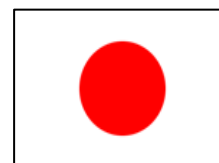


ROYAL COURT ACADEMY

MARTIAL ARTS, PERSONAL PROTECTION & FITNESS



**LEADERSHIP
COURTESY
HONESTY
PERSEVERANCE
CONFIDENCE
DISCIPLINE
COURAGE**

BUILDING LEADERS, ONE BLACK BELT AT A TIME.

WELCOME PACKET AND ORIENTATION MANUAL

THE ACADEMY DIFFERENCE

Welcome to the family! I would like to personally congratulate you on your decision to join Royal Court Academy. This packet is a great tool to help you understand the dichotomy of our school, and our mission statement. Our Martial Art programs are specifically designed to develop a student's individual needs, promote excellence of character, and change lives in a positive manner. Our proven teaching methods uniquely balance life skills training, leadership, wellness and personal protection in a safe and enjoyable Martial Arts environment. We are hoping that you will commit yourself to our program long enough to see the unlimited benefits in yourself / your child.

Royal Court Academy's View on Teaching

"...I do not love the bright sword for its sharpness, nor the arrow for its swiftness, nor the warrior for his glory. I love only that which they defend." – J.R.R. Tolkien

At Royal Court Academy were more than just kicking and punching, it's Martial Arts and beyond. Our structure instills a "Yes! I can do it!" attitude that boosts a child's self image and awakens the leader within. Our training methods prepares each student to always do their best and to be a positive example for others. We understand that students flourish best in an atmosphere that is fun, exciting and challenging. Children are taught to balance their newly found skills and confidence with humility and respect.

We have determined that children's success, both in and out of our school depends largely on effective communication between: 1) the child's parents, 2) the child's school teacher, and 3) the child's martial arts teacher. We all must work together in order to achieve the maximum potential of each child. This can only happen when all three of these links are joined together as a team.

What Martial Arts Discipline do we teach and what is our Philosophy?

Royal Court "Classical" Mixed Martial Arts - Royal Court is proud to offer our students the best in Classical Mixed Marital Arts (MMA) training. Parents, we are not producing fighters; we produce **leaders who are confident and able to defend themselves completely**. Classical training uses the techniques of MMA blended with the ethics and life skill training of traditional martial arts. We also have an entire system that is dedicated to falling, rolling and acrobatic maneuvers for defense and health of our bodies. There is a reason certain arts are used in the octagon today - they work. But you don't need to be a cage fighter to learn these refined techniques because there already built into our dynamic curriculum. Royal Court Classical Martial Arts includes Royal Court Hapkido, Western Boxing, Thai Kickboxing, Brazilian Jujitsu, Kali, Wrestling and Ji Do Kwon Tae Kwon Do. We practice stand up and ground defense, defense against weapons, multiple opponents and verbal self defense for bullies. Royal Court is the only school that offers training this complete!

Our Academy does not promote any religious or political point of view. We are an educational based Martial Arts academy specializing in the respect of every individual's opinions and personal situations. We promote positive family values in an atmosphere where the whole family can enjoy Martial Arts and all its complimentary benefits together.

Mission:

To build Excellence in every student with Superior Martial Arts Instruction and to help them reach their dreams by instilling Leadership Skills and a Black Belt Character.

CODE OF CONDUCT

*“First clean the inside of the cup, then the outside will be clean also.”
St. Matthew 23*

At Royal Court Academy it is our strongest desire to help children learn to follow certain guidelines. This does not apply to our academy only, but to their attitudes toward family, teachers, peers and those in authority as well. By addressing these codes of conduct it helps raise the awareness in every child that there are boundaries or limitations that they must abide by wherever they find themselves. It is imperative for a child to follow the codes of conduct at all times no matter where they are or whom they are with to set a good example and earn the right to advance in belt rank.

Courtesy:

(I will honor my parents, teachers and those in authority over me;
I will be Respectful to others regardless of race or creed)

Honesty:

(I will strive to tell the truth at all times and be fair to everyone)

Perseverance:

(I will stand strong and never give up when faced with adversity)

Discipline:

(I will continue to perfect my character in wisdom and kindness)

Courage:

(I will stand up for what I know to be right and lead by example)

It is my duty to continue forging myself into these qualities toward my creator, family, those in authority, friends and peers.

Depending on the class agenda, the instructor(s) will have the students recite the code of conduct at some point during class time to engrain these codes into the life of each child. After reaching a specific belt ranking, a student will be expected to recite the whole code of conduct from memory.

THE STUDENT CREED

I Will Develop Myself In A Positive Manner Both Mentally and Physically

I Will Develop Positive Life Skills To Bring Out The Best In Myself And Others.

I Will Never Use Martial Arts To Abuse Or Offend Anyone.

I Will Do My Personal Best In This Class.



PLEDGE OF MEMBERSHIP

I will follow the code of conduct and all the rules of the Academy.

I will try my best to attain the highest level of physical and mental discipline.

I will do my best to remain humble, show mercy, and forgive when wronged.

I will remain loyal to my country and create unity among my fellow students.

PROTOCOL OF RESPECT

We have all heard the phrase, "Respect is earned, not given." However true that may be strictly depends on what a child's perception of respect is. You cannot learn to show respect until it is understood why it needs to be given. Giving respect goes beyond the ability to follow guidelines or rules; however important they may be, but it is the learned thought process that has to be trained to understand why respect should be given. Training a child starts with basic guidelines such as the list below, and then broadens as their confidence and learning grows. Watching the gleam in your child's eyes as they start to build confidence and grow into a pattern of giving respect is the most awesome part of our teaching experience.

- 1) Bow toward the training area any time you enter or leave it.
- 2) Always address your instructors as "Mr., Ms., Mrs., Sir or Ma'am."
- 3) When asked a question or your instructor comments on something, the appropriate answer should always be "Yes/No Sir" or "Yes/No Ma'am."
- 4) Never correct your instructor during class, just do as your instructor asks.
- 5) Always bow to the flag when entering or exiting the training area.
- 6) Always raise your hand if you have something to say, never just shout answers out, talk out of turn or talk over someone else.
- 7) Always bow to your instructor with right hand grabbing left wrist, look to the floor then back into his/her eyes.
- 8) If you are late for class or you must leave the training area for any reason you must ask for your instructor's approval to join or rejoin class by asking, "Permission to join/rejoin class Sir/Ma'am" before entering training area.
- 9) If you must leave the training area for any reason, raise your hand and ask your instructor to leave the training area (except in emergency situations).
- 10) Always help your fellow classmates and treat them with courtesy.
- 11) Never push another student when lining up, if there is an error in the line up, politely ask them to move or ask your instructor for assistance.
- 12) Never threaten another student or criticize another student.
- 13) The instructor(s) or highest belt rank in class will call the class to order.
- 14) Always respect your parents, teachers, instructors and classmates.
- 15) Refrain from idle talking or silliness when sitting, waiting or lining up.
- 16) Always stand in lines according to belt rank and never skip in front of another student of a higher belt rank.
- 17) Higher belts always line up to your right.
- 18) When given a break for water, always allow the higher ranking belts to go first.



GENERAL RULES AND REGULATIONS AT DO-JANG (ACADEMY)

For your child's safety and the safety of the other children, it is inevitable that we must have certain rules that apply to everyone equally to generate the best possible environment for everyone to learn and concentrate. The purpose of these rules is specifically to ensure that your child receives the greatest benefit from his/her martial arts experience. Varying degrees of disciplinary action can be taken for continued misuse of the following rules per the instructor(s) discretion. Please make a conscientious effort to abide by all the rules for the benefit of your child and that of the other children that are patrons of our establishment. Thank You.

- 1) No shoes on the mats unless given permission by the instructor(s).
- 2) No food, beverages, or gum is allowed on the mats at any time.
- 3) Never misuse your martial arts skills intentionally or unintentionally.
- 4) Do not teach your techniques to anyone without instructor(s) approval.
- 5) Show respect to parents, classmates and instructor(s) at all times.
- 6) Unruly horseplay or excessive rough housing will not be tolerated.
- 7) Refrain from activities that would tarnish the reputation of the Academy.
- 8) Never use stereotypical comments, profanity or obscene gestures.
- 9) Threatening remarks toward other students will not be tolerated.
- 10) Inappropriate conduct or lewd behavior will not be tolerated.
- 11) Always practice personal hygiene (nails trimmed, hair combed, etc.)
- 12) Keep your uniform clean and wrinkle free (never wash your belt).

Note to Parents: Please silence all electronic devices during class because it is a distraction to the students and please do not instruct or make comments to your child during class sessions whereas this creates confusion in the class.

THE WEAR AND CARE OF YOUR UNIFORM (DOBOK)

The first experience you may have after joining into the world of martial arts at our academy is receiving a uniform. This is why it is important to understand how to wear it correctly and treat it respectfully. Your uniform serves the same function as that of a doctor or nurse, the recognition of wisdom in your trade or practice. Your uniform reflects thousands of years of martial arts tradition and is symbolic to the person wearing it. Except for those that may have just joined our academy, it is considered necessary for all patrons in training to wear a uniform. The uniform instills confidence, shows loyalty and reflects heritage. Your belt color identifies attained wisdom and level of martial arts education while forging wisdom with grace and humility.

The care of your uniform should be as follows:

- 1) Your uniform should be kept clean and wrinkle free, the uniforms we provide are wash and dry, but then put on a hanger to avoid wrinkles.
- 2) Never wash your belt. If you must wash it, **do not** use bleach or bleach alternatives, and **do not** put it in the dryer after washing.
- 3) Soak your uniform in cold water for five minutes and allow to air dry before machine washing it for the first time. This sets the printing.
- 4) Hem or sew any tears that may occur during class or at home.
- 5) Do not place any patches or other décor on your uniform without your instructor(s) approval.
- 6) Your uniform is for practicing martial arts and should never be worn as play or work clothes outside of the academy. It is o.k. to wear them to and from the academy without your belt on, but only if care is taken.
- 7) Do not eat or drink while in full uniform with one exception being that of drinking water For hydrating yourself before, during or after class.
- 8) Always carry your uniform properly and do not drag it on the ground.

UNDERSTANDING THE KI-HAP

The “Ki-Hap” (pronounced “kee-op”) is a loud scream or yell that a student is required to make when executing a technique. Some students feel strange or uncomfortable when using the ki-hap at first, but as confidence builds so will the volume of their ki-hap. A lack of understanding as to what the ki-hap is actually for is usually the reason for any uneasy feeling when performing a good ki-hap. The mental purpose of the ki-hap is centered mostly on the concentration factor of both the attacker and the defender. On one hand the ki-hap is intended to break the concentration of the attacker; but on the other hand, it is intended to focus the concentration of the defender. The physical purpose of the ki-hap is mainly to vocally expel all the air from the body while tightening the abdominal (stomach) muscles. A good ki-hap also helps a student build confidence, assists in breath control, increase power for a delivered technique and also has the potential to ward off an assailant by creating confusion.



BELT HERITAGE AND SYMBOLISM

Just as in physics where every action has a reaction, every student that wears a uniform must have a belt and that belt denotes the amount of wisdom or education your child has earned in martial arts. Although confidence and discipline is built with every level of belt rank earned, it also must be tempered with humility, grace and the ability to forgive. The higher the belt rank, the more these attributes will need to be applied. Below is the list of belt ranking, in order, along with their meaning.

- **White:** That of Innocence, a beginner in martial arts.
- **Gold:** That of Earth, a foundation of skill is being laid.
- **Orange:** That of Fire, learning to temper and control the skills learned.
- **Green:** That of Growth, growing the skills now tempered.
- **Blue:** That of Heaven, maturing and perfecting the skills.
- **Purple:** That of Royalty, building wisdom and grace to lead (leadership).
- **Red:** That of Danger, ability to control and defend without violence.
- **Black:** That of Imperviousness, conquering fear with confidence.

With the exception of white and black belt, each belt ranking has a high level for each color represented by a black stripe in the middle down the entire length of the belt from one end to the other. This is a representation of the student mastering that of the single color belt level and is now ready to continue to a higher plain of discipline and maturity getting your child ready to advance to the next color belt level. Each belt ranking must be earned and is never bought or given. Though Royal Court Martial Arts is based on certain traditions, it does not mean that we are bound by those traditions. Frustration can sometimes rear its ugly head when learning to master certain techniques, especially for beginners, but this is no cause for alarm. This is where repetition is key to building confidence in certain areas. Mastering our martial arts techniques is compared to that of running a marathon; you have to exert effort and discipline for the long term, not the short sprint. That is the difference between our academy and most martial arts schools.

ROYAL COURT CLASS PROCESS FOR KIDS

White - Orange Belt Class — The first step. This class introduces the child to the positive benefits of Martial Arts. Kids will learn to focus better, be more confident and to learn the importance of setting goals. They will also learn perseverance and how to control their emotions when faced with life's many challenges. These important skills will improve behavior and develop a positive attitude needed for that extra edge in life.

Black Belt Leadership Club — Taking it to the next level. The Black Belt Leadership Club is dedicated to the principles of Character Excellence and the achievement of the most recognized and respected martial arts rank - BLACK BELT.

Benefits include:

- 1) Expanded Martial Arts Curriculum** - Provides students with a Traditional and Mixed Martial Arts curriculum up to Black Belt. These lesson plans are designed to develop Black Belt Excellence, Leadership and complete Personal Protection skills.
- 2) Controlled Sparring Class** - Builds incredible Confidence, Courage and Coordination. Also develops speed, timing and Focus skills.
- 3) Weapons and Padded Weapons Program** – Padded Weapons training takes the student to a higher level of Concentration, Coordination and overall character development. This is a safe and fun way to develop weapon and focus skills.

Master Instructors Team (M.I.T) Meets the 2nd and 4th Sat of each month. This is the premier Leadership training program at Royal Court Academy. M.I.T members learn the discipline and perseverance needed to become an advanced Martial Artist and Instructor. Specially designed instructor training programs gives the M.I.T student the skills required to run a professional and successful Martial Arts Academy. M.I.T. members can also participate in adult seminars at the school. Program Includes; Adult Traditional and Mixed Martial Arts curriculum, more classes, new leadership uniform, patches and a unsharpened training sword.

M.I.T Qualifications -

Must be enrolled in the Black Belt Leadership Club.

Grades in school and behavior at home MUST be in good standing.

Regular Class attendance is important.

Must enjoy helping others, especially young children's classes.

Student must be willing to put extra time into helping with demonstrations and belt exams.

UNDERSTANDING BASIC KOREAN COMMANDS

Numbers:

One.....	Hanna	First.....	Il
Two.....	Dool	Second.....	Ee
Three.....	Set	Third.....	Sam
Four.....	Net	Fourth.....	Sa
Five.....	Da-Sut	Fifth.....	Oh
Six.....	Rye-Sut	Sixth.....	Yuk
Seven.....	Il-gop	Seventh.....	Chil
Eight.....	Yah-dul	Eighth.....	Pal
Nine.....	Ah-hop	Ninth.....	Goo
Ten.....	Yul	Tenth.....	Ship
Twenty.....	Se-mul	Twentieth.....	Ee-Ship

Commands:

Instructor.....	Sah-baum-nim	Front Kick.....	Ap Cha-gee
Attention.....	Cha-ryet	Roundhouse Kick....	Dol-rye Cha-gee
Bow.....	Kyung-ryet	Side Kick.....	Yop Cha-gee
Start.....	Shi-jock	Crescent Kick.....	Pyo-chuk Cha-gee
Stop.....	Gu-mahn	Axe Kick.....	Guk-gi Cha-gee
Return to Ready.....	Bah-ro	Tiger Mouth Strike..	Ho-goo Chi-gee
Stance.....	Seo-gi	Speer Hand Strike...	Sohn-chi Ru-gee
Body Position.....	Jah-sae	Palm Strike.....	Pyung-soo Chi-gee
Ready.....	Choon-bi	Iron Palm Strike.....	Chul-sa Jang

Expressions:

Yes.....	Ne
No.....	A-nyo
Thank You.....	Gahm-sah-hahm-nee-dah
Thank You Very Much.....	Tae-dan-hi Gahm-sah-hahm-nee-dah
Hello.....	Ahn-young-ha-sae-yo
You Are Welcome.....	Cha-mahn-nae-yo
How Have You Been Doing?.....	Uh-dauh-gae Ji-nae Shut-uh-yo?
Good Bye.....	Ahn-young-he Gae-sae-yo
Martial Arts.....	Mu Sool
Chung Do Mu Sool Won.....	True Way Martial Arts Academy



INTRODUCTORY CLASSES

Monday	Tuesday	Wednesday	Thursday	Saturday
Beginner - Orange 4:00 – 4:30	Beginner -Orange 5:30 – 6:00	Beginner - Orange 4:00 – 4:30	Beginner -Orange 5:30 – 6:00	KIDS CLASS ALL BELTS 10:00 – 10:45
	(Private Lessons) 5:00 – 5:20		(Private Lessons) 5:00 – 5:20	

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414-302-5125
www.RoyalCourtUSA.com



SCHEDULE

Little Lions Black Belt Leadership Club - Ages 4-8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BBLC 4:00 – 4:30 Leadership Kick 4:30 – 5:00		BBLC 4:00 – 4:30 Leadership Kick 4:30 – 5:00		
BBLC 6:00 – 6:30 Leadership Kick 6:30 – 7:00		BBLC 6:00 – 6:30 Leadership Kick 6:30 – 7:00			

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SCHEDULE

Royal Lions Black Belt Leadership Club – Ages 9 – 14

Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
BBLC 4:30 – 5:00 Leadership Kick 5:00 – 5:30		BBLC 4:30 – 5:00 Leadership Kick 5:00 – 5:30			
	BBLC 6:00 – 6:30 Leadership Kick 6:30 – 7:00		BBLC 6:00 – 6:30 Leadership Kick 6:30 – 7:00		

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SCHEDULE

Adult Classes

Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
7:00 - 7:45 Brazilian Jujitsu	7:00 - 7:45 Royal Court Martial Arts	7:00 - 7:45 Brazilian Jujitsu	7:00 - 7:45 Royal Court Martial Arts		8:30 – 10:00 M.I.T (Master Instructor Training Class) (2nd and 4th Sat)
6:00 – 6:45 Thai Kickboxing	Thai Kickboxing 12:00 – 12:45 6:00 – 6:45	6:00 – 6:45 Thai Kickboxing Advanced Sparring	Thai Kickboxing 12:00 – 12:45 6:00 – 6:45		10:00 – 10:45 Thai Kickboxing

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**ROYAL COURT'S
NEW
INCENTIVE PROGRAM**



Effective March 1, 2007

Recommend Royal Court Academy to friends and receive a Free month of Thai Kickboxing. We'll also include boxing gloves. Or, a \$25 credit that can be used for equipment purchases for yourself or child. The dollar amount will grow by \$25 increments with every new student that joins our program. Referrals must sign-up to receive rewards. See our Royal Court Staff for more details.

Please Print

Name (Student): _____

Friend's Name: _____



One Week Free

No Obligation!

May be redeemed for:
Adult or Youth, Martial Arts
Thai Kickboxing
Fencing

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