

# **Devils Lake Black Belt Academy**

## **Tae Kwon Do**

### **New Student Orientation**

#### **Welcome to the School!**

Welcome to the Devils Lake Black Belt Academy. At this school we teach tae kwon do, which is a Korean based martial art literally translated as “the art of hand and foot”. We teach kids of all ages starting at age 6 and up. Within tae kwon do, there are several different styles. We will incorporate the traditional techniques, Olympic sport style for competition and may utilize some weapons. We will also incorporate another Korean martial art called Hapkido which primarily focuses on hand technique such as joint manipulation and evasion.

#### **Your instructors:**

Master Scott Ralston is a 4<sup>th</sup> degree master instructor certified by the WFT Kukkiwon in Seoul South Korea which is the only officially recognized certifying organization for all tae kwon do by the International Olympic Committee. Master Scott has been practicing tae kwon do since 1988 and teaching the art since 1994. He was a three time light and welter weight sparring champion for North Dakota and competed for several years at national level tournaments. As a full time job Master Scott works for Ducks Unlimited as a wildlife biologist in Devils Lake. If you need to reach him outside of class call 662-9599 (home) or 351-8839 (cell) or e-mail to [scott@skralston.com](mailto:scott@skralston.com).

Assisting Master Scott will be Mrs. Kathryn Ralston. Mrs. Kathryn is a 1<sup>st</sup> degree black belt and has been in tae kwon do since 2000. Mrs. Kathryn works as a full time special education teacher for Lake Region Special Ed at the Minnewaukan Public School. Other advanced students may also assist with our beginner class.

Master Dave Hovendick was the previous instructor of the school and still owns the facility/runs the business side of things. Master Scott and Mrs. Kathryn have graciously accepted Master Dave’s offer to instruct at his school. However students must be made aware that the tae kwon do school is not our career jobs and therefore, in the future, if our career jobs take us out of the Devils Lake area and unless another instructor is found at that point the school may not continue.

#### **Curriculum:**

We will utilize many self defense techniques, sparring or sport competition style, balance and body control techniques and may also get into some weapons. In addition to the martial arts techniques the class will incorporate physical fitness, flexibility and agility as well as mental discipline, respect and concentration. Although memorization of techniques will be important, Master Scott will stress understanding and proper execution of the movement more than just pure regurgitation of the curriculum. It is very important that if you don’t understand why or how a technique works that you ask your instructor!

The curriculum we use is derived from the Northwest Black Belt Association. This is one of the oldest and most prestigious tae kwon do organizations in the upper Midwest. Many of its members have or currently do compete at state and national competitions and several team members have brought home medals including gold! By being associated with this organization we can take advantage of a much broader knowledge base and keep up to date on the newest techniques and styles to keep our students competitive with others in the region as well as have access to special training sessions and competition events. Belt certification for each new rank is done through the NWBBA therefore membership will be required when you test. See your instructor for more details.

### **Schedule:**

Classes will be held every Tuesday and Thursday. Office hours are approximately 20 minutes before class and immediately after class. Each class will be approximately 55 minutes long. The beginner class will be at 5:30 and the advanced class will be held at 6:30. Please ask your instructor which class you should attend based on your rank and skill level. You should arrive at least 5 minutes before class begins. All students are asked to only participate in their assigned class as class styles are structured differently for different ranks. As a general rule class cancellations will follow school schedules for holidays or storm days. Class cancellations for holidays will be announced ahead of time in class. For adverse weather please use common sense. No class is worth an accident. We will attempt to get cancellation announcements to the local radio station as soon as possible but generally closing will follow Devils Lake public school closing. If a class is canceled for any reason we will attempt to have a make up class on another day.

### **Tuition:**

Tuition is due the first week of every month for that month. Checks can be made out to Devils Lake Black Belt Academy (DLBBA). Regular tuition is \$50 per month. Family rates may apply where the first individual in a family is \$50 the second individual is \$40 and the third or other additional family members are \$30 each. College student rates are also available for students enrolled full time (12+ credits) at a college or university for \$35 per month. Full months tuition is required regardless of attendance that month unless prior arrangements are made with the instructor.

### **Uniform & Equipment:**

Beginning students should wear loose clothing such as sweat pants and a t-shirt. If a student decides to continue with class they will be required to buy an approved martial arts uniform (\$34). As a student advances they may need additional protective equipment. For all advanced students participating in the advanced class they will be **required** to own sparring gloves as they will be working with partners and holding targets for one another. It is also very highly recommended that advanced students purchase a hogu (chest protector) for sparring practice and in class kicking drills. Other equipment such as forearm, shin & instep pads, mouth guard, head gear & groin protection are optional unless the student wishes to compete at tournaments. **All uniforms and protective equipment must be purchased through the gym to ensure consistency and a proper level of safety.** A duffle bag is highly recommended to keep all of your equipment, belt, notes and other class supplies in. It is also suggested students bring a water bottle (NO pop) to take a drink when an appropriate break is given during an intense workout.

### **Class Structure:**

The first part of every class will include physical exercise/warm-up and stretching. Students will then go into curriculum appropriate to their age and rank level. Once a student is proficient in the curriculum required for their rank they will test for the next rank. Practice for sparring or other competition and basic self defense may also be incorporated into class. Many precautions will be taken to run class safely. **However, NOTICE tae kwon do is a CONTACT SPORT and therefore physical contact may be involved.**

### **Attitude:**

Tae kwon do is more than just a gym membership. We involve both the physical and mental aspects. Students are expected to maintain respect and self discipline toward themselves and others in and out of class. The techniques learned in class have the potential to harm someone both intentionally or unintentionally. Martial arts are to be practice **ONLY** in the gym or at home. If a student is found to be demonstrating or practicing in an inappropriate place (such as at school or with friends) they may be subject to rank demotion or class suspension. Students are expected to behave appropriately in class and come with a positive "I Want To Learn" attitude. Instructors will only teach those that want to learn and try hard. Rank is a privilege NOT a right.