

WELCOME

TO



Victory
MARTIAL ARTS



HANDBOOK FOR NEW STUDENTS AND PARENTS

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Structure

Structure is to obey what is right and follow the rules. Students must learn how to recognize and respect authority. The instructors are the main authority in the school. It's their duty to set and enforce the school's rules; it's the students' obligation to follow them.

Victory Rules

- ✓ Upon arriving to the school, students and parents must bow at the door with a strong "Hello Sir, Hello Ma'am". Students must then place their bags and shoes in the appropriate place, sign in to class, and line up to prepare for class.
- ✓ Students must bow and greet everyone they interact with in the school.
- ✓ Students must always bow to the instructor, whether it be during class or otherwise.
- ✓ Students must arrive at least 5 minutes before class and leave no more than 10 minutes after the class finishes.
- ✓ If a student is late for class, he/she must ask permission to join the class.
- ✓ No shoes are allowed on the mat, unless authorized by an Instructor.
- ✓ If students need to fix their uniforms or belts, they must ask permission and turn to the back of the class to make the necessary adjustments.
- ✓ Only students or guests participating in the class are allowed on the mat.
- ✓ Students must memorize the Student's Oath and apply it in their daily lives.
- ✓ Students are allowed to drink water only before and after class.
- ✓ Students are only allowed to use the restroom before and after class. If there is an urgent need during class, they must ask the Instructor for permission.
- ✓ Students, parents and guests should refrain from talking to students participating in class.
- ✓ When leaving the school, students and parents must bow at the door with a strong "Goodbye Sir, Goodbye Ma'am".
- ✓ Students should always answer loud and clear demonstrating courtesy and respect.

Uniform and Equipment:

A student's appearance is a reflection of his or her self-esteem. Students must care for how they look by keeping their uniform clean, pressed and odor free. It's every student's responsibility to keep his or her equipment in good condition.

- ✓ Labeling students equipment will prevent any items from being lost.
- ✓ XMA uniforms may be worn by Leadership and Performance students only.
- ✓ If a student wears a T-shirt underneath the uniform, it must match the color of the uniform.
- ✓ Full safety equipment is required for sparring.

Reasons for requiring the use of Victory approved training gear.

Reason #1 - Safety

Students begin learning early in their martial arts experience that the techniques they are taught in class are for defense only. At the same time, a student must practice the techniques under full power in order to develop the physical and mental benefits we teach. Proper safety equipment creates the peace of mind for a student to apply their full strength and power without concern for accidental contact or injury. Students who begin using their full safety equipment as a white belt are far better prepared for intermediate and advanced training.

Reason #2 - Responsibility

A student's safety gear becomes an important part of their martial arts training. Learning to care for their equipment, storing it and transporting it properly are all actions necessary for teaching greater responsibility for their belongings. (How many parents repeatedly tell their children to pick up their clothes, or put away a backpack after school?) By taking personal responsibility for their equipment, students learn to become better organized and take initiative, rather than waiting for someone to do things for them.

Reason #3 - Uniformity

The first three ranks are about learning the structure of martial arts and what it means to be a martial artist. The white, orange and yellow belt student is expected to learn and practice the discipline of the academy. This includes proper procedures for entering and leaving the academy, preparing for class and lining up, showing respect for juniors and seniors, understanding how to apply their life skills in everyday life and appreciating what it means to be a valuable part of the Victory program. This structure extends to the uniform and training equipment that a student uses. Everyone in the school is on the same team and so a common bond is strengthened when our students use the same Victory approved gear.

Reason #4 - Commitment

The way to reach a goal is to make oneself 100% committed to the process of achievement. Becoming a Black Belt is a lifetime accomplishment and the initial investment required to have your own set of safety and training equipment is a sign of commitment on the part of both the parent and the child. Goals we set... are goals we get!

Emotion



Emotion is a decision, it's having fun with everything we do. Parents who show enthusiasm for their children's efforts during class help make their experience in martial arts training very special. Thumbs up, clapping and cheering are considered a normal part of class. In martial arts we use our body motion to create emotion. Victory Martial Arts teaches students to put emotion in every move so they create the habit of doing everything in life at 100%. They must have a positive attitude and always be motivated. We have a special system to keep them motivated and help them follow through with their goals.

Victory Reward System

We have developed a program based on traditional martial arts for children and adults to learn and practice Life Skills, as well as technical martial arts skills. The monitoring method we use involves the Victory Tag and the Victory stars. To earn their Victory Tag, students must invite a friend, sibling or parent to take class with them. This way they are motivated to practice leadership.

The Victory Stars—which are placed on the Victory Tag—are rewarded to students for their achievements at Victory, at home and at school. These achievements may include:

- ✓ Improvement in behavior
- ✓ Following directions immediately
- ✓ Black belt attitude
- ✓ Tournament participation
- ✓ Practicing the Victory Life Skills (Discipline, Belief, Honesty, Respect, Communication, Self-Esteem)
- ✓ Enhanced confidence
- ✓ Excellent grades
- ✓ Leadership

The Victory Patch and Victory Stars are components of the Victory Rewards System which has proven to be a valuable instrument in developing good habits in our students.



Patches

ATA Patch

Students receive this when they officially become a member of Victory Martial Arts. It is to be placed on the right side of the student's uniform.



Victory Patch

Junior and Adult students earn this patch when he or she brings a friend, sibling, parent or relative to participate in class as a guest.

This patch goes on the left side of the student's uniform.



Master Club Patch

When an Action student orders the official uniform this patch is located just below the right shoulder. The uniform also has the ATA Patch, the Master Club Patch and the student's city or state on the back.



Leadership Patch

When a Leadership student orders the official Leadership uniform this patch is located just below the right shoulder. The uniform also has the ATA Patch, the Master Club Patch and the word Leadership on the back.



Legacy Patches

Students receive these patches when they officially become a member of the Legacy Program. The ATA Legacy Patch is located just below the right and left shoulder. Victory Legacy Patch goes on the left side of the student's uniform. The uniform also comes with the ATA Patch, Victory Legacy Patch and the student's name on the back.



A-TEAM Patch

When students earn Bs and higher on their report cards, they receive this distinctive patch as members of the A-TEAM. This patch goes on the student's left arm, below the shoulder seam.



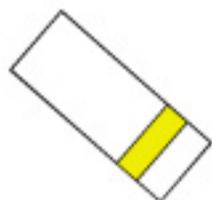
Tiger Rank Patches

As Tiger students reach each new Recommended Rank level, they will receive a Tiger Patch for the corresponding rank.



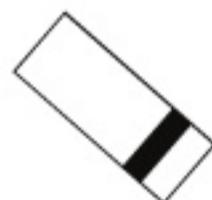
Stripe System

There are 5 stripes in total that a student earns over the course of a testing cycle.



Yellow Stripe

This is the first stripe earned in a testing cycle. Students will need to turn in a Life Skill testimonial. This way they are rewarded for their positive behavior at home, school, or work.



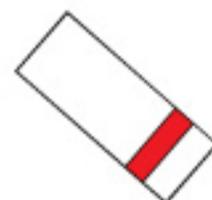
1st Black Stripe

Black Stripes are awarded for the students who are consistent with their training. Victory believes that repetition creates strong habits, which include a great attitude in class and a strong work ethic. After 5 attendances, the student will be **eligible** to receive the 1st Black Stripe.



2nd Black Stripe

Black Stripes are awarded for the students who are consistent with their training. Victory believes that repetition creates strong habits, which include a great attitude in class and a strong work ethic. After 10 attendances, the student will be **eligible** to receive the 2nd Black Stripe.



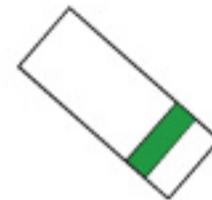
Red Stripe

The Red Stripe is for completing the Letter of Intent to Promote. This is filled out by the parents and the school teacher so that the student is rewarded for their positive behavior and attitude at school! This stripe should be earned by the 10th attendance.



3rd Black Stripe

Black Stripes are awarded for the students who are consistent with their training. Victory believes that repetition creates strong habits, which include a great attitude in class and a strong work ethic. After 15 attendances, the student will be **eligible** to receive the 3rd Black Stripe.



Green Stripe

The Green Stripe is awarded to students who qualify as CANDIDATES to advance to the next program level.

Instructors have the authority to decide when the students get their stripes. Once the students have earned all of their stripes, they are ready to advance in rank.

Students should never ask for their stripes; this is a privilege that must be earned.



ATA BELT RANKING SYSTEM



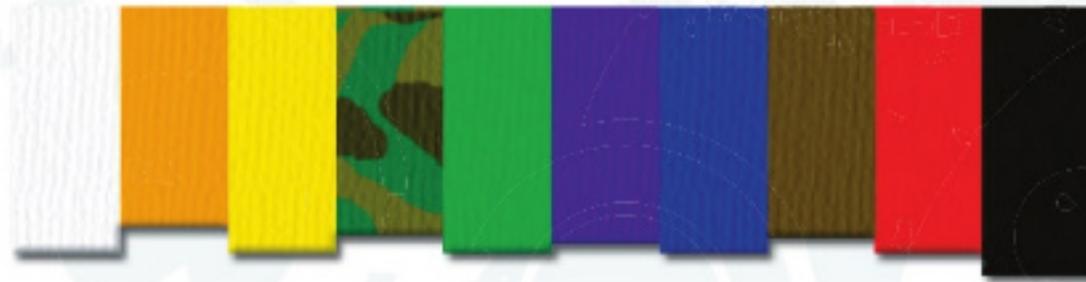
RECOMMENDED	DECIDED

TIGER BLACK BELT

ACTION		LEADERSHIP		BLACK BELTS
RECOM.	DECIDED	RECOM.	DECIDED	



Knowledge



Knowledge is demonstrated when students apply what they have been practicing in class to their everyday lives. Victory students should be on their best behavior always.

Students also show knowledge as they improve their martial arts techniques. Regardless of the degree of perfection in these techniques, the values reinforced at Victory Martial Arts – if applied correctly – will most likely prevent them from having to use their physical abilities. If students learn how to greet people, look in their eyes, speak properly, show confidence and demonstrated exceptional social skills, they may never need to use their self-defense skills.

Belt Promotions

At Victory Martial Arts we reward our students primarily for their knowledge of Life Skills, rather than their physical prowess. These are, after all, the skills that will make them winners in life. The belt promotion is one of the most rewarding experiences that martial arts has to offer!

The expectations are different for a white belt beginner and an experienced black belt student.

The Victory System is designed to recognize and reward student's results based on their current level and personal abilities. It takes discipline to reach all the requirements.

Below are some common questions about belt promotions.

Why should students promote?

Just like at school children advance to the next grade level as a reward for their accomplishments, in martial arts their efforts are rewarded by advancing to the next belt rank. All students who meet the requirements should always promote. Not promoting is likely to result in a sense of failure and may diminish the student's self-esteem.

What is the significance of changing belts?

Most people respond to positive reinforcement and that's exactly what receiving a new belt is! Belt promotions teach our students to be goal oriented and help them see their progress. This results in a rise and strengthening of their self-esteem and confidence.

Why are belt promotions held monthly?

Adults and children need to have constant supervision. Promotions are held every month for convenience, however the typical student promotes every two months. This two-month time frame creates a sense of urgency the goal of learning the curriculum and practicing the life skills. People often tend to postpone or procrastinate, that's why the two-month recommendation is so important: it gives our students direction and keeps them in check.



What are the physical requirements?

Action Students should be able to:

1. Demonstrate COORDINATION and PROPER EXECUTION of:
Blocks, Strikes, Kicks and Stances.
 2. Execute specific BOARD BREAKING techniques designed for their level.
 3. Develop fine motor skills and hand/eye coordination ability through the utilization of the TRAINING TOOLS.
 4. Utilize their techniques focusing on distance, timing and precision in a SPARRING situation.
- * Beginner students ARE NOT expected to perform at the same level as advanced students and all Victory instructors are trained to recognize the unique physical abilities of each student.

Performance students should:

1. Lead the class.
2. Perform the specialty technique of the current cycle.
3. Understand the Life Skills and present the topics discussed in class.
4. Perform the Victory XMA form.

Leadership students should be able to:

1. Perform the requirements of both the Action and Performance student.

What is the INTENT TO PROMOTE LETTER?

Every student's intent to promote letter must be submitted at least two weeks before the promotion date, this way the instructors have time to work with the student to resolve any pending issues. The purpose of the intent to promote letter is to assure students are maintaining a good behavior at home and school; this way we can work together to reinforce the values parents want their children to have and motivate students to improve.

The image shows two overlapping forms titled "SCHOOL OF LEADERS, SCHOOL OF LIFE. LETTER OF INTENT TO PROMOTE". The forms are designed for parents and teachers to provide feedback on a student's behavior. The top form is partially obscured by the bottom one. The forms include sections for "ADULT", "PARENTS", and "TEACHER". The "PARENTS" section has a table with columns for "ADULT", "PARENTS", and "TEACHER" and rows for "ADULT", "PARENTS", and "TEACHER". The "TEACHER" section has a table with columns for "ADULT", "PARENTS", and "TEACHER" and rows for "ADULT", "PARENTS", and "TEACHER". The forms also include a "Free Set" section and a "VICTORY" logo at the bottom.

Legacy

To be a Victory Parent is to support your Victory school in creating the best atmosphere for your child or children to grow.

Here are some guidelines on how to be a Victory Parent:

#1: Victory Parents support their children during class by offering signs of approval – such as cheering, applauding, smiling, showing “thumbs up” – when they see them doing their best. They refrain from reprimanding or criticizing their children during class and allow the instructors to be the ones to make any corrections when necessary.

#2: Victory Parents follow and enforce all Victory rules and policies, thus enhancing the discipline of the school. When the parents follow the rules and regulations, the children are likely to follow their example. This starts at the front door by always bowing and greeting the instructors, students and their families aloud upon entering or leaving the school, showing courtesy, respect, confidence and discipline.

#3: Victory Parents make sure that their future tiny tigers (younger siblings that are not yet students) are quiet and well behaved during class, so as not to create any distractions.

#4: Victory Parents understand how important it is to be a part of their children’s experience. They know that watching their children’s class – or even better, participating in it – will broaden their understanding of the lessons taught at Victory so that they can practice with them at home.

#5: Victory Parents avoid disrupting classes by abstaining from socializing during class and remembering to switch their phones to a silent mode upon entering their Victory school. When Victory Parents must use the phone or talk to another parent during class, they kindly step outside.

#6: Victory Parents bring their children 5 to 10 minutes before class starts and avoid leaving them by themselves after their class is over. If a student unavoidably must wait longer to be picked up, Victory Parents make sure to alert the Victory team.



#7: Victory Parents understand that each child is an individual who will progress at his or her own pace. They avoid comparing their child to their siblings or to other students and encourage them to set realistic goals and achieve them.

#8: Victory Parents keep present why they enrolled their children in a Victory program in the first place. They are aware that memorizing is only a small part of the big picture. When it comes to their children's performance, Victory Parents trust the instructor's judgment on what should be expected from them.

#9: Victory Parents know that when they have a concern about their child's training, progress or about the school, they must go directly to the instructors. The Victory team will address their concern and do their best to help.

#10: Victory Parents make sure that their children have eaten before coming to class. They know that food is not allowed inside the school (save on special celebrations).

#11: Victory Parents show encouragement for all students during class, promotions and demonstrations. They know that through their example, their children will also learn to be supportive of their peers.

#12: Victory Parents show courtesy and respect when attending tournaments and other martial arts functions and make sure that their children follow their example. If they do have a concern, they respectfully take it to their instructors, avoiding any confrontation with judges or other parents.

#13: Victory Parents constantly help their children to set goals. They know that goal setting will help their children develop the perseverance and self-discipline needed to achieve great personal success



9 things to do daily to make your child's experience in Victory Martial Arts special.

- 1.** Be your child's audience and support. Your very presence during class raises your child's self-esteem and confidence.
- 2.** All performances by students should receive the loudest and craziest cheers. BE WILD! This is a magical moment for them. Your cheers anchor your child to SUCCESS and all the rewards of setting and accomplishing their goals.
- 3.** Be sure to focus on your child's positive development throughout his or her training. Make sure you tell your child how proud you are of him or her after every class.
- 4.** SMILE! It's contagious!
- 5.** Be grateful for the magical person you brought into this world. This brief drift into gratitude is a magical moment for you.
- 6.** Every class is an opportunity to applaud your children's self-discipline, their courage for participating, and their individual effort. Remember: it's their attitude, not their aptitude, which determines the quality of their effort.
- 7.** Be alert to magical moments: they will occur.
- 8.** When your child looks over to you during class, give them thumbs up, a wink or a smile. Let them know how proud you are of them!
- 9.** Congratulate yourself for making the right decision in giving your child the gift of martial arts: a vehicle to life long success.





TIGERS CREED



To be a good person I must have knowledge in my mind,
honesty in my heart, strength in my body,
to make good friends, and be a black belt leader,
Sir/Ma'am! Hiyaaaa!

KARATE KIDS CREED



Each day I will live by honoring my parents and instructors,
practicing to the best of my abilities,
and by having courtesy and respect for everyone I meet,
Sir/Ma'am

SONGAHM SPIRIT OF TAEKWONDO



- Beginning of the Class -
Sir/Ma'am,
I will practice in the Spirit of Taekwondo,
with courtesy for fellow students, loyalty for my Instructor,
and respect for my Juniors and Seniors,
Sir/Ma'am

- End of the Class -
Sir/Ma'am,
I shall live with perseverance in the Spirit of Taekwondo, □
having honor with others, integrity within myself,
and self control in my actions,
Sir/Ma'am

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SCHOOL OF LEADERS



SCHOOL OF LIFE



*Established
in 1993*



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