

# TRUE WARRIOR MARTIAL ARTS



## Hornell /Dansville Tae Kwon Do Club

For those ages 8 to 99!

### Practice Schedule

#### Dansville:

Friday from 6:30PM to 7:45PM at Strike Back Martial Arts, 170 Main Street, Dansville, NY

#### Hornell:

Tuesday from 6:30PM to 7:45PM

Sunday from 12:30PM to 1:45PM

at

New Hope Community Center

282 Canisteo St., Hornell, NY

Call Dr. Joe with questions: 585-233-8713

OR Email: [joedep61@gmail.com](mailto:joedep61@gmail.com)

### Expenses

There is no charge for the class.

#### **Uniforms (needed after achieving Yellow Belt)**

Online cost about \$40

Club T-Shirt: \$10

Sparring gear: optional. \$20-\$50

### Events

Belt Tests: \$35 for lower belts, \$150 for black belt test

### Tae Kwon Do Facts

Instructors: Dr. Joe DePra, 3rd Degree Black Belt.

Becky DePra, 2<sup>nd</sup> Degree Black Belt.

Caleb Jones, 1<sup>st</sup> Degree Black Belt

Our Tae Kwon Do Style: Chung Do Kwon, i.e. "The Blue Wave."

Style Type: There are 3 different styles of martial arts: 1) Hard, 2) Soft, and 3) Hard/Soft. The style we practice is Hard, defined by quick, snap-like movements and muscle tension. An example of a Soft style would be Tai Chi, which is very graceful. Many forms of Kung Fu are Hard/Soft styles.

Focus: Focus is the development of concentration and skill to increase your physical potential. As a student practices longer, he or she will develop more Focus and will be able to punch and kick harder without adding muscle. This ability enables a student to break boards, for example, without hurting themselves.

### **A little more about our instructors:**

Dr. Joe started practicing the art of Tae Kwon Do in 2009 at the Avoca Tae Kwon Do Club and obtained his 1<sup>st</sup> degree black belt in November of 2012 through World Martial Arts, Headquartered in Brooklyn, NY. Although the martial arts have an Eastern influence, Dr. Joe is a born-again Christian who loves Jesus Christ. Dr. Joe considers teaching TKD as a Christian ministry. He teaches that TKD is a way to glorify God through exercise, discipline, respect, integrity, and perseverance. Dr. Joe and his family attend New Hope Wesleyan Church.

Becky DePra is Dr Joe's wife and is an excellent instructor. She also started in Avoca and is a 2<sup>nd</sup> Degree Black Belt

Caleb Jones is son of Pastor Doug Jones and is a 1<sup>st</sup> Degree Black Belt. He is an excellent teacher.

### **Tae Kwon Do Rules**

1. Tae Kwon Do is for self-defense only. Using the skills you're taught to bully or intimidate others will not be tolerated. This is the most important rule!
2. This is a non-contact school. Except for blocking, no physical contact will be made during practice.
3. A Uniform is required for all students who achieve Yellow Belt. A uniform can be purchased online. If you need help getting one, talk to Dr. Joe. Also, either a Tae Kwon Do t-shirt or a plain white t-shirt must be worn under the uniform.
4. There is no talking, playing, eating, chewing gum or sitting down during class. The moment you enter the practice room, this rule applies. If you're feeling ill or are injured talk with the instructor.
5. All questions must wait until class is over. I'll be more than happy to answer questions and give extra instruction after practice.
6. Only the Instructor teaches unless otherwise specified! Please do not take it upon yourself to teach another student anything (unless the Instructor asks you to) or to ask another student for help. Always ask the Instructor.
7. All spectators must refrain from talking so as not to disturb the concentration of the class. If you bring a spectator, please be sure to inform them of this rule before class begins.
8. When lining up, always run out onto the floor to show good spirit. In fact, you should run anytime you are moving from one place to another.
9. Be respectful of the building and property.
10. Don't worry about other people's advancement or development. Don't worry about when you are ready to take a belt test. Your instructor will let you know.

### **Belt Ranks**

**White Belt:** You're automatically a White Belt when you join. As a white belt you'll learn Basics, Forms and Three-Step.

**Yellow Belt:** After 1-2 months minimum of steady practice and hard work, a student may qualify for Yellow Belt. You'll learn new Forms, new Three Steps, and you'll be able to Freestyle or spar.

**Green Belt:** After 2-3 months minimum of steady practice and hard work as a Yellow Belt, a student may qualify for Green Belt. You'll earn a new form and be expected to practice with much more Focus than before.

**Purple Belt:** After 4-5 months minimum of steady practice, hard work and a good attitude as a Green Belt, a student may qualify for Purple Belt. This is a big step, with new Forms and Three-Steps to learn. When considering a student for Purple Belt, I pay closer attention to how they conduct themselves at practice. A student may be adept at the physical aspects, but if they have a poor attitude then they will not qualify.

**Brown Belt:** After 6-8 months minimum of steady practice, hard work, a good attitude and proving him or herself as a good role model, a student may qualify for Brown Belt. At this point, my expectations are very high! On the physical end, a student must develop strong Focus, Speed, and Precision. I need to see the student giving 100% at every practice. On the Mental and Spiritual end, I

ask myself these questions about every student: Do they have a good attitude? Are they passionate and dedicated? Are they respectful to myself and the other students? Are they providing a good role model both in and out of practice? Are they keeping their grades and schoolwork up? How is their behavior at school and at home? A student must live up to high standards in order to achieve a high rank in the art of Tae Kwon Do.

**Black Belt:** After 8-12 months of dedicated practice and demonstrated leadership you may qualify for 1<sup>st</sup> degree Black Belt. There are 9 degrees of Black Belt. At least 3 years between 1<sup>st</sup> and 2<sup>nd</sup> degree and 3-5 years between 2<sup>nd</sup> and 3<sup>rd</sup> degrees. At least 5 years between each additional degree along with significant contribution to the Art of Tae Kwon Do and the community at large.

**NOTE:** The time frames given above between belt tests are the best case scenarios. Some students will have to wait longer to take a test. Lack of attendance, disruptive behavior, only giving 50% at class and other factors will lengthen the time between belts. Model behavior, hard work, and good attendance will shorten the time between tests.