



**STUDENT
HANDBOOK**

Empowering students
to reach their
GREATEST POTENTIAL

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DO JON HUN

Seek Perfection of Character

Live the Way of Truth

Endeavor

Be Faithful

Respect Others

Refrain from Violent Behavior

The Do Jon Hun is our Training Hall Oath. It is recited at the beginning and end of every class. It is a promise we make to ourselves, our teachers, those who have come before us in the arts, our classmates, our parents, and everyone we meet.

We promise to be courageous and put our strongest effort into everything we try.

We learn with a spirit of gentleness and compassion.

We do Martial Arts to better ourselves.

STUDENT RULES

1

Students are responsible for bringing and wearing their uniform to every class.

2

Kula classes occur in facilities not owned by Kula. Students will respect the rules, space, and equipment of the facility

3

Students are silent when the coach is talking. "When your coach's voice is on, yours is off."

4

Students will follow the virtues of the Do Jon Hun inside and outside of Kula.

5

Students will practice their Martial Arts outside of class in order to progress in rank.

6

HAVE FUN!

These rules and expectations are to ensure that all students have a safe and fun experience. If not followed, a 3 strike policy is enforced.

3 STRIKE POLICY:

3 incidents of disruptive, disrespectful, or unsafe behavior will result in your child being removed from the class.

GEAR EXPECTATIONS

ALL students are expected to have a uniform and belt and wear them to every class. If classes are held outdoors, students may choose to wear a Kula t-shirt & their belt in lieu of a full uniform.

GREEN belt students are encouraged to purchase sparring equipment.

BLUE belt students are required to own and bring sparring equipment to all classes.

PURPLE belt students and above may choose to wear black gi tops and pants.

Students who need a cup or chest protector for combat sports

MUST

bring them to every class at the intermediate and advanced levels!

COMMANDS AND TERMS

JOONBI

Ready Position

Stand with feet shoulder width apart: arms forming a circle with tight fists at belt level. No moving! In Joonbi, students are Karate statues.

CHARIYUT

Attention

Slide left foot to right so that toes and heels touch. Arms to sides with hands open and fingers together. Don't move!

CHYUNGYE

Bow

Bend forward at the hip, looking down and hold for a count of three. A bow in Martial Arts is to show respect.

ATTENTION IN CLASS

When you hear:

"HEY HEY KULA KIDS!"

Turn to your coach and shout:

"HEY HEY KULA COACH!"

COMMANDS AND TERMS

Counting in Korean

1	HANA	6	YOSUT
2	DUL	7	ILKOP
3	SET	8	YODUL
4	NET	9	AHOP
5	DASUT	10	YOOL

MAHKI Block

CHIGI Strike
(with the hand)

CHAGI Kick

GI Martial Arts
Uniform

DOJO Training
Hall

KI-HOP A loud Martial Arts yell that comes from the spirit, used to startle opponents and add power to techniques.

KATAS/FORMS Choreographed routines of techniques display balance, power, speed, focus, and the connection of body and mind - Martial movement combined with breathing and meditation.

COMBINATIONS 2 or more techniques or strikes in sequence.

ESCAPES Self-defense techniques used to escape an attacker without causing serious injury.

ONE STEPS Choreographed partner routines in which one partner is the attacker and the other defends. Used to practice control, aim, and basic self defense techniques.



BELT RANK SYSTEM

WHITE

ORANGE

YELLOW

GREEN

BLUE

PURPLE

BROWN

BLACK

Between each belt rank, students will acquire at least 2 stripes of the next color on their belt. In the After School Program students will earn a new stripe for attendance, attention, and good behavior, each semester, up to yellow belt. As the student increases in rank and age, expectations get higher.

Belt tests and Rank Promotion Ceremonies occur at the end of every semester. Attendance and skills will be assessed by the Coach throughout the semester to determine the promotion of each individual student. Skill requirements from belt to belt are cumulative.

Continue for rank requirements by level.

*At blue belt level, there may be more than 2 stripes required to advance to the next level

ORANGE BELT

Orange Belt Expectations

Student shows up to class regularly, on time, with their equipment and a positive attitude. Demonstrates respect to others.

Basic Stances

Horse Stance
Fighting Stance

Blocks

Rising Block
X Block

Basic Kicks & Strikes

Front Kick
Hammer Fist
Jab
Cross
Knife Strike

Self-Defense: Avoiding

Ability to dodge and block noodle

Escapes

Wrist Grab
Lapel Grab
Choke Hold

Katas

Students can complete the following forms with instructor/senior class member leading:

Kula Basic Form 1
Yang 10

YELLOW BELT

Yellow Belt Expectations

Student shows up to class regularly, on time, with their equipment and a positive attitude. Demonstrates respect to others. Yellow belts should have a range of memorized skills and be a leader in after school beginner classes.

Stances

Climbing/Front Stance

Back Stance

Cat Stance

Blocks

Rising Block

X Block (low & high)

Lower Block

Center Block

Kicks & Strikes

Front Kick

Side Kick

Roundhouse Kick

Stomp Kick

Axe Kick

Hammer Fist

Jab

Cross

Knife Strike

Backfist

Partner Work

Practical One Steps 1-3 (both sides)

Escapes

Chokehold

Headlock

Bear Hug

Katas

Students can complete the following forms memorized, without instruction:

Kula Basic Form 1

Yang 10

GREEN BELT

Green Belt Expectations

Green belt students are expected to be a part of the intermediate/advanced classes. A student working towards green belt should be a hard working leader, accumulating a variety of skills to join senior ranks.

Strikes

Inverted Knife Hand
Elbow Strike

Kicks

Skip Side Kick
Step Across Side Kick
Inside/Outside Crescent

Falling and Rolling

Student should be familiar with:

Breakfalls (Back and Sides)
Soft Rolling

Partner Work

Practical One Steps 1-3 (both sides)
Student should be comfortable being taken down, and familiar with sparring

Katas

Students can complete the following forms memorized, without instruction:

Kula Basic Form 1
Yang 10
Pyung Ahn Cho Dan

* Student is responsible for all skill requirements from previous ranks

BLUE BELT

Blue Belt Expectations

Blue Belt Students participate in the intermediate and advanced classes and are leaders to beginner students. They can teach the basic skills they have mastery over and are working towards advanced rank.

Strikes

Ridge Hand
Palm Heel Strike

Kicks

Back Kick
Turning Back Kick
Heel Kick

Falling and Rolling

Student should be able to demonstrate
without assistance:
Breakfalls (Back and Sides)
Soft Rolling

Partner Work

Practical One Steps 1-6 (both sides)

Student should be familiar with
basic takedowns and sparring

Katas

Students can complete the following forms
memorized, without instruction:

Kula Basic Form 1
Yang 10
Pyung Ahn Cho Dan (1)
Pyung Ahn Yi Dan (2)

* Student is responsible for all skill requirements from previous ranks

PURPLE BELT

Purple Belt Expectations

Purple Belts are advanced students who are leaders to beginner and intermediate students. They can teach the skills they have mastery over and are working towards confident and precise Martial movement.

Strikes

Jab, Cross
Hook, Uppercut
Any Combinations

Kicks

Jump Front Kick
Turning Inside
Outside Crescent

Falling & Rolling

Student should be able to demonstrate without assistance:

Breakfalls (Back and Sides)
Soft Rolling

Partner Work

Practical One Steps 1-8 (both sides)
Take Downs - Leg Sweep, Hip Throw
Sparring - Student demonstrates control and discipline

Katas

Students can complete the following forms memorized, without instruction:

Yang 10
Pyung Ahn Cho Dan (1)
Pyung Ahn Yi Dan (2)

Students are familiar with:
Kun La Kin

* Student is responsible for all skill requirements from previous ranks

BROWN BELT

Brown Belt Expectations

Brown Belts are advanced students who are leaders to all students. They can lead and teach classes proficiently and are working towards confident and precise martial movement.

Strikes & Kicks

Turning Heel Kick
Jump Side Kick
Tornado Kick
Wheel Kick
Sweep Kick

Student must be able to confidently perform any combination of techniques.

Breaking

Student should be able to demonstrate without assistance:

Board Breaks - Hand Strikes & Kicks
(nothing below the waist)

Falling & Rolling

Student should be able to demonstrate without assistance:

Breakfalls (Back & Sides)

Soft Rolling:

forwards and backwards from various positions with various obstacles

BROWN BELT

Partner Work

Practical One Steps 1-10 (both sides)

2 Original One Steps

Formal One Steps

Take Downs

Leg Sweep, Hip Throw, Back of Knee

Stomp from Different Positions

Pressure Points

**Student can identify and manipulate
at least 3 pressure points.**

Sparring

**Student demonstrates control of techniques with
speed, focus, footwork timing and sportsmanship.**

**Works well with lower belts and can spar
multiple opponents at once.**

Katas

**Students can complete the following forms
memorized, without instruction:**

Yang 10*

Kula Basic Form 1*

Pyung Ahn Cho Dan (1)*

Pyung Ahn Yi Dan (2)*

Kun La Kin

Chulgi

Students are familiar with:

Kun La Kin

***Student should be able to lead and teach these
forms to lower ranking students**

*** Student is responsible for all skill requirements from previous ranks**

BLACK BELT

Black Belt Expectations

Black Belts are leaders to all students in the Do Jang, at school, at home, and everywhere they go. They can lead and teach classes proficiently and demonstrate confident and precise martial movement. Black Belts strive to exhibit exemplary character, discipline, and fortitude in all aspects of their life.

Black Belts have mastery over soft and hard styles of Martial Art. Their technique is precise, fast, powerful, and deliberate. Black Belts are required to have experience teaching.

Training for Black Belt must be agreed upon by the instructor, students, and parents. Full commitment and daily practice are necessary to obtain the skills required to rank to Black.

Strikes & Kicks

Student must be able to perform any combination of strikes with confidence, speed, power, precision, and control.

Breaking

Student should be able to demonstrate without assistance:

**One break with an advanced technique
One combination break
(2 or more boards in succession)**

BLACK BELT

Partner Work

**Practical One Steps 1-10 (both sides)
4 Original One Steps
Formal One Steps**

**Take Downs:
Leg Sweep, Hip Throw,
Back of Knee Stomp from Different Positions**

**Pressure Points:
Student can identify and manipulate
at least 5 pressure points**

**Sparring:
Student demonstrates control of techniques with speed,
focus, footwork, timing and sportsmanship. Works well with
any level belt and can spar multiple opponents at once.**

Katas

**Students can complete and lead/teach the following
forms memorized, without instruction:**

**Yang 10
Kula Basic Form 1
Pyung Ahn Cho Dan (1)
Pyung Ahn Yi Dan (2)
Kun La Kin
Chulgi Cho Dan (15 seconds or less)**

Students are familiar with:

**Yang 24
Guang Ping**

*** Student is responsible for all skill requirements from previous ranks**