

Family Martial Arts Academy



Tigers Program

Karate Training for Early Learners

Your Name: _____ Date: _____

ASKA #: _____ Renewal Date: _____

We are an American Shorin-ryu Karate Association (ASKA) Charter school. By orange belt, all students are required to register as Members. Applications are available at our Academy or you can register online at:
<http://www.aska-karate.org/joinrenew/>

Karate Creed

The Karate Creed embodies the principles we consider important in and out of the dojo. We recite the Creed at the beginning of all Tiger classes. Everyone in the dojo is requested to stand quietly and show respectful support of this spoken dedication. We provide opportunities to safely practice leading the Creed in front of class, which is how our Tiger students earn their red stripe.

I will develop myself
in a positive manner
avoiding anything
that reduces my mental growth
or my physical health.

I will develop self-discipline
in order to bring out the best in myself
and the best in others.

I will use common sense
before self defense
and never be abusive
or offensive.

We are a Black Belt Leadership School!

We are motivated.

We are dedicated.

We're on a quest to be our best.

Winners never quit.

Quitters never win.

I choose to win!

ON A QUEST TO BE OUR BEST

Developing good habits that will last a lifetime!

The **Family Martial Arts Academy (FMAA)** program for early learners provides relationship-centered martial arts training and offers opportunities for our youngest students to develop physical skills and positive character traits that will benefit them throughout their lifetime.

Many martial arts programs take their self-defense system and try to simplify it for young kids. At **FMAA**, we recognize that young children are not just little adults - they are complex beings, experiencing stages of development in which their bodies and minds are growing at a rapid pace. We've designed our **FMAA Tigers** program with the awareness that, as children experience the patterns of engaged interactions, they literally create the body-mind connections that will serve as the foundation for their future.

FMAA Tigers program for 4-7 year old children supports developmentally appropriate activities and interactions in the fun experience of martial arts. Children attend weekly classes, in which our certified instructors present exercises that develop coordination of both sides of the body and brain. We emphasize trunk (or core) stability that leads to a healthy sense of body awareness. This awareness is needed for all learning situations – karate class, home, and school.

Parents and other family members are often invited to participate in class activities to support and model the skills we are teaching. Our aim for family involvement in class is to help build a fun, relational context for the lessons we teach, and to support parents to reinforce these lessons outside of the dojo setting in all other areas of your children's lives.

We present all of our class activities with an awareness of different learning styles and sensory preferences, using the following techniques in our teaching:

- ✧ Visual cues for body awareness boundaries
- ✧ Clear and concise auditory directions that correspond with visual examples
- ✧ Repetition of practice for kinesthetic learning
- ✧ Motivational and interactive activities



We recognize all of our students for their individual efforts and learning capabilities by reinforcing their positive progress, while offering opportunities to develop new skills within a safe, comfortable, and fun atmosphere. Our teaching staff at **Family Martial Arts Academy** is honored to participate in the development of your children.

Meet Your Child's Instructors

Sensei Paul D. Keller

Paul Keller holds an 8th Degree Black Belt and title of Hanshi in Shorin-Ryu Karate, a 5th Degree Black Belt in Okinawan Weapons (Kobudo) and a 1st Degree Black Belt in Japanese Swordsmanship. He earned his B.A. and M.A. from The Ohio State University.

Sensei Keller's M.A. was in Physical Education specializing in Movement Arts where he was employed by OSU as a graduate Teaching Associate teaching women's self-defense, karate, yoga and metabolic circuit training. Sensei Keller is the President & Founder of the American Shorin-Ryu Karate Association one of earliest organized karate associations in America. The ASKA is dedicated to early child development and sensitive to helping children develop skills and experience how to make better choices as they learn and grow. See more here: www.aska-karate.org/paul-keller/



Sensei Danni Verona

Danni Verona holds a fourth-degree black belt in Shorin-Ryu karate, a black belt in Tae Kwon Do, is ranked in Small Circle Jiu Jitsu, and is a certified instructor of Guang Ping T'ai Chi. Sensei Danni's favorite martial arts practice is leading the youngest members of our Family Martial Arts Academy - the Tigers. As a licensed Pediatric Occupational Therapist, Sensei Danni specializes in working with children who have Special Learning Needs. It is her passion to make the FMAA Tigers program inclusive to all children's learning styles and to support other instructors and parents in gaining knowledge about the complex stages of childhood development. See more here: www.aska-karate.org/danielle-j-verona/

Sensei Julie Magers

Julie Magers holds a third-degree black belt in Shorin-Ryu karate and has been studying Guang Ping T'ai Chi with Sensei Danni since 2009. As a family advocate and health systems navigator, Sensei Julie helps families and children access mental health services and develop collaborative relationships with their children's service providers. Her passion to integrate children's physical health and fitness with mental health awareness and wellness drives her desire to teach FMAA's youngest students, collaborate with parents, and continue to refine and develop our unique early learners program alongside our Academy's other talented leadership.

All instructors welcome and encourage parents and students to share concerns, needs, and stories of success. Class times are busy and not always conducive to discussions, so please let us know you want to talk and we will arrange a dedicated time.

Belt Promotions

The **FMAA Tigers** belts include all the colored belts in our system (from white to brown) with either a white (1st set) or red (2nd set) horizontal stripe running the length. These belts indicate the child's progression through the **Tigers** program, which is designed for this unique period in their lives. When children are around the age of 7-8 years old and can demonstrate a skill level that would allow them to enter a more demanding complexity of training, they will test for their solid orange belt and enter into our **Juniors** program. Once they are in the **Juniors** program, they will continue their journey to Junior Black Belt.

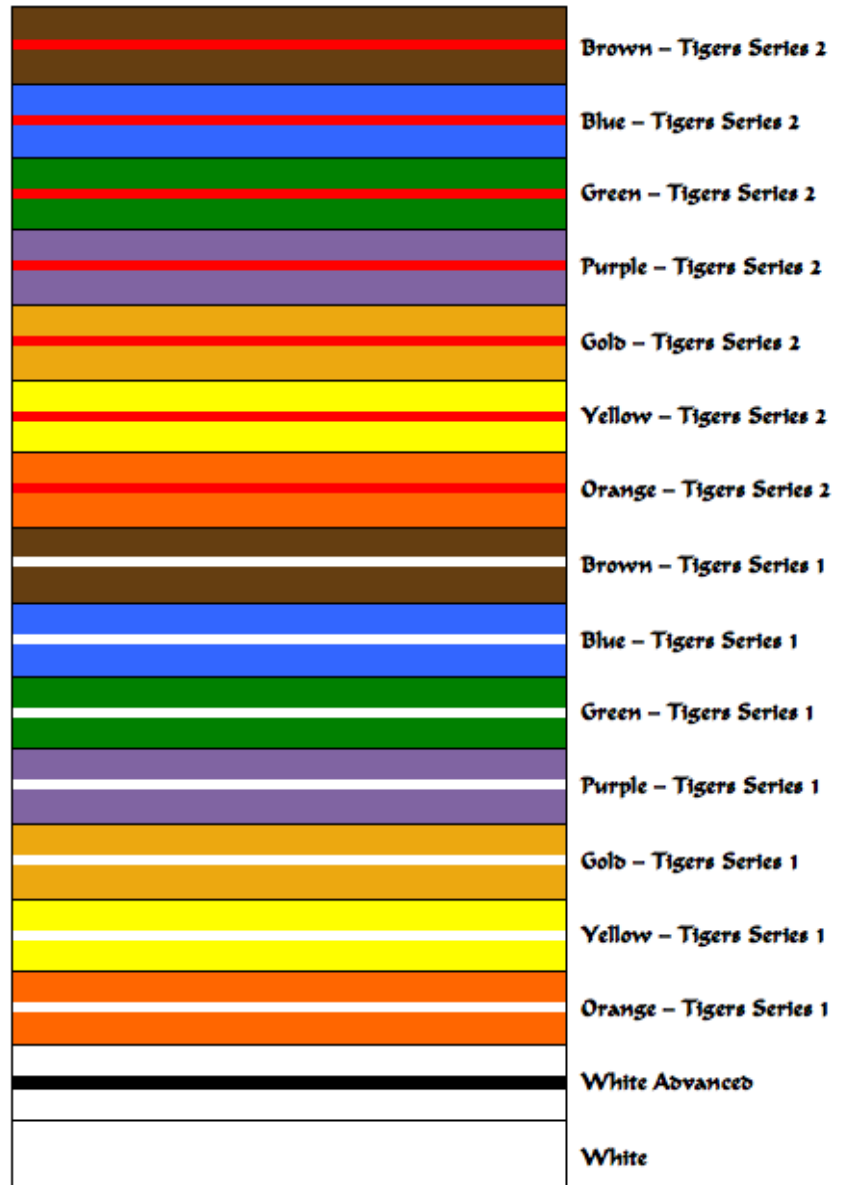
GRADUATION:

Each quarter (typically in March, June, September, and December), children are eligible to earn a new color belt if they meet the following requirements for promotion:

- ✓ Meeting the minimum attendance requirement
- ✓ Earning all six color stripes (see "color stripes" key on next page)
- ✓ Receiving Instructor approval
- ✓ Submitting a Graduation Application form

ATTENDANCE:

Student attendance cards are kept on the wall above the shoe cubbies. Students must have their card at the start of each class. This allows instructors to monitor that students meet the necessary attendance requirements for promotion.



COLOR STRIPES:

From week to week, we will present activities that involve a rotating emphasis on physical training and character development. When children successfully meet the physical skills appropriate for their ability and they demonstrate the character traits at home and within the dojo, they receive colored tape stripes on the ends of their belts, as follows:

| | | |
|-----------------|------------------------------|-------------------------|
| White ★ | Physical Conditioning | Courtesy |
| Green ★ | Karate Basics | Listening |
| Blue ★ | Self-Defense | Safety |
| Yellow ★ | Sparring | Courageous Heart |
| Black ★ | Kata | Peaceful Mind |
| Red ★ | Leadership | Do What's Right! |

Key to Color Stripes

WHITE Courtesy / Conditioning

"As you encounter all with respect and gratitude."

- ✧ Calisthenics, aerobic and strength conditioning, "iron man" personal bests.
- ✧ Being Polite, being kind to siblings and friends, using manners. Applying proper etiquette in class, for example using the term Sir or Ma'am when talking with Sensei or another adult.

GREEN Listening / Karate Basics

"To hear the message and reflect upon its meaning."

- ✧ Punches, kicks, stances, blocks, one-step drills, hearing and following directions.
- ✧ Responding to requests the first time they are made by an adult, being quiet while a friend or sibling is talking, looking at the person who is asking a question and then answering them. In class, moving quickly and quietly when Sensei gives instructions.

BLUE Safety / Self-Defense

"Being aware and exercising judgment to act in ways that keep you and others free from harm."

- ✧ Awareness and prevention, wrist grabs, block-push, falling, and ground recoveries.
- ✧ Looking at your surroundings, noticing potential dangers, and choosing safe actions (ie. in parking lots or crossing streets, staying close to parent, not running into traffic). Knowing when it is safe to answer the phone or be on the Internet and following rules designed to prevent harm. In class, it is paying attention to rules and having body awareness of self and others so that you don't crash into each other. Also using equipment properly and wearing safety gear (ie. goggles). Knowing when to ask for help and when you can do it yourself.

YELLOW Courageous Heart / Sparring (Kumite)

"To make a choice and act."

- ✚ Karate technique combinations, partner work, footwork and understanding rules of "sparring."
- ✚ This is used when the child determines that they are safe, but are still feeling scared or apprehensive to do something. Children have shared that this means sticking up for friends when someone is being mean, sharing toys when they don't want to, trying a new food, petting animals that they find scary, going to bed without a night light or parent, staying with a babysitter, and speaking in front of people. In class, it requests them to be leaders and demonstrate skills in front of others.

BLACK Peaceful Mind / Kata

"Breathe to create the calm that reveals options."

- ✚ Combined moves in a specific sequence. "Tigers Kata 1" and "Fukugata Dai Ichi"
- ✚ Taking three slow deep breaths and thinking about the in and out movement of the breath. Parents and children are encouraged to do this together. Children share that they use Peaceful Mind breaths when the children see that their parents are upset (Parents agree to this as a possibility during class). In class, breathing in between activities and when asked.

RED Do What's Right / Leadership

"For the greatest good and then remain open to learn."

- ✚ Leading the Karate Creed in front of the class is a part of Tigers level students earning their red stripe.
- ✚ Red stripe is also a culmination of all of the above. It can reflect actions from the Karate Creed as they apply in class, at home, at school. The children report on making the right choice and acting on it.

If a student misses a class when stripes are awarded, they will have an opportunity to earn the stripe during a future class. It is important for students to wear their own most current belt. Instructors maintain an awareness of the stripes on students' belts during each class and often incorporate lessons to help students earn all stripes throughout the quarter.

Optional Patches and Special Awards

All students have the opportunity to earn special recognitions in personal development areas. The following recognitions and awards are optional for students (ie. they are not required for promotion to the next belt level).

ASKA Victory Patches:

Victory patches are awarded to students for developing and demonstrating positive habits, such as reading, homework, chores at home, and other individually assigned projects focused on personal development. Instructors record cumulative points when students submit affirmation sheets in each area. When points are accumulated and/or achievements demonstrated, Sensei awards a Victory Patch to be sewn on student's gi (uniform). After a Victory Patch is awarded, students may still earn commendation in each area – chevron patches are awarded for additional progress.



Black Victory Patch is earned when 25 points are awarded from completed homework, reading, and good jobs charts.



Blue Victory Patch is earned for supporting the school by bringing in a new student who enrolls in our training.



Yellow Victory Patch is earned for academic achievement and for making significant improvement in school.



Red Victory Patch is earned by applying the principles of karate-do in your life, at work, at home, and in school and by being an example for others.

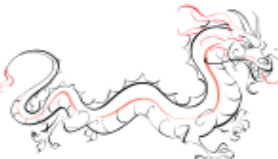

Tigers Dragon Stripe:

This award is an opportunity for the student to work on a personal goal and achieve a "personal best" by improving him or herself in this area. This unique award is designed to facilitate a collaborative process among the young student, parents, and instructors.

To earn a Dragon Stripe, the student must complete an application. Your Instructor will review the application with the student and his or her parent(s) and we will help the student set a timeframe to work toward their goal. Each week, the student will check in with Instructors when we will review their progress and discuss ideas for adjusting the plan for a successful completion. It is likely that it will take at least a full month to earn the Dragon Stripe. Senseis and parents commit to supporting the student in earning this special award.



Applications are available in the rack at the entrance to the dojo.

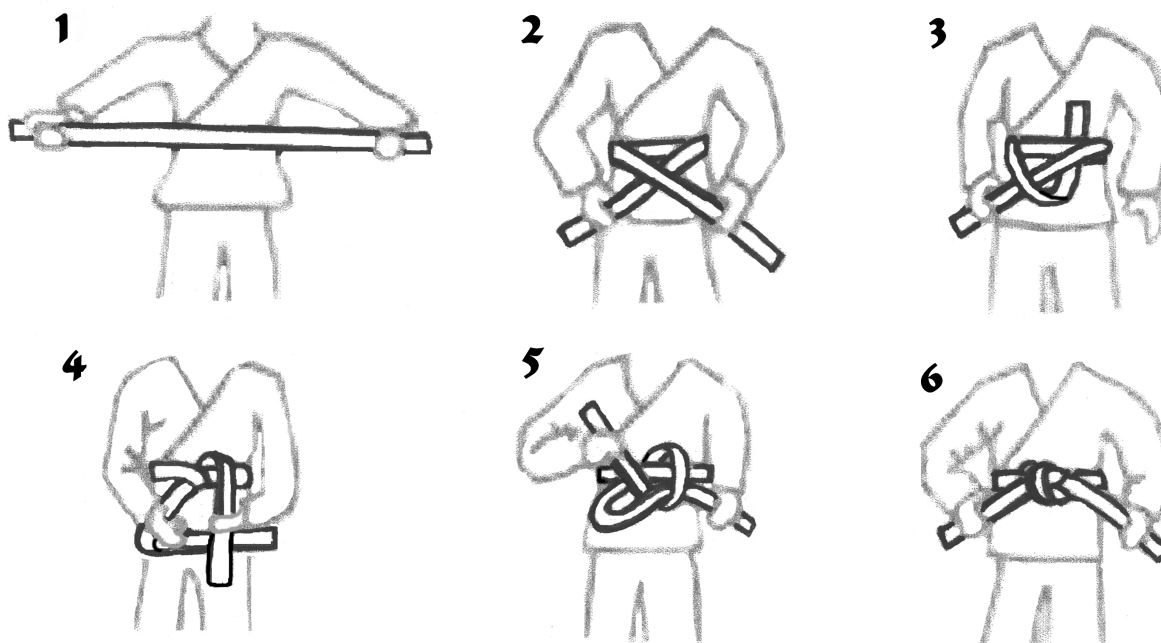
| | | |
|--|---|--|
|  | Family Martial Arts Academy Tigers - Dragon Stripe Award |  |
| <p>The Dragon Stripe is awarded to a student who is determined to work on a personal challenge and achieve a "personal best" by improving him or herself in this area. Your <u>Senseis</u> and Parents commit to supporting you in earning this special award.</p> | | |
| My Personal Best I am working on is _____ _____ _____ | | |
| I will do my best to work on this goal and demonstrate my progress over time. Sensei will award my Dragon Stripe when I have demonstrated my new 'best' for at least 4 class check-ins! | | |
| I'd like to get my stripe by the following date: _____ _____ | | |
| Student Signature _____ | Parent Signature _____ | Official Use: <input type="checkbox"/> App. Rec'd date _____ initial _____ <input type="checkbox"/> date _____ initial _____ <input type="checkbox"/> date _____ initial _____ <input type="checkbox"/> date _____ initial _____ Awarded on _____ Belt Rank: _____ Sensei Initial _____ |

Your Uniform

The karate uniform is called a Gi (pronounced Gee, as in see). It consists of a jacket, pants, belt, and various patches and stripes. It is acceptable to wear a shirt under the Gi jacket. FMAA T-shirts are available several times per year. These T-shirts may be worn in place of the gi.

The belt is an important and required part of your uniform. It denotes rank earned and it holds stripes earned during classes since the last promotion. As such, it is something that should be shown your respect. **Never place your belt on the floor and never wash it.**

Learning how to tie your belt properly is one of the earliest lessons for students of all ages. Our Tigers will need help with this skill. See the drawing below for instructions on how to tie your belt.



If you need help tying your belt, ask for help from a senior student or instructor.

You can also see a video on our facebook site:
[facebook.com/familymartialartsacademy](https://www.facebook.com/familymartialartsacademy)

Notice the correct knot looks like the shape of a “fortune cookie” or square knot.

Dojo Etiquette

Your first months in the program will be filled with new practices, procedures, expectations, and terms that may seem unfamiliar to you. Nobody is expected to have the knowledge of how we train in our Academy at the very beginning. We will provide each student and their family members with guidance as you learn.

Here are a few basics that every student must follow:

Family Martial Arts Academy is a place for physical, mental, and emotional growth. Those of us who are instructors feel privileged to be a part of this Academy. It is our fond desire that the students who train with us at **FMAA** come to feel the same privilege. As such, all who enter the Dojo agree to the following etiquette:

Bowing / Hand on Heart

Bowing to your Sensei, to your fellow students, and to the dojo or Shomen is a traditional eastern way of showing respect. Shorin-ryu is a form of Okinawan karate and inherits the bow (“Rei”, pronounced ray) from this lineage.

Some people reserve the bow to show respect for God alone. We honor this belief by also using the “Hand On The Heart” to show respect for one another.

Entering the Dojo

Your arrival is a time to slow down as you enter the dojo, pause and look around, bow or place your hand on your heart to show sincerity, and say “*hello Sir, hello Ma’am.*” This helps you to make the transition into your best learning mindset and demonstrates respect for your instructors and fellow students.



Arriving for class a few minutes early is a great practice, giving you time to change clothes and to be ready with your fellow students when class begins. If another class is in session when you arrive, you are invited to sit **quietly** on the red portion of the dojo training area closest the dressing rooms.

Late Arrivals

If you arrive late for your class, always respect that class has started. Get changed and ready with your attendance card, and then wait at the edge of the mat until the instructor acknowledges you. Address your instructor with, “*May I please join the class?*” Depending on how late you arrive and how far class has progressed, you may be invited to join the class in session or to sit and observe class. Your instructor will let you know.

Stepping Onto and Off of the Training Floor

A feeling of respect extends to the training area of the dojo (the training floor). Always face toward the Shomen (the front of the training floor) and bow when entering or leaving the training floor. Never enter the floor without stopping and bowing and likewise, never run across the floor during a class. Shoes are also not permitted on the floor. Parents are encouraged in this practice, as well.

How to address your instructors and senior students

Sensei means “teacher” in Japanese. When addressing a person as Sensei, we are acknowledging the instructor’s role and their rank. All adult Black Belt instructors are to be addressed as Sensei followed by either their last or their first name.

“San” is a title of respect added to a name. It can be used with both male and female names, and in our dojo, we add it to students’ first names. Everyone who trains at or visits **FMAA** should be shown respect when being addressed by saying “Sir” or “Ma’am” or adding “San” at the end of their first name.

Support from family members in the seating areas

We have intentionally created a family atmosphere in our dojo. We love the support that family and friends provide to our students and we encourage this as much as possible!



We kindly request that all visitors and family members observing class will be respectfully quiet throughout the class. This supports our instructors who are giving their time and sharing their knowledge and it supports the students who are in the class. Students who are not participating actively in a class are asked to remain in the seating areas we provide for observing class or seated quietly on the red mat. We ask everyone to help in keeping the entranceway to the dojo clear and to not enter the training area where classes are taking place. Your cooperation is greatly appreciated so that we can keep our learning environment safe and free from distractions.

We realize that our student’s younger, toddler-aged siblings may attend class time with parents. We have experienced that by watching class and absorbing the sights and sounds of the dojo, even the one- and two-year olds are learning. We do ask that parents plan ahead for the needs of younger siblings and we suggest you prepare a bag of books and quiet toys that is special for this time. Playing or toddling around in the back of the dojo training area is not safe and is not permitted. We also understand if you must take a squirrely younger sibling out of the dojo for a walk outside. Please make eye contact with instructors or notify staff in the office so that we can support your child in class to feel assured and safe that you will be back in a short time.

NOTES

Handouts:

- ✂ Good Jobs List
- ✂ Reading Book Club Card
- ✂ School Homework Card
- ✂ ASKA Membership Application

All handouts are available for students in the handouts rack at the entrance to the dojo. They are contained in this manual for your reference.

Additional handouts not included in this manual (due to regular edits) are also provided in or near the handouts rack and include:

- ✂ Class Schedule
- ✂ Graduation Application





Family Martial Arts Academy

GOOD JOB LIST



Develop Good Habits That Will Last A Lifetime!

Student Name: _____

For the Week of: _____

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| CLEAN MY ROOM | | | | | | | |
| <input type="checkbox"/> Make my own bed. | | | | | | | |
| <input type="checkbox"/> Hang up my own clothes. | | | | | | | |
| <input type="checkbox"/> Put my things away every day. | | | | | | | |
| <input type="checkbox"/> | | | | | | | |
| SELF-CARE | | | | | | | |
| <input type="checkbox"/> Brush my teeth, morning and night. | | | | | | | |
| <input type="checkbox"/> Take my bath, hang up my towel. | | | | | | | |
| <input type="checkbox"/> Put my dirty clothes in laundry. | | | | | | | |
| <input type="checkbox"/> Prepare my school clothes. | | | | | | | |
| <input type="checkbox"/> | | | | | | | |
| SCHOOL RESPONSIBILITIES | | | | | | | |
| <input type="checkbox"/> Complete my homework promptly. | | | | | | | |
| <input type="checkbox"/> Did I work hard and take pride in my lessons today? | | | | | | | |
| <input type="checkbox"/> Remember: lunch money, notes to/from teachers, <input type="checkbox"/> library books, etc. | | | | | | | |
| <input type="checkbox"/> Did I treat my teachers and classmates with respect today? | | | | | | | |
| <input type="checkbox"/> | | | | | | | |
| FAMILY AND HOME | | | | | | | |
| <input type="checkbox"/> Pick up my personal belongings around the house. | | | | | | | |
| <input type="checkbox"/> Clean up after meals; take out trash and recycling. | | | | | | | |
| <input type="checkbox"/> Feed my pets. | | | | | | | |
| <input type="checkbox"/> Did I treat my parents and siblings with respect today? | | | | | | | |
| <input type="checkbox"/> | | | | | | | |

Note: blank spaces are for you to fill in your special jobs.



Family Martial Arts Academy

Reading Book Club Card



Read at home or have someone read to you for 20-30 minutes and have your parents initial one mark for each day. Bring your Book Club Card to karate class after you have 10 reading sessions marked to receive 1 point toward your next Victory Patch. At the completion of all four 10-session sections, you will receive a bonus point, a total of 5 points for completing all 40 practice sessions.

Please list books you read on the reverse side of this sheet.

Student Name: _____

Month / Year: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____ 8. ____ 9. ____ 10. ____

Parent Signature / Date: _____

Instructor Signature / Date: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____ 8. ____ 9. ____ 10. ____

Parent Signature / Date: _____

Instructor Signature / Date: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____ 8. ____ 9. ____ 10. ____

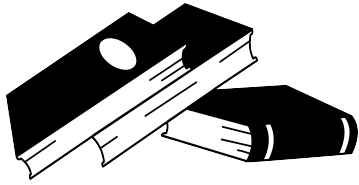
Parent Signature / Date: _____

Instructor Signature / Date: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____ 8. ____ 9. ____ 10. ____

Parent Signature / Date: _____

Instructor Signature / Date: _____



Family Martial Arts Academy

School Homework Card



Complete your school work every school day that it is assigned. After you have 1 full week worth of assignments completed, have your parent(s) sign and date for that week. Bring your School Homework Card to karate class and you will receive 1 point toward your next Victory Patch. At the completion of all four week-long sections, you will receive a bonus point, a total of 5 points for completing 4 weeks worth of homework.

Student Name: _____

Month / Year: _____

Subject(s): _____

Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday ____

Parent Signature / Date: _____

Instructor Signature / Date: _____

Subject(s): _____

Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday ____

Parent Signature / Date: _____

Instructor Signature / Date: _____

Subject(s): _____

Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday ____

Parent Signature / Date: _____

Instructor Signature / Date: _____

Subject(s): _____

Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday ____

Parent Signature / Date: _____

Instructor Signature / Date: _____

NOTES

Family Martial Arts Academy

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Visit us on the web at:

www.tigardmartialarts.com/beaverton
www.facebook.com/familymartialartsacademy
www.aska-karate.org