

***Welcome to
Arteca's Martial Arts
& Fitness***



Student Guide



WELCOME TO ARTECA'S MARTIAL ARTS

Thank you for joining our school. We're proud to have you as a student and look forward to working with you for many years to come as you progress to your Black Belt and beyond. This handbook is designed to introduce you to the traditions of the Korean art of Tang Soo Do and rules that are specific to our school. Of course, you may always call or speak to any of our instructors and they will be happy to help you get the most out of your training with us.

Tang Soo Do encourages courtesy, patience, loyalty, honesty and self-control, which are values that are not specifically taught in most western sports. Values learned in the studio give the student concrete, practical guidelines for behavior in their life. Martial arts training helps alleviate the fear most individuals have about handling themselves if someone physically confronts them.

Tang Soo Do is a traditional martial art that traces its root back to ancient Korea. For more than 2000 years, the art has been passed down from instructor to student. Throughout its rich history, Tang Soo Do has been refined and polished. Today, the World Tang Soo Do Association continues to ensure that our art remains the best in the world. A studio certified by our Association and headed by a trained certified Black Belt instructor is a guarantee of the best martial arts instruction available today.

Please take a moment to view our web site at <http://www.artecas.com>. Access the site and you will learn more about our organization, the studio and our staff. The site is built with the students in mind and contains study materials, announcements and newsletters as well as links within our region, our organization and other martial arts sites.



GRANDMASTER SHIN AND WTSDA

The founder of the World Tang Soo Do Association was Grandmaster Jae Chul Shin. He was born in 1936 in Korea and at the age of 12, an unknown monk inspired him to learn the martial arts. He began his serious martial arts studies under Master Hwang Kee, founder of the Korean Moo Duk Kwan system in Seoul, Korea. In 1958, he was recruited into the Korean Air Force where he began teaching martial arts to American soldiers. Actor Chuck Norris received his first Black Belt as his student. In 1968, he came to the United States and established the U.S. Tang Soo Do Federation at his first school in Burlington, NJ. Within a few short years, requests for Tang Soo Do training began pouring in from countries all over the world. Therefore in order to meet the growing international demands, the World Tang Soo Do Association was formed on November 13, 1982. Since this time, the WTSDA is found in over 36 countries in 6 continents and there are hundreds of thousands of students training in this art.

worldwide. In 2012 Grandmaster Shin passed and Grandmaster Robert Beaudoin is our current Grandmaster. Grandmaster Beaudoin is often in attendance for our regional events.

Being a member of the World Tang Soo Do Association has numerous benefits. Since WTSDA is a worldwide organization, you will have the ability to continue your training even if you leave the area. Our instructors are internationally certified to ensure quality instruction. Because the martial arts knowledge you learn will be consistent worldwide, the rank you earn is valid worldwide. WTSDA is committed to maintaining a traditional style of martial art while emphasizing brotherhood and professionalism. With your membership, you will receive a student gup manual and an identification card requiring your picture. These will be used many times during your training. Make sure your Gup manual is kept in a safe and accessible place. Your instructor will keep your Gup card on file. Your membership is valid with active participation in the studio. Again, congratulations on joining the World Tang Soo Do Association and Arteca's Martial Arts and welcome to the family!



MASTER RICH ARTECA

Master Richard Arteca is the Chief Instructor at Arteca's Martial Arts and is a Certified Oh Dan Master in the World Tang Soo Do Association. Master Arteca unofficially started his martial arts training in the early 70s being taught what he likes to call 'functional' techniques in the United States Navy. This training involved specialized weapons training and self defense techniques. It was not until 1983 that he began official training in the martial arts as part of the World Tang Soo Do Association and have been with this organization ever since. In 1999, he realized his dream of being a studio owner and opened Arteca's Martial Arts. Outside of the martial arts, Master Arteca is a Professor of Horticultural Physiology at The Pennsylvania State University since 1979.

INSTRUCTORS AT ARTECA'S MARTIAL ARTS

The World Tang Soo Do Association internationally certifies all of our instructors. Our instructors understand that the student's individual progress is the most important focus of their attention. That's why our instructors continue to be students themselves. They take classes, attend seminars and continually work to improve their ability to help our students reach their goals. Our instructors continue to upgrade their teaching and leadership skill to give you the best experience possible.

TEACHING AIDES

In addition to class time, students can learn more about the art of Tang Soo Do from Grandmaster Shin's books. Students in our studio can train in the art of Tang Soo Do to a Master's belt level. This Tang Soo Do training is similar to going to High School, on to their Associates degree, then to their Bachelor degree, and further to their Masters degree and beyond. Just like any school, students would not fair well without all of the tools required for the subjects they take to achieve high performance. The first book you will use to guide you on your Tang Soo Do journey is the Gup Manual you received

with your WTSDA membership. Student are strongly encouraged to purchase Grandmaster Shin's set of six books and study guide to complete the resources to make their training a success. This Guide (as well as others) is not intended as a replacement for attending class to learn the material, and students should train with certified WTSDA instructors. There are many martial arts books at the library. Do not limit your reading to only material contained in these manuals. Continued reading and physical development are very important for personal growth in Tang Soo Do. Grandmaster Shin's set of six books can be purchased over time as the student progresses in rank. Grandmaster Shin's books can be ordered from the World Tang Soo Do Association website www.worldtangsoodo.com. They can also be purchase through the mail using the order form in the WTSDA newsletter.



CLASS SCHEDULE

Martial Arts classes are offered three times a week at Arteca's Martial Arts. Class times for our Gup and Black Belt classes are:

Gup classes at 123 Long Street

Monday 6:30-7:40

Wednesday 7:00-8:10

Thursday 6:30-7:40

Dan classes at 123 Long St.

Monday 5:30-6:15 6:30-7:40 7:55-9:10

Thursday 6:30-7:40 7:55-9:10

Gup Classes at Penns Valley YMCA

Monday 6:00-6:45

Thursday 6:00-6:45

Tiny Tigers Classes at Penns Valley YMCA

Tuesday TBD

Tiny Tigers is a special program designed for younger students ages 4 to 6 years old. Certified Black Belt instructors teach personal safety, self defense, concentration, discipline, respect, self-control and confidence. This program is designed to generate interest in the martial arts by combining the discipline of the regular youth program with some fun added to make it more appealing to younger students. The Tiny Tigers Program will prepare the students for a smooth transition to the youth program at their own pace.

Basic Program - Youth and Adult Classes. These programs are for children through seniors and all ages in between. Youth classes for children ages 6-12 years old are available at the Penns Valley YMCA. Specialized classes will be periodically offered at Arteca's Martial Arts & Fitness. Topics for these classes include tournament preparation or weapons such as nunchaku, tsai, sword, bong and others. Check the bulletin board for upcoming classes.



CLASS PROTOCOL

Students should arrive at least 15 minutes before class is scheduled to begin. Upon entering (and leaving) the Dojang (studio), students should salute the flags and bow to the instructor. Once inside the Dojang, the student should quietly begin warming up and stretching. For safety reasons, no gum is allowed and all jewelry and watches should be removed. If a student arrives late, they should wait until the instructor recognizes them and asked to join the class. If a student must leave class, he should first receive permission from the instructor.

One of the most misunderstood aspects of training in a traditional martial art is the meaning of the bow or Kyung Yet. In Tang Soo Do, the bow is a form of greeting and sign of respect. (This is the same reason why all Black Belts are to be called “Sir” or “Ma’am” by Gup students.) A student is expected to bow to his instructors, all Black Belts and Masters, whether in the studio or out, and also to his opponents. The bow is never interpreted as the student being less or lower than the senior rank, but it is an expression of his/her humility, courtesy, pride and self-esteem. Black Belts and senior ranks are also expected to return the bow. A person who can show humility is a truly capable leader.

Most all of the information pertaining to training protocol (behavior) is explained in the student manuals and should be reviewed on a frequent basis. However, there are a few issues not mentioned in this manual and a few important issues explained here for emphasis.

- Non-participating parents and siblings must remain quiet while the class bows in at the beginning and ending of each class.
- When adjusting Do Bohks (uniforms) or belts, always face the rear of the class or turn away from the instructor.
- Students, parents, and friends should not enter the school while class is bowing in and meditating. Please arrive prior to class or wait until the formal beginning of class has ended.
- Attendance Policy: Students will be expected to attend a minimum of 24 classes prior to testing for each belt level.
- Students are expected to contact Master Arteca if they will miss class. The student should be accountable for their commitments. Students (not parents) will be expected to make the contact. However, this does not mean the parents and instructors should not maintain open discussions on the progress or attendance of the students.
- What would training be without the proper tools? Students should purchase a gym bag, available through our studio, large enough to hold all of their gear. This bag should be brought to every class along with their student handbook, notebook, sparring gear, uniform, belt, weapons etc.
- One last item for protocol is how to address seniors. Students will be expected to use “yes/no

Sir” and “yes/no Ma’am” when addressing the seniors (e.g. Black Belts). Students will address the Master instructor as “Master” because of the title earned. The object of this lesson is not so the students will feel lower than the Black Belts, but to teach a sense of respect for authority figures and others. Students are expected to address parents, teachers, and senior people (older than the student) with the same respect. Younger students should not use older students first names and show respect by calling them Ms. or Mr.



UNIFORM (DO BOHK)

The Do Bohk or uniform can be traced back to 600 AD Korea, and therefore is a symbol of special accomplishment. This traditional symbol should be worn and maintained with great care and respect. Do Bohks should be cleaned and pressed for training. It is usually best that students only wear their Do Bohk if they are going straight to class. If students are going to eat or play prior to or after class, the parents are cautioned not to have their child in their Do Bohk. Students can change at the karate studio. A student should not expect to train if not in full uniform unless they obtain approval. Once a student achieves Green Belt, the lapels of the Do Bohk top must be trimmed in the same color as the belt. For more information on trim kits, contact Mrs. Arteca.

ADDING TRIM TO YOUR UNIFORM

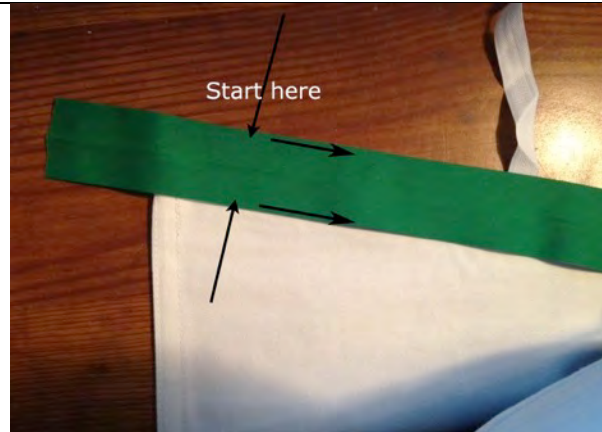
Colored trim is needed for Green, Green w/stripe, Brown, Brown w/stripe, Red, Red w/stripe and Black belt levels. Below are instructions to avoid broken needles.

1. What you will need:

- Double Fold Bias Tape – Quilt Binding Available at N. Atherton-Wal-Mart or JoAnn’s.
 - a. Emerald # 706 044 (green)
 - b. Mocha # 706 765 (Brown)
 - c. Red # 706 065 (Red)
- Thread
- Sewing machine
- Iron
- Uniform



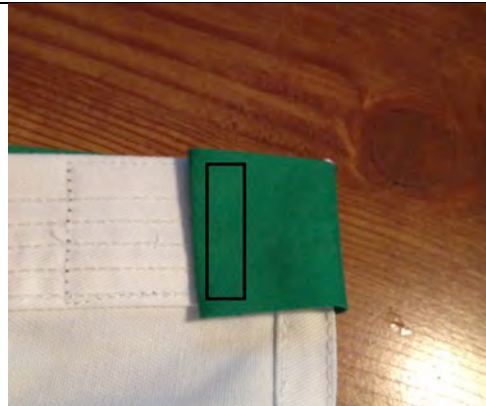
Double Fold Bias Tape. The binding is folded in half. You will need to iron it flat. There will be 2 layers.



After you iron the binding, it is ready to sew to the lapel of the uniform. Leave approximately 2.5 to 3 inches of the binding from the bottom edge of the lapel. Sew the binding about 1/8 of an inch from the outer edge. Start at the arrows. Care is taken not to sew the ties when sewing the trim.



After both edges are sewn, you are ready to finish the bottom edges. Fold over the extended end about 0.5 inch and fold over again. Make it a nice snug fit and pin if necessary.



On the inside of the uniform, sew a rectangle to finish the trim. Repeat on the other side.

WEARING YOUR DO BOHK

There should not be colored shirts visible under the Do Bohk, and the Do Bohk should only be worn for training or competition. Do Bohks can be ordered from Mrs. Arteca who can also help with sizing. When you purchase your Do Bohk from AMA, it will have all the proper patches and your white belt. All students should be taught to tie their own belts correctly. Belts are NOT to be worn outside of the Karate School or training setting. This will help the student learn to maintain a sense of humility; helps keep a high regard for their training and respect for their belt.

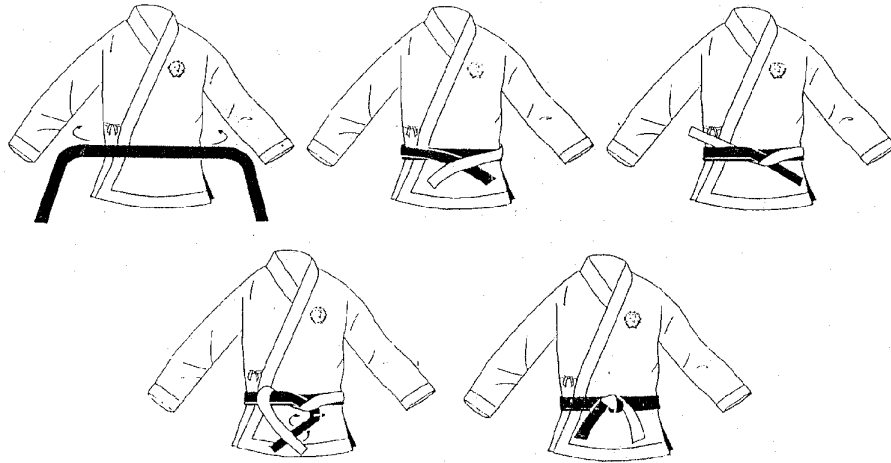


Diagram of the proper way to tie a belt.

EQUIPMENT AND WEAPONS

Students should purchase an adequate size gym bag. This bag must be large enough to carry the karate uniform, sparring gear, and study material. Students have found the bag helpful in keeping all of the karate gear in one place.

Protective gear needed for sparring.

You may purchase most of your gear and supplies through our studio. Safety is extremely important. Safety equipment is important to prevent injuries while training and is a requirement for all competitive sparring. By the time a student achieves their Green Belt (earlier is okay), they must own a complete set of sparring equipment. The set should include protective headgear, hand gear, footgear, and mouth guard. Boys are required to wear a protective cup. Mrs. Arteca can help you determine the correct size gear to purchase. When a student becomes a Green Belt, he will begin training with a rounded staff (called a Bong) that they should bring to every class. This weapon was developed from everyday living tools such as early farming or hunting implements. The length of the Bong should measure the height of the student (plus or minus 2 inches). A somewhat shorter staff will make using the staff easier to start their training. It should be no larger in diameter than can be comfortably held and maneuvered in the students' hand. Bongs can be purchased through our studio or a martial arts store. They can also be constructed with any hardwood stick like a broom handle or a wooden extension pole found in a home supply store, if in the right length and diameter. The more a student practices Bong drills on their own, the more proficient they will become with this first weapon.

Rank Equipment Needed

White belt	Uniform and gym bag, shin guards, mouth guard, athletic cup (males)
Before Green belt	Head, hand and foot gear
Before Brown belt	Bong
Before Red	Focus pad, Rubber dagger.



Protective gear for sparring



Gup weapons

THE BELT SYSTEM

Students in Tang Soo Do progress through a series of promotions designated by different colored belts or Gup levels. Each color has its own philosophical meaning and each represents the cycle of the seasons and the cycle of life. There are 10 different beginner (Gup) levels between the beginning student (white belt) and the eventual Black Belt. Each promotion or Gup level represents a new and advanced stage in Tang Soo Do training. In addition to learning new techniques, forms and general information at each belt level, a minimum amount of class time is required before a student is eligible to test again for the next level. General times for promotion are listed in the Student's Manual; however, children and some adults may take longer due to age and practice commitments. The testing cycle is every three (3) months and students will be expected to attend at least 24 classes between testings.

TINY TIGER / LITTLE DRAGONS BELT SYSTEM

Little Dragons progress through a series of promotions designated by different stripes on the white belt. There are 7 different Little Dragons levels. Each promotion represents a new and advanced stage in Tang Soo Do training toward transition into the regular Gup classes. Advancement is based on ability to perform designated techniques as well as attitude, spirit and effort. Each child advances at his or her own pace and the stripe promotion reinforces positive progression for the individual. In addition to learning new techniques, forms and general information at each belt level, a minimum amount of class time is required before a student is eligible to test again for the next level. The testing cycle is

every three (3) months and students will be expected to attend most classes between testings. The 7 levels are summarized as follows:

TESTING FOR PROMOTION

Student evaluation is actually an ongoing process that takes place during a student's training sessions. The final step in the process is a demonstration of skills before a testing panel and a promotion ceremony when new belts are awarded.

The instructor will advise the student when testing for the next belt will occur. It will be the sole discretion of the instructor to determine if advancing to a new level is in the best interest of the student at that time. When the minimum time has passed (defined in this Student Manual and Belt System above), the instructor will evaluate several factors, including but not limited to: progress made in training since the last test, attitude, general knowledge, conduct in class, etc. The road to Black Belt is a long-term commitment that cannot and should not be hurried any more than growing up should be rushed. At every stage in Tang Soo Do, there are valuable lessons, physical and mental, to be learned, and some take longer than others. Not all students will advance at the same rate. There are three months between test cycles for students to prepare to test and students will be expected to attend 24 classes between tests.

When an instructor has determined that a student is ready to move to the next phase of training, the student will be required to pass both a physical and written test based on information found in the student handbook. Prior to the test, the student must complete (or have the parent complete) and return to the instructor a testing application form, along with the testing fee and a list of goals to be completed by the next test. When students test, they will be asked to break boards as part of their physical test. Breaking is a test of concentration and proper techniques. Boards will be provided up until the rank of Black Belt. The cost of the wood is included in the testing fee.

Testing for Black Belt. There are special requirements to test for Black Belt. Blue belts will be required to attend at least one Regional testing evaluation, and participate in one Black Belt clinic and one tournament prior to testing. If a student misses one of the clinics or tournaments they must wait until the next testing cycle to test. In Region 8, Dan (Black Belt) testing takes place in April or September. Testing fees and requirements will be reviewed at each level.

SPARRING, PRACTICE, COMPETITION, AND CLINICS

Class Sparring. Students are allowed to spar (light-to-NO contact) at the beginner white belt level with supervision of qualified instructors. Students are required to wear sparring gear consisting of hand, foot, and head gear, cups and mouthpiece. Males are required to wear a protective cup. Any student who does not possess this gear is not allowed to participate in light-to-no contact sparring; however, they may be paired off with a 1-foot distance (NO CONTACT – DISTANCE) slow sparring. Students are REQUIRED to purchase sparring gear at Green Belt level. See the Tournament Sparring section of this guide for WTSDA rules.

Practice. The techniques and forms found in Tang Soo Do are designed to improve the students' ability to defend themselves. The more a student practices outside of class, the sooner their techniques improve and the better able they will be to defend themselves, should the need arise. Practice also magnifies the other benefits of training such as improved fitness, flexibility, concentration and discipline. For these reasons, natural athletic ability is not a substitute for diligent practice, especially as a student progresses into higher ranks. Ultimately, a student's training is their own responsibility and their dedication will determine the speed and level of their progress. Like any other worthwhile endeavor, the more a student puts into their Tang Soo Do training, the more they will get out of it. Much like training at any activity, it will take some commitment on your behalf to reach your goals.

AMA instructors ask students to evaluate their goals and expectations. If students/parents target normal advancement, students will be expected to train on their days away from the studio by stretching, doing cardio workouts, and reviewing their material. We have found that those who are the greatest achievers spend about 15 minutes a day outside the studio. This is not so much that a student will “burn out”, but realize their greater potential.

Competition. While Tang Soo Do is considered an art as opposed to a sport, there are a number of regional tournaments scheduled that provide competition for those who desire to compete. The ultimate in Tang Soo Do competition is the World Tournament held every other year. Some of the benefits of competition include meeting students from other schools and even other countries; increased confidence; the chance to compare techniques with other students, and the opportunity to learn from others.

Tournaments are always educational and fun to watch, even for those not competing. Tournaments are arranged so those students of similar age and belt level compete with each other. Events include Hyung (forms), Dae Ryun (Sparring), Weapons, and sometimes Breaking and Creativity Demonstration teams. Students may compete in some or all events depending on their belt level. The instructor will prepare the students for the upcoming competitive events. All students are required to compete in at least one tournament before Black Belt Testing.

Clinics. Clinics are offered periodically throughout the region. These clinics are designed to improve skills, provide exposure to different karate methods and styles, and most importantly have fun. Clinics are often held in out-of-town locations, which provide a great social opportunity to get to know the karate family within Arteca’s Martial Arts as well as the Region 8 karate family. The Youth (17 years old and below) and Adult (18 and above) Black Belt Clinics are usually held in June. Participation in these clinics is a requirement for Black Belt Testing.

TOURNAMENT PREPARATION

There are 2 major tournaments in Region 8. The Winter Championship is usually held in February while the Fall Region 8 Classic takes place for a weekend in October in the Poconos.

Important Requirements for a Tournament

- Be Respectful
- Do Your Very Best
- Have A Good Time
- MEET SOMEONE NEW

These points will help the student experience the fun and friendship of other Tang Soo Do families. Remember to support each other, especially those from your school. Meeting someone new enhances the overall experience; get their home address and e-mail (if possible). The judges will evaluate on how well the students perform each event.

The student should use proper etiquette (Sir and Ma'am to the Black Belts). Do not argue with the judges (students and parents are required to see Master Arteca if there is a problem).

Competition Ethics

- Participants: Complaints or appeals will not be allowed. Competitors shall inform their own instructor of any perceived unjustifiable judgments or conduct in the ring.
- Instructors/Parents/Spectators: Coaching is not allowed. Unsportsmanlike behavior at the side of the ring will not be tolerated. If the ring director feels that the application of the rules has been improper, they are to report it to the Championship Committee.

STUDENT REFERRAL PROGRAM

Arteca’s Martial Arts takes pride in being a leadership school, where students of all ages train and work to become the best they can be—not just in our school, but also in life. At Arteca’s Martial Arts,

our greatest source of new students has always been word of mouth. In order to give back to those who spread the word about our school, we have instituted a Student Referral Program. We would like to show our appreciation to those who have been bringing their friends and family to the school to join us in training. We rely on the support that our students' word of mouth creates for us, without which this school would not be possible. Please see Mrs. Arteca for details of our referral program. Thank you for your continued commitment and support!

PHOTOGRAPHY

Parents and family members are strongly encouraged to attend promotions, tournaments, and other special Tang Soo Do events. These special events make wonderful opportunities to photograph or video tape your loved one or friend 'in action'. We ask, however, that you do not bring cameras to the studio to photograph or tape any students while they are training in regular classes without permission. Thank you for your cooperation in this matter.

VISITING OTHER DOJANGS

One of the great joys of being a member of the World Tang Soo Do Association is the opportunity to train with students almost anywhere in the world. If you are traveling and there is a World Tang Soo Do studio near where you will be, you may want to consider stopping in for a visit or training session if scheduling permits. Proper protocol must be observed in order to do this. You should first ask your instructor for permission to train at another studio. Then you must contact the studio owner where you will be visiting beforehand to ask permission to stop by. Headquarters in Philadelphia or the Internet can provide you with a list of certified studios all over the world.

FREQUENTLY ASKED QUESTIONS AND ANSWERS

QUESTION: Who will be instructing the class?

ANSWER: In order to teach in the World Tang Soo Do Association, all instructors are required to pass an Instructor's Certification program. Furthermore, our Black Belt instructors participate in regularly scheduled instructor classes, training camps and seminars. You may also see several assistant instructors who work with students in small groups or even individually. When you observe a Tang Soo Do class, you will see students enjoying themselves in a friendly environment led by caring, knowledgeable teachers.

QUESTION: What are the class schedules?

ANSWER: Classes are held on Mondays, Wednesdays and Thursdays for all ages and ranks. Additional classes are offered for all ages and ranks just prior to testing and the annual regional tournament. See bulletin board and website for specific times and schedules for all classes.

QUESTION: Do I have to become a member of the World Tang Soo Do Association?

ANSWER: The answer is yes. In order to receive instruction, the student must register as a member of the World Tang Soo Do Association. The membership fee is a one-time fee as long as you are active in your training and includes a student Gup identification card, Gup manual and newsletter. Please see me for application forms. Tiny Tigers and Little Dragons are also required to join.

QUESTION: When can a Tiny Tiger or Little Dragon move into the regular class?

ANSWER: They can move to the regular classes at anytime. However they must be ready to handle the format of a regular class. Regular classes are more structured and intensive than the Tiny Tiger or Little Dragon Class. They are also longer. When you feel your child is ready to move into the regular class, please contact Master Arteca.

QUESTION: Should I join Tang Soo Do with my child?

ANSWER: Absolutely!!! Every student trains at his/her own pace, so anyone, regardless of age or present condition, can study Tang Soo Do. Karate is done from a standing position, and kicks and punches are learned without body contact. In this way, coordination and flexibility can be increased at any age. Also, when children see important values illustrated by their own parents, they have strong role models to follow. Fun, wholesome activity, like Tang Soo Do, actively involves the whole family and strengthens family ties. It's true: Families that kick together stick together!

QUESTION: What should my child bring to class?

ANSWER: Students should bring a bag containing their Gup Manual, clean uniform with their belt, sparring gear and their weapons.

QUESTION: What will my child get out of class?

ANSWER: We help students reach their fullest potential by teaching challenging classes, setting goals for our students, and giving them the necessary skills to reach those goals. In addition to improving physical conditioning, flexibility, and balance, students learn skills necessary for self-defense. Along the way, students develop integrity, self-esteem and confidence. We guarantee that dedicated training will result in better focus and concentration. For all these reasons, it is typical that students enrolled in Tang Soo Do also report improved grades in school.

QUESTION: Is a uniform required?

ANSWER: The answer is not right away, however, after you test for the first color belt which is orange (8th Gup) it is required in order to wear the belt, for more information on uniforms please feel free to contact Mrs. Arteca.

QUESTION: How should I care for the uniform and belt?

ANSWER: The uniform (Do Bohk) should be kept clean and have all of the required patches attached in the proper places. Use caution when using bleach. Some students have changed the color of their patches, Do Bohk, and studio logo. The Do Bohk purchased for the studio should be washed in warm water and does not need to be ironed if taken out of the dryer right away. Students will be expected to wear their Do Bohk and belt during every class. The Do Bohk and belt should be folded and tied when not in use after washing according to the Tang Soo Do Student's Manual. Belts should be placed in the student's gym bag when not worn, and not be worn outside the Dojang.

QUESTION: How often will a student attend class?

ANSWER: Classes are scheduled for 70-minute sessions, three days per week. As students grow in rank and commitment, more classes should be attended.

QUESTION: Will classes leave my child battered? Will my child become a bully?

ANSWER: While classes are designed to be fun and exciting, we also teach that what we are learning should never be taken lightly. Safety gear and special equipment are required, and respect for others and self-control are two rules we strongly emphasize. The codes and tenets, which serve as our foundation, reinforce tolerance and compassion for others.

QUESTION: How will I know how my child is progressing?

ANSWER: If a parent is interested in progress being made by their child or has any questions please feel free to contact Master Arteca before or after class to discuss how things are going. Parents are encouraged to ask as many questions as possible in order to form a

triangle between the instructor, student and parent that is generally beneficial to all. You are also welcome to sit at the rear of the class and observe. If necessary, please feel free to call Master Arteca.

QUESTION: How much are the fees for testing?

ANSWER: The fees for testing are currently \$40.00, but are subject to change. This testing fee also includes your student's belt, boards and all required testing paperwork.

QUESTION: How long will it take to get a Black Belt?

ANSWER: As discussed earlier in this guide, each student progresses at his or her own pace. While the student manual indicates as little as a 3-year process, children will take longer and no two children or adults are the same. Parents can help their child by understanding what the instructor expects of the student at each belt level. Encourage your child to spend additional time on their material at home to ensure they are ready for the responsibility of the next rank. Students should not be hurried or moved along before they are ready. Rushing a student may leave them ill prepared for their future rank.

QUESTION: How can I help my child be successful in their training?

ANSWER: Parents can support their child's development by helping them make it to every class, tournament, and clinic possible. Students who train an extra 15 minutes a day on their off days tend to be more successful. Parents who purchase the required training material and attend testing celebrations show a great support and demonstrates the importance they apply to the training.

QUESTION: What books do you recommend and where do I get them?

ANSWER: As mentioned earlier in this handout, the students should purchase Grandmaster Shin's series on TSD. You can purchase the books individually or the entire set. The titles are Traditional Tang Soo Do Volume I "The Essence"; Traditional Tang Soo Do Volume II "The Basics"; Traditional Tang Soo Do Volume III "The Dae Ryun"; Traditional Tang Soo Do Volume IV "Advanced Hyung"; Traditional Tang Soo Do Volume V "Instructor's Guide"; Traditional Tang Soo Do Volume VI "Master's Guide" and The Journal Volume 2.

QUESTION: How do parents stay informed?

ANSWER: There are several ways for parents to keep up with Dojang information. One is to check the Arteca's Martial Arts website at <http://artecas.com>. Another is to listen to announcements made by instructors at the end of class. Also, there is a bulletin board at the entrance of the studio with a calendar of events and information about what's happening at Arteca's Martial Arts. Your child will bring home flyers and announcements from time to time. Ask to see them. Finally, if you ever have questions, don't hesitate to speak with your child's instructor.

QUESTION: Are classes ever cancelled?

ANSWER: There are a few days during the year when the studio is closed for holidays or a special event. In case of severe weather, you may want to call the studio before leaving home. There will be an announcement on TV Channel 4 or radio station 3WZ if the studio is closed because of weather problems.

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Special thanks to Master Vaughn, Vaughn's Dojang and
Master Roberts, Arrowhead Tang Soo Do.