

Maestas Taekwon-Do Student Handbook



ARVADA • COLORADO

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Introduction

Congratulations on becoming a student of Taekwon-Do and joining the Maestas Taekwon-Do Club. As a beginning student, you probably have many questions. This manual is designed to answer many of your questions. Feel free to ask any of the instructors to clarify information in this manual or to answer questions not covered.

What is Taekwon-Do?

Taekwon-Do is a martial art started in Korea about 50 years ago. Taekwon-Do consists of training of the mind and body in the use of techniques of unarmed combat for self-defense and health. It involves the skilled application of punches, kicks, blocks and dodges with the bare hands and feet for the rapid immobilization of one or more opponents.

Taekwon-Do is a martial art that most anyone can benefit from. While the beautiful kicking techniques require the use of two legs, many people without arms have become very proficient in Taekwon-Do. Children can especially benefit from the self-discipline, courteous behavior, and self-control that is a natural part of Taekwon-Do.

Who is Maestas Taekwon-Do?

Maestas Taekwon-Do is a club devoted to the study of Taekwon-Do. Our head instructor, Master Ron Maestas, began his Taekwon-Do career over 30 years ago. About 20 years ago he moved to Arvada and joined with the North Jeffco Parks and Recreation District to provide low cost, high quality martial arts instruction.

North Jefferson Taekwon-Do, Inc. (NJTKD) operates the club. NJTKD is a Colorado non-profit corporation with federal 501(c)(3) status pending. Our mission is to continue to provide the kind of program that Master Maestas began so many years ago. The North Jeffco Parks and Recreation District collects class fees and provides administrative support for the club.

What will I learn?

Maestas Taekwon-Do teaches not only the art of Taekwon-Do, but also very high standards of discipline and behavior. In addition to practicing techniques of self-defense, students are required to learn and observe the Tenets of Taekwon-Do – Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. These tenets will be a valuable part of the students' personal philosophy for the rest of their lives. The students will also learn many other character values that will assist them in becoming a better person.

The physical training of Taekwon-Do was developed over the past 50 years by General Choi Hong Hi. General Choi was a founding member of the South Korean Army and leader in the development of Korean martial arts. The United States Taekwon-Do Federation (USTF) continues to teach the great tradition of General Choi. The USTF has developed extensive training manuals that students can purchase to assist them in their training.

Instructors

Instruction in Taekwon-Do is provided by a group of dedicated martial artists under the direction of Master Ron Maestas. The United States Taekwon-Do Federation certifies all the instructors. In addition to teaching class, the instructors spend a good deal of time training with the head instructor and at the USTF national headquarters located in Broomfield, Colorado. Instructors are required to attend instructor's seminars in order to maintain a high level of competence in Taekwon-Do.

Instructors:

Master Ron Maestas, VII Dan	Head Instructor
Mister Robert Martin, V Dan	Senior Instructor
Mister Kent Krudwig, IV Dan	Instructor
Mister Robert Pettijohn, IV Dan	Instructor
Mister Michael Boyd, IV Dan	Instructor
Mister David Martin, III Dan	Assistant Instructor
Mister Robert Martin, III Dan	Assistant Instructor
Mister Don Bava, II Dan	Assistant Instructor
Mister Greg Strong, II Dan	Assistant Instructor
Mister Scott Honas, II Dan	Assistant Instructor
Mister Robert Thomas, II Dan	Assistant Instructor
Ms. Susan Marx	Assistant Instructor
Dr. Don May, I Dan	Assistant Instructor
Miss. Danielle Honas, I Dan	Junior Instructor
Mr. Jeremy Heberlein, I Dan	Junior Instructor

There are also numerous other black belts and senior color belts that assist class. However, all classes are taught under the guidance and direction of Instructors or above.

School locations and class times

Maestas Taekwon-Do provides instruction in a number of locations.

Main school – (ages 8 and up)

Campbell Elementary School, 6500 Oak Street in Arvada

Monday and Thursday classes.

Beginning/Intermediate (white to high yellow belt) 6:00 PM to 7:30 PM

Advanced (green belt and above) 7:30 PM to 9:00 PM

During the summer, class meets at Secrest Youth Center, 66th Ave & Pierce Street.

Ron Maestas – Head Instructor, assisted by other Instructors

Registration through North Jeffco Parks and Recreation

Mini-bears – (5 to 7 year olds)

Secrest Youth Center, 66th and Pierce Street in Arvada

Saturday morning from 9:00 AM to 10:30 PM

Robert Pettijohn – Head Instructor, assisted by other Instructors

Registration through North Jeffco Parks and Recreation

Saturday Morning Kickers – (ages 8 and up)
Secrest Youth Center, 66th and Pierce Street in Arvada
Saturday morning from 7:30 AM to 9:00 AM
Robert Martin – Head Instructor, assisted by other Instructors
Registration through North Jeffco Parks and Recreation

Wednesday Evening Family Class – (all ages; all ranks; must have a family member attending or the instructors permission.

Secrest Youth Center, 66th and Pierce Street in Arvada
Wednesday evenings from 6:00 PM to 7:30 PM
Don Bava – Head Instructor, assisted by other Instructors
Registration through North Jeffco Parks and Recreation

Wednesday Evening Adult Class – (must be 16 years of age or have instructor permission)

Secrest Youth Center, 66th and Pierce Street in Arvada
Wednesday evenings from 7:30 PM to 9:00 PM
Robert Martin – Head Instructor, assisted by other Instructors
Registration through North Jeffco Parks and Recreation

Testing

Every three to four months, colored belt students demonstrate their proficiency for the next belt at testing. Students who attend class on a regular basis and work hard can expect to test. However, it is up to the instructors to determine if a student is ready to test. Part of the culture of Taekwon-Do states that it is bad etiquette for the student to ask to test. Rather, they should wait until their instructor tells them that they can test. In addition, USTF rules require that children less than 10 years of age wait six months between each test, unless they have permission from the head instructor.

Testing is generally held on a Monday evening during what would be regular class time. (There is no class on that night.) Students should arrive in clean uniforms one-half hour prior to testing to allow for stretching, warm-ups and paper work processing. After the opening ceremony, the students are called up by rank to demonstrate their abilities and techniques. Testing for each group takes between 10 and 30 minutes, depending on rank. Each student is judged by a group of senior black belts. All students are asked to perform patterns, kicks, hand techniques and step sparring appropriate to the belt level for which they are testing. Higher-ranking students will also be required to show power and technique with a breaking demonstration. One week or so before testing, students are given score sheets to fill out. These need to be returned along with payment on testing night.

Maestas Taekwon-Do charges a fee for testing. The fee is used to cover the cost of the test. Current fees are:

Testing for:

9 th Gup (white belt with yellow strip)	\$20.00
8 th Gup (yellow belt from 9 th Gup)	\$55.00 (includes USTF membership)
8 th Gup (yellow belt from 10 th Gup)	\$70.00 (includes USTF membership)
7 th Gup (yellow belt with green strip)	\$35.00
6 th Gup (green belt)	\$40.00
5 th Gup (green belt with blue strip)	\$40.00

4 th Gup (blue belt)	\$50.00
3 rd Gup (blue belt with red strip)	\$50.00
2 nd Gup (red belt)	\$60.00
1 st Gup (red belt with black strip)	\$60.00

One to two weeks after testing, students receive their new belts (or tape for strips), certificates and score sheets. (Cost of belts and certificates are part of the test fees.) Parents should review the score sheet with their children and make sure they understand the information on it. If you have questions, one of the instructors can clarify the sheet. While students should feel a bit of stress at testing, it should be a fun experience. Please discuss any problems with the instructors.

Testing for 1st Dan black belt (and above) is handled in a somewhat different manner. The instructors can direct you the proper place for information.

Other cost associated with training

In addition to testing fees and class costs, there are a few other cost involved in Taekwon-Do training. Most of these items can be spread over a period of time.

Sometime during the first three months of training, the student should buy an official uniform. These can be purchased from Maestas TKD. The cost of the basic student uniform is \$25.00.

When testing for yellow belt, students are required to join the United States Taekwon-Do Federation. The cost is \$35.00 for the application and \$30.00 per year after the first year. The fee is included in the yellow belt testing fee. Forms are available from the instructors.

Anytime after yellow belt, students have the option of participating in tournaments. For the most part these tournaments are closed events with only USTF member schools taking part. Cost of tournaments varies depending on the expected size, location and nature of the event. Costs run from \$15.00 to \$50.00 per tournament. At high blue belt, tournament competition is required for belt advancement.

In addition to the actual cost of the tournament, the student is required to buy safety equipment. This includes hand pads, footpads and a mouthpiece. All males are required to have a supporter and cup. Students under 16 years of age are required to buy head gear. Adults are strongly encouraged to buy head gear. Optional equipment includes shin pads and chest protectors. Equipment is available from the school. Footpads and hand pads are \$22.00 for each (\$44.00 for set). Head gear is \$45.00. A mouthpiece can be purchased at any local sporting goods store (do not buy the football style) same with cup and supporter. Other gear can be ordered on an individual basis and prices are available. The instructors must approve all equipment.

NJTKD has the limited ability to provide financial assistance on an as needed basis. It is our philosophy that no one should be denied the opportunity to train due to financial difficulties. For additional information, contact one of the instructors.

INFORMED CONSENT, ASSUMPTION OF RISK, AND COMPLETE RELEASE OF LIABILITY FORM

NORTH JEFFERSON TAEKWON-DO, INC.
d/b/a Maestas Taekwon-Do

**THIS IS AN IMPORTANT LEGAL DOCUMENT.
READ IT CAREFULLY AND UNDERSTAND IT FULLY BEFORE SIGNING.**

Welcome to Maestas Taekwon-Do. We are pleased that you have chosen to participate in our program. Our Taekwon-Do School is challenging, frequently strenuous, and can offer exercise of a different nature than participants may be used to. There are inherent risks involved in Taekwon-Do and it is of utmost importance to us that you not engage in activities that could be detrimental to your health or which would be opposed by you, your family, or your doctor due to illness, injury, physical or mental infirmity, or any other health/medical condition that you may have, whether diagnosed or undiagnosed. It is our practice to *recommend and encourage* each and every potential Maestas Taekwon-Do participant to undergo a thorough physical/medical examination with a licensed health care provider prior to proceeding with our program. A physical/medical examination is a prudent means by which to ensure that each participant is of sufficient physical, mental, and emotional health to complete the program while reducing the risk of any unnecessary injury, illness, ill-health effects or even premature death. Maestas Taekwon-Do also encourages and recommends that each participant carry health/medical insurance.

For many individuals, a current and thorough physical/medical examination may identify risk factors or previously undiagnosed ailments and may provide additional assurance that participation in this course will not in any way be detrimental to your physical or emotional health. For example, a physical/medical examination is strongly recommended for those individuals who have a personal or family history of and/or may be predisposed to heart disease, heart attack, chest pain, stroke, high blood pressure, high cholesterol, diabetes, asthma, shortness of breath, heart murmur, heart palpitation, irregular heartbeat, obesity, or for those people who smoke, formerly smoked, or who live in households where others smoke.

Nevertheless, Maestas Taekwon-Do recognizes that health considerations involve very personal decisions. Maestas Taekwon-Do therefore allows the participant to determine whether or not a medical/physical examination is necessary. However, Maestas Taekwon-Do does require each participant in Maestas Taekwon-Do to understand, acknowledge, and assume the risk of illness and injury and to agree to completely release Maestas Taekwon-Do from all potential legal liability before participating in the program. Therefore, each Maestas Taekwon-Do participant must read, understand, and fully execute this form prior to enrollment and participation in the Maestas Taekwon-Do program.

GENERAL DESCRIPTION OF MAESTAS TAEKWON-DO

I understand that some of the activities in Maestas Taekwon-Do will be physically demanding, which activities may include stretching, kicking, punching, jumping, contact sparring and board breaking.

I understand that I may also participate in Taekwon-Do tournaments and that these tournaments may involve stretching, kicking, punching, jumping, contact sparring and board breaking.

I understand that I can call Maestas Taekwon-Do if I have any questions about what activities might occur in a class.

ACKNOWLEDGEMENT AND ASSUMPTION OF RISK

I voluntarily choose to participate in this program offered by Maestas Taekwon-Do. I acknowledge and understand all of the foregoing risks and hazards and further recognize that additional risks and hazards may exist. However, I voluntarily choose to participate in this Maestas Taekwon-Do program and knowingly agree to assume these and all other risks associated with my participation. I also understand that I share the responsibility for safety while attending Maestas Taekwon-Do and I accept and assume that responsibility. I will make my instructors aware to the best of my ability of any questions or concerns regarding my understanding of the safety standards, guidelines, and procedures, my ability to participate at any point during this program, and any health concerns that I may have.

CERTIFICATION OF FITNESS

I certify and affirm that I am in good health (physically, mentally and emotionally) and I am capable of participating in Maestas Taekwon-Do. I agree to make the Maestas Taekwon-Do administrators and instructors aware of any physical, medical or emotional conditions and/or limitations that I may have. However, I understand that it is solely my responsibility to determine whether there is any reason, medical or otherwise, that I should not participate in the selected program and activities, including but not limited to personal or family history of cardiac disease.

WAIVER AND RELEASE OF LEGAL LIABILITY

I hereby acknowledge that I have read the ACKNOWLEDGEMENT AND ASSUMPTION OF RISK and have agreed to its terms. I fully understand that there are certain elements of danger and potential injury inherent in Taekwon-Do activities.

In consideration of the Maestas Taekwon-Do furnishing services to enable me to participate in this program, I hereby voluntarily waive, release and forever discharge Maestas Taekwon-Do, its agents, assigns, attorneys, contractors, directors, employees, insurance companies, officers, parent company, subsidiaries, or successors-in-interest ("Maestas Taekwon-Do") from any and all liability or claims of every kind and any nature whatsoever for any injury, illness, death or damage to myself, my property, or my family arising out of or any way connected with my participation in this activity. This waiver, release, and discharge specifically includes, but is not limited to, liability or claims based upon the negligent acts or omissions of Maestas Taekwon-Do.

On behalf of myself and my family, I further agree to indemnify and hold Maestas Taekwon-Do harmless from any and all liability, actions, causes of actions, debt claims and demands of every kind and any nature whatsoever, which I now have or which may arise from or in connection with my participation in this program or in any other activity associated therewith. Should Maestas Taekwon-Do or anyone acting on its behalf, be required to incur attorneys fees and costs to enforce this agreement, I agree to indemnify and hold it harmless for all such fees and costs.

In signing this document, I fully recognize that if injury, illness, death or damage occurs to me while I am engaged in this program, I will have no right to make a claim or file a lawsuit against Maestas Taekwon-Do even if Maestas Taekwon-Do has negligently caused my injury, illness, death or damage. I understand that Maestas Taekwon-Do recommends and encourages its participants to undergo a thorough physical/medical examination prior to participation in the program and to carry their own health/medical insurance. Insurance coverage existing with respect to Maestas Taekwon-Do shall not alter the terms of this waiver and release nor shall it impose liability on Maestas Taekwon-Do.

The law of Colorado shall govern this agreement. Should any part or provision of this agreement be determined to be void and unenforceable, all other parts and provisions shall remain in full force and effect. I further understand that any conceivable legal action arising out of my participation in the Maestas Taekwon-Do program must be brought in the State of Colorado and shall be governed by Colorado law.

I hereby grant Maestas Taekwon-Do the right to use, for promotional purposes only, any photographs taken of me during my participation in this program.

CAUTION: READ BEFORE SIGNING BELOW

I HAVE READ THE FOREGOING SETTLEMENT AGREEMENT AND RELEASE. I AM COMPETENT TO READ AND UNDERSTAND THIS DOCUMENT AND I FULLY UNDERSTAND THAT THIS RELEASE HAS IMPORTANT LEGAL CONSEQUENCES. I REALIZE THAT I AM RELEASING ANY AND ALL CLAIMS THAT I, OR THE PARTIES I AM ACTING FOR, MAY HAVE AGAINST THE MAESTAS TAEKWON-DO AS SET FORTH ABOVE. I HAVE HAD THE OPPORTUNITY TO GET A LAWYER'S ADVICE.

DATED this ____ day of _____, 20__.

Signature of Participant (if over 18) or Parent/Guardian

Printed Name of Participant

Address

City

State

Zip Code

Phone

Person to Contact in Case of Emergency

Phone

Please return this form to Maestas Taekwon-Do staff for your program. We cannot approve your participation without it. Thank You!