



Tae Kwon Do

for those ages 8 to 99!

Practice Schedule

- ★ Mondays & Thursdays from 6:30 - 7:45 PM at the First Baptist Church of Avoca [1 Church St. Avoca, NY 607-566-2077 www.FirstBaptistAvoca.org]
- ★ Occasional outdoor Saturday practices as announced. Please dress accordingly.
- ★ There will be no practice in the event of a storm or other severe weather.

Expenses

Our instructor is Doug Walker, who graciously teaches without charging for the class. There are some related expenses that are listed here. We do ask for \$2/person/class. With this money we help with the travel costs for our instructor and purchase equipment for the TKD club.

Uniforms

Adult: \$40 / WMAA Patch: \$6

Gear & Clothing

Avoca TKD T-Shirt: \$10

Youth & Adult Gloves: \$20-\$40 (ask Instructor)

Events

WMAA annual registration fee: \$35

Belt Tests: \$65-100

Tournaments: \$65

Special Practices: \$10

Gas money for Road trips: \$15-\$20

Tae Kwon Do Facts

- Organization Name: World Martial Arts Association, or WMAA.
- Organization Headquarters: Brooklyn, New York.
- Headmaster: Dr. Michael T. Dealy, 9th Dan.
- Facts About Headmaster: Ph.D. in Psychology, Masters Degree in Comparative Literature, teaching Tae Kwon Do for over 40 years.
- Your Instructor: Doug Walker, 1st Degree Black Belt.
- Facts About Instructor: Graduate of Alfred State with an Associates Degree in Automotive, Heavy Truck and Diesel Repair.
- Doug's Instructor: Scott L. Towner, 5th 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 instructor

Doug Walker is a graduate of Alfred State with an Associates Degree in Automotive, Heavy Truck and Diesel Repair. Doug has been an employee with Fox Automotive Group for the last 8 years.

Doug started practicing the art of Tae Kwon Do in 2001 at Addison Community Center and obtained his black belt in April of 2005. Doug's wife and three children also participate in the Avoca club.

Although the martial arts have an Eastern influence, Doug is a born-again Christian who loves Jesus Christ and His Bible. Doug and his family attend Friends of the Cross Christian Church where he and his wife teach Sunday school and Doug is a member of the worship team.



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 and Patch are required for all students who achieve Yellow Belt. A uniform & patch can be purchased via the Instructor. 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, you may sit down.
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.
9. Be respectful of the church and club property.
10. Be serious, but remember to have a good time!
11. Start saving money NOW. Belt tests, tournaments, uniforms and gear are expensive. If you think there's a possibility of a belt test in the near future, start putting aside money on a weekly or monthly basis.
12. Let the Instructor settle Tae Kwon Do disputes. If you're having an argument with a fellow student about any aspect of Tae Kwon Do, the Instructor can often settle these disputes.
13. Don't worry about other people's advancement or development.

Tae Kwon Do Health

Drink lots of water. The day of practice, drink more water than usual. Soda pop, iced tea and fruit drinks don't count, as they do not efficiently hydrate your system. Bring water to practice and sip it. After basics, for example, take a couple small sips. If you drink too much, you'll become nauseous. I suggest bringing a water bottle filled with room temperature or slightly cold water. Very cold water is a shock to the system, especially if your body temperature is up during the workout. It can cause headaches and nausea. Drink LOTS of water after practice, but not all at once. You need to replace the water you sweated out, especially when we practice outside in the summer!

Stretch. Some of the best times to stretch are in the morning after you get up, and right after practice when your blood is flowing. You're always more flexible when your body is warm. Stretching too much when you're cold is not advised. When you stretch, it should NOT hurt. Stretch until you feel a little pain, then pull back until the pain is gone and hold it for at least 10 - 20 seconds. Your muscles are still being loosened, but more safely. Your legs are the most important. Be sure to stretch your calves, hamstrings, and quadriceps. If you need to learn stretching techniques, please ask me.

Don't eat too much before practice. If possible, have supper about 1/2 hour to an hour after practice is over and your body has had the chance to settle down. At the same time, try not to practice on a completely empty stomach. About 1 - 2 hours before practice begins, nibble on something to maintain your energy and stamina. Try to avoid eating sugar products before practice as sugar gives quick bursts that don't last and can cause your body to "crash" later.

IMPORTANT! If you wear sunscreen for the outdoor practices, be sure NOT to put any on your forehead or near your eyes. When you sweat, it will run into your eyes and possibly cause damage.

NOTE: If you have a medical condition that might pose a danger during practice, please be sure to let me know. Examples would be: asthma, diabetes, hypoglycemia, heart condition, hernia, pulled/strained muscle, etc.

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, One Step all the way down, and you'll finally be able to Freestyle.

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.

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 at regular class time, Saturday practices, exhibitions, tournaments, and special practices will shorten the time between tests.

Frequently Asked Questions

Q: Do you have insurance?

A: No. Each student and their parents are required to sign a waiver before they practice.

Q: Do you give belt tests?

A: No. When a student qualifies for the next belt rank, they will be required to take a trip with me either to our Camp in the Catskills (about 3.5 hours one way), or down to Brooklyn, NY (about 5 hours away) where our Headquarters is located. Our Headmaster, Dr. Michael T. Dealy, will test students for belts. Mr. Towner also gives tests up through purple belt in our local area. I encourage parents and family members to accompany us on the trip.

Q: How are YOU going to treat me and/or my kids, and will we be safe?

A: Although the rules of my class are firm, I will be treating you and/or your children with patience, respect, and compassion. As a parent, I ask your permission to allow me to enforce the rules as I stated them previously. I will not "discipline" anyone, but I will remind them of my rules of no talking and no fooling around if necessary. I've very rarely had a problem in this respect. Since we are a non-contact school, neither I nor any other students will be striking or throwing anyone. The only times physical contact is made is when one student is blocking the punch or kick of another, and even then, it is done in a tightly controlled environment. No preferential treatment is given to anyone, although new & younger students will need a little extra attention until they get the hang of things.

Q: May I bring friends & family to watch the class.

A: Definitely! The only thing I ask is that they sit/stand quietly to the side so as not to disturb the concentration of the students.

Q: If I or my child has other martial arts experience, will he or she start out ahead of the other students?

A: No. Although the technique may come easier to them, everyone who joins starts out the same.

Q: If I have any questions, can I call you at home?

A: Absolutely. My number is (607) 684-4046.