, the students' promotion will be withheld until satisfactory progress has been made.

Q: When does my child need sparring gear?

A: Though it can be purchased sooner, sparring gear is required at yellow-one belt. Students must bring it to every class.

Q: How much is sparring gear?

A: It depends on the package you consider and which program you're in. Black Belt Club Members receive a discount. Contact your instructors for a clear explanation of package options.

Q: When is sparring?

A: Sparring days are noted on the karate schedule. Below the day of the week you will see which months sparring will occur on this day. (ie: Monday – January, May, September) Sparring days for the month will also be denoted on the "Black Belt Club" board to the left of the academy doors.

Q: Different colored gear?

A: Your child may use white sparring gear. Black Belt Club members have the option of white or black sparring gear.. All gear must meet safety requirements.

Q: How much do weapons cost?

A: There are a few options regarding weapons. Contact your instructors for a complete description of weapon costs and discounted packages.

Q: When will my child begin to use karate weapons (The Staff, Sai, Kama, etc.)?

A: Staff is used at Green-One belt. Sai is used at brown belt. Kama is used at black belt level. Other weapons will be introduced through-out the curriculum. Please consider this when ordering your weapons package. Through many Black Belt Club seminars these weapons will be used. At any

point during a students' training, a Weapons Package can be ordered. With the package; a 30 minute private lesson is included for free which introduces each weapon to the student.

Q: Patches on uniforms?

A: There are three patches you need to attach to your uniform. The America's Best Karate patch goes on the left side of the chest, and the American Flag patch on the left upper arm. You may also receive an Academic Achiever patch that is placed on the right upper arm. In order to receive this patch you must bring in a report card from school for the instructors to review. For every additional report card you bring in, you will be awarded a star that you may put in any pattern you like on the right arm. "Black Belt Club" members wear the "Black Belt Club" patch on the right shoulder, above the academic achiever patch.

Q: How do I come in for make-ups?

A: You may make-up a missed class any day of the week within two weeks pre or post the missed class.

Q: How do I schedule private lessons?

A: You may schedule a private lesson with the instructor of your choice. Please coordinate this with the instructor prior to scheduling with the instructor.

Q: Do you offer discounts for siblings in the program?

A: We do offer multi-family discounts in our BBC program.

Q: Where are the academies located?

A: Our North Medford academy is located at 1914 Skypark drive, behind Lava Lanes.

Our South Medford academy is located at 51. E Stewart Avenue suite #102, across from Staples.

Our Central Point academy is located at 1350-C Mountain View Plaza, near Albertson's.

Q: Can I switch academies?

A: If you are in the Black Belt Club program you have the ability to train between schools. You need to pick a "home" school to ensure that attendance tracking is accurate however. Ask an instructor for more clarification.

Q: What are Black Belt Club seminars?

A: Black Belt Club seminars are training sessions offered to students and range from a variety of topics such as Sparring, Escrima, Sword and Flips and Tricks. They are \$49.00 per training session. If you are a Black Belt Club member, they are free.

Q: Do you have anything my child can take home to help him/her practice?

A: We have curriculum reference sheets on our website; **www.abkfun.com**.

Q: Women's Self Defense and Street Safe/ School Safe seminars?

A: America's Best Karate offers a multitude of seminars to the community. If you are interested in a seminar for your organization, please contact the instructors listed below.

Should you have any inquiries not addressed or need clarification, please contact Mr. O'Connor at (541) 245-0432, Mr. Rumelhart at (541) 494-1378 or Mr. Breen and Mr. James at (541) 664-5000.

Student Etiquette

Students are expected to demonstrate all of the leadership characteristics that are discussed in class and listed on the card.

Discipline, which we as martial artists deem as doing the right thing, at the right time, without being told to do so is expected of every student while in class and outside of the academy.

Respect, which is treating other people and other things the way you would like to be treated, is an action as well as a state of mind. Being respectful is one of the defining characteristics of a martial artist.

Humility is not bragging or boasting about “how cool you are,” because you do Karate, or saying “I can beat you up because I do Karate.” One may be proud of their accomplishments but they should be modest in every aspect of life.

Your equipment (uniform, weapons and sparring gear) is your responsibility. You are required to have all equipment at each class. Equipment left in the academy will be placed in the “lost and found” bins.

Studio Etiquette

As a parent, your child looks to you as an example. While in the studio, it is important that you follow the same rules a student is expected to follow. This goes for any and all spectators as well.

We appreciate your involvement and support in your child’s martial arts career, however, while class is in session, it is important that every parent maintain a distraction-free learning environment. This includes communication to any student in the studio. If your child should have a problem during class, an instructor will address it. Please refrain from cell phone use while in the academy. If you must take a call, please do so outside.

All shoes should be removed when entering the studio to preserve the quality of the mats and cleanliness of the studio.

No food or drink, with the exception of bottled water, is allowed in the academy.

No child is allowed on the floor without an instructor in the academy.

Thank you.

