

Welcome,

It is essential that a beginning student understand what the Art is about and what their reasons are for wanting to study the Art. This Art was originally developed to protect the rights of the people and to defend their property and their country. It was a means for them to be defensive without having to carry weapons. This kept the element of surprise on their side, which allowed them to easily overcome any assailant. To this day we still believe in that same philosophy.

The original philosophy should always be kept in mind while the student is *in class* as well as *outside of class*. Even though the Art is based on offensive techniques, it should be applied and utilized for self-defense only. If you should use the Art for the wrong reason, it could result in serious reprimand and possible dismissal from the Academy.

Every student should be held responsible for his or her actions. It is important for every student to be a goodwill ambassador for the Art. If we use the Art to prey on the fears of other people, we have used the Art in the wrong way. This could cause others to develop a bad impression of the Art.

I have studied TaeKwon-Do since 1982. My entire family joined a class in Grafton Wisconsin. Since that time each of my family members have decided to pursue other goals. I hope your family will find TaeKwon-Do beneficial as mine did.

Thank you,

Mr. Jeremy Kempka
6th Degree Black Belt
International TaeKwon-Do Federation

Student Oath and Tenets

This oath will help the student to follow basic philosophies within the Art. It is important that the student understand the concepts of these rules. This oath will be spoken at the beginning of every class.

The Student's Oath

1. I shall observe the Tenets of TaeKwon-Do.
2. I shall respect the instructor and seniors.
3. I shall never misuse TaeKwon-Do.
4. I shall be a champion of freedom and justice.
5. I shall build a more peaceful world.

Added to the many advantages of TaeKwon-Do is one that supersedes and includes all the others-character development. Such things as respect, modesty, loyalty, cooperation, and generosity are simultaneously the source and reward of this Art. Above and beyond all goals of the Art is the ultimate goal of self-improvement. By improving himself, the student improves mankind.

The Tenets of TaeKwon-Do

Courtesy
Integrity
Self Control
Perseverance
Indomitable Spirit

TAE KWON- DO



**Academy of Martial Arts
& Fitness Inc.**

**10101 Newell Hickory Grove Road
Charlotte, NC 28213**

**amatkd@yahoo.com
www.amatkd.com
704-494-0800**

Pattern & Techniques as White Belt

1. 4-directional block
2. 4-directional punch
3. front snap kick
4. side piercing kick
5. middle punch with the fore fist
6. middle block with the inner forearm
7. low block with the outer forearm
8. low block with the knife-hand
9. attention stance
10. parallel ready stance
11. sitting stance
12. walking stance

Color Belt Rank System

White belt	10 th gup
High white	9 th gup
Yellow belt	8 th gup
High yellow belt	7 th gup
Green belt	6 th gup
High green belt	5 th gup
Blue belt	4 th gup
High blue belt	3 rd gup
Red belt	2 nd gup
High red belt	1 st gup
Black belt	1 st -9 th Dan

Graduation/Testing

Each student progress individually and when ready will be evaluated in class and given an invitational note to test for the next belt. Testings are held locally and are only offered every two months. Not all students will graduate each and every testing. Practice your training note to be ready to be evaluated in class.

Uniforms

Cost for a complete uniform (jacket, pants and belt) is \$35.00.

Policies for Membership

Tardiness Policy

If you will be more than 10 minutes late for a class, please make arrangement to come to an alternate class time. It is very disrespectful to disrupt the entire class and instructor when you arrive late.

Membership Policy

Membership dues are \$24.00 yearly and are due in January for the upcoming year. At the time you join the Academy of Martial Arts, your membership fee will be prorated through the end of the year. Membership dues are put toward any special activities for the entire Academy to participate in.

Class Fees

Once you decide to join TaeKwon-Do (TKD) a new student will start with one month of classes. Choose either \$59 for once a week classes or \$89 for unlimited classes. After that first trial month you will be asked to join on a 6-month basis at the same rate. A 10% discount is available to family members. If a change is needed you must speak with a Black Belt prior to that change being approved.

Class Times:

Class Times	Monday	Tuesday	Wednesday	Thursday	Saturday
5:30-5:50	Private Lesson	Private Lesson	Private Lesson	Private Lesson	2 pm All Students
6:00-6:50	Age 5-10 Beginner	Age 5-10 Beginner	Age 5-10 Beginner	Age 5-10 Beginner	3 pm Black Belts
7:00-7:50	Inter-Advanced	Inter-Advanced	Inter-Advanced	Inter-Advanced	
8:00-8:50	Adult*	Adult*	Adult*	Adult*	

Ask About

- Saturday Classes
- Summer Camps
- After School Program

Mailing Address:

AMA
P.O. Box 428
Newell, NC 28126

E-mail/web/Phone #:

amatkd@yahoo.com
www.amatkd.com
704-494-0800

