



DeJohnette Martial Arts Academy



Welcome to **DeJohnette Martial Arts Academy** and **Soo Bahk Do®**. It is our goal to provide excellent martial arts training in a safe and disciplined environment for your child. We provide training and support to each individual student to ensure they learn life skills in a rewarding, confidence building environment.

Karate FAQ

- **How can karate help parents?**
DeJohnette Martial Arts Academy offers citizenship checklists during testing and graduations. The checklists must pass by teacher and parent approval before students can earn their next belt. This portion of testing encourages every martial artist to be at their best *outside* of the studio in their everyday life with focus on respect, self-discipline and perseverance.
- **How long will it take to become proficient?**
That largely depends on the student, however after approximately 6 months participants should have a feel for the motions and start to really understand the concepts.
- **How long will it take to become a black belt?**
In our school it will take approximately 3.75 years to become a black belt. There is no way to speed up that process. Martial artists have to successfully master a series of skills in many different areas that simply requires time, training and persistence. The black belt is the mastery of the basics. Time off and/or inconsistent attendance will lengthen the process (beyond 3.75 years) of obtaining a black belt.
- **How often should I attend class?**
We strongly recommend two days a week to ensure quality, consistent education and practice with a qualified instructor. Proper development in one's martial arts education can be accomplished in one day of training per week; however it will also require great discipline, hard work and dedication.
- **How often should I practice?**
Practice daily! 10 or 15 minutes every day will help to sustain what is learned in class.
- **Will my child want to fight?**
We reinforce that martial arts are for SELF-DEFENSE only! It should not be used on friends, family, teachers, acquaintances, or ANYONE unless the student is in great danger. In truth, many students become calmer, more poised and relaxed, because they have an outlet for their energy.
- **What age can kids begin learning?**
Our martial arts classes begin at age 5. The motions they go through develop coordination and balance and will be the foundation of their self-defense later in life.
- **Is karate safe?**
Safety is our top priority. Karate training conducted under qualified instruction with protective gear and equipment in a friendly manner ensures the safest environment.
- **Why do people bow?**
Bowing in Korea was a sign of respect and a sanitary greeting. When you bow to a room upon entering it shows respect for the room and it greets those in the room. Bowing into a Do Jang is also a sign of respect for what it is used for and the art that is practiced there.
- **How do I tie my belt?**
Starting with the center of the belt at your midline, circle the belt behind you and around each side to the front again. The right side will go over the top of the left behind you and continue around to meet in the front. The belt should make 2 loops around you at this point. From here the right side goes over the left and wraps around the left side and the center together. Pull tight and adjust so that the belt is even. Then, the current left side goes over the right side only and pulls tight. You should be able to fit your left pinky into a small hole left in the belt knot.
- **Will there be weapons class?**
Not at this time. However, weapons class builds a phenomenal amount of coordination, dexterity, and power. Doing weapons class adds an extra dimension to the martial art that will not only look *cool*, but will help your open hand martial arts become more proficient.
- **Do you attend tournaments?**
Yes. Each year there is both a Soo Bahk Do® Regional and National championship. Students are encouraged to

build their sparring skills and fine-tune their forms to compete against other students within our Region and the nation.

- ***What are the ranks/belts?***

Soo Bahk Do® has a 10 rank color belt system before reaching Cho Dan (first degree black belt). There are 10 Dan levels. However, getting to the rank of Cho Dan is just the beginning. Reaching this level simply shows that you have finally mastered the basic techniques. Now begins the real training!

- ***When is testing?***

Testing is conducted in class every three months.

- ***When is belt graduation?***

Belt graduations and promotion ceremonies are scheduled approximately 3 weeks after the Gup Test.

- ***What is the testing based on?***

Testing is based on everything you have ever learned in Soo Bahk Do®! Students will receive an invitation to test if they have demonstrated the following:

1. –**Attendance**: 2 days per week strongly recommended (minimum 30 classes attended)
2. –**Effort**: for student, 100%... 100% of the time
3. –**Discipline**: students must respect others at home and at school
4. –**Accountability**: students are responsible for bringing their own equipment to class
5. –**Focus**: students must pay attention and not disrupt class
6. –**Knowledge**: students must be proficient for their rank
7. –**Attire**: students must wear a clean Soo Bahk Do® uniform to all classes

- ***Are there costs for belt graduation?***

Yes. The rank testing fee is \$20; this cost includes the student's new belt, Federation Rank Certificate and a board to break.

- ***When am I ready to test?***

Participants are ready to test when the instructor says they are ready to test. Very rarely will we have a student who is not ready to test. In the case of this happening an instructor will let participants know ahead of time. It is important to respect the instructor's decisions on testing. For one to proclaim they are ready to test, shows disrespect toward their instructor.

- ***Are there belief systems in martial arts?***

Soo Bahk Do® is a martial art system that incorporates striking with both hands and feet. As with most traditional martial arts systems there are guiding principles which teach practitioners how to become better martial artists.

- ***What can I do to help my child stay motivated to get their black belt?***

We are always available to give motivation and guidance when students lose sight of the big picture.

- ***Who do I go to if I have a question, comment, or concern?***

You may contact me by email at ddejohne@cox.net or by phone at (619) 602-3446. Many of your questions can be answered by simply browsing through our website at www.dejohnetekarate.com.

Common misconceptions:

- ***My karate instructor is better than yours!***

No martial arts instructor is better than any other. The style and methods in which they teach are different. Some methods would be better suited to your needs as a student, some would not. The trick is finding a good instructor that works for you and how you need to learn. If you don't like the personality of the instructor then you will probably find it difficult to learn from them. Find an instructor whose teaching style matches the way you learn.

- ***My school is better than your school!***

Schools are composed of many different elements: instructors, students, training area, business, and community. You have to find a school that best fits your needs and wants. Again there is no ultimate school or everyone would be there!

Student Creeds:

1. I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health. Soo Bahk!!!
2. I intend to develop self-discipline in order to bring out the best in myself and others. Soo Bahk!!!

3. I will use common sense before self-defense, and never be abusive or offensive. Soo Bahk!!
4. We are a Black Belt Leadership school. We are motivated. We are dedicated. We are on a quest to be our best. Soo Bahk!!!
5. Quitters never win. Winners never quit. And I choose to be a winner! Soo Bahk!!!

