

EXPERIENCE THE JOURNEY



A Guide for your Martial Arts Journey



Welcome to Koryukan USA Martial Arts Training Center. You have chosen the finest school in the area, dedicated to making your martial arts experience enjoyable and satisfying. Our instructors and support staff are the best. They have studied and trained for years to qualify as part of the Koryukan USA Martial Arts Training Center team, and now our primary goal is to assist you in being the best you can be.

Our carefully structured programs go far beyond grappling and striking. We will help you acquire effective self-defense skills and provide you with a comprehensive personal development program. It is our goal to raise the quality of life for all our students in every way possible.

Although we follow martial arts traditions that go back centuries, we are dynamic and are constantly seeking new and innovative ways to enthuse and excite our students. We value your feedback, so please feel free to provide us with any suggestions to make your experience better!

We pledge to make this journey as exciting and educating as possible. We will monitor your progress closely and be with you every step of the way. The combination of our instruction and your consistency in attending classes will help us get you to your goals. We want you to become the best that you can be period.

The first three months of your training will require you to be patient, consistent and determined. It is extremely important that you try to make it to as many classes as possible. We know that you can do it! We always have your best interests at heart and our staff is always ready to help you in any way during your training. We will be happy to discuss your progress at any time.

Welcome to the group, and I'll see you in class!

Sensei Everett

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Your Journey Begins

The world-wide popularity of the martial arts and their endurance for over twenty centuries is due to the tangible benefits martial arts students derive from them. Through proper training, one can achieve any or all of the following.

HARMONY OF MIND AND BODY

PHYSICAL AND MENTAL DISCIPLINE

SELF CONTROL

SELF CONFIDENCE

REDUCTION OF STRESS

SUPERIOR PHYSICAL CONDITION

THE ABILITY TO DEFEND ONESELF UNARMED

In today's competitive, results oriented, demanding and often hectic world, the need cannot be overestimated for preparing oneself to cope with the daily pressures of life. However, be patient, persevere and try to achieve slowly but steadily. It takes time to break old, bad habits and to develop new skills, confidence, a sharper mind and a more fit body.



PHYSICAL STRENGTH: Strength does not come easily, but it can be developed and improved if you concentrate on it. As students of the martial arts, we should all concentrate on developing our physical and mental strength. To increase physical strength, you must exercise regularly and strive for slow and gradual gain. Calisthenics including those done in your classes, progressive resistance training and weight training are some ways to increase your physical strength.

MENTAL STRENGTH: Mentally, you must develop the power to resist stress and fear in order to be able to sustain or resist stress and fear in order to be able to sustain or resist an attack. Moral courage, as well as your degree of concentration and intensity, is also forms of mental strength.

STAMINA: Stamina refers to physical and mental endurance. Well developed endurance gives you the power to withstand hardship and stress. To endure is to persevere; to remain constant to a goal or purpose regardless of obstacles or problems that may occur.

To improve your physical stamina or endurance you must perform aerobic exercise regularly and raise your heart rate 75% of its maximum. Maintain this level for a minimum of 20 minutes, 3 to 4 times per week, and you will make progress toward improving your stamina and cardiovascular endurance. The following are some examples of excellent aerobic exercises: Martial Arts including Kickboxing, Fast walking, Running, Bicycling, Swimming and Cross Country Skiing.



In the martial arts, mental stamina is a great advantage. It's the slight edge that may allow you to outlast an opponent or challenge. Well developed mental stamina will help you learn to look at obstacles and problems as challenges. It will permit you to overcome these challenges and accomplish your goals.

NUTRITION: Put good things into your body and you'll realize good results. Fill your body with junk food and garbage, and it won't perform with the proper intensity necessary to reach Black Belt level skills and confidence.



Poor eating habits result in lack of energy, depression and moodiness, as well as excess body fat. Proper eating habits provide you with more energy to perform better at martial arts, work and other activities that you enjoy. Putting the right “fuel” into your tank will help you maintain a positive and enthusiastic outlook on life.

Energy is provided in the form of calories and these come from the foods you eat. Basically, foods are made up of three groups: Carbohydrates, Proteins and Fats. High energy, “clean burning” calories come from foods in the complex carbohydrate and protein groups. Good complex carbohydrates come from fruits, vegetables, pasta, rice, and whole grains. Good sources of protein are chicken, turkey, fish, beans and nuts. Try to limit your consumption of red meats (such as beef) and other high-fat foods. Limited fat intake is desired to achieve a quality fitness level. Also try to avoid foods high in sodium and sugar. Sweets such as candy bars, cakes, and soda tend to give you a short boost of energy followed by depression and/or fatigue. It is also important to drink plenty of water (8 to 10 glasses per day) to replenish your body with the fluids you burn off (drink extra water after heavy workouts). By regularly drinking water you will avoid dehydration and should feel an increase in your energy level. Needless to say, smoking, consumption of alcohol, and the use of drugs are totally discouraged. They inhibit your progress.

POSITIVE SELF-IMAGE AND CONFIDENCE

A positive self-image leads to victory. If you want to be a Black Belt you must hold a positive image of yourself. Studying the Martial Arts is an excellent way to enhance your self image. A motivating force will drive you to accomplish your goals.

COURAGE TO OVERCOME FEAR

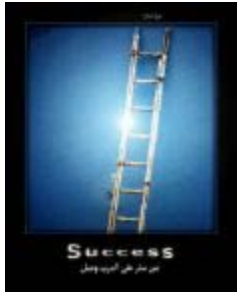


Courage is the marker of a Black Belt, and a characteristic we want you to have. Courage is a measure of your heart, your desire, your inner strength. Courage will keep you from being intimidated by the prospect of failure. Fear is a natural part of life, but it can drive you to perform better if you have the courage to face it.

SELF DISCIPLINE AND RESPECT

The Martial Arts Philosophy teaches the importance of respect for one's self and others. All students will learn to set goals and be self motivating in achieving them. A positive mental attitude will evolve. Our younger students have the self-confidence to resist peer pressures and the disastrous effects of drugs and gangs.

THE SUCCESS SYSTEM



Our system is designed to see everyone make gradual, steady progress toward optimum physical and mental development. This progress is measured through a built-in curriculum and incentive program with structured belt levels. In the beginning phases, the belts represent short term goals that are obtained by learning basic techniques and following general guidelines. As you gain knowledge you should also gain confidence in your ability to achieve your goals. Gradually, you will learn to set more difficult, long term goals. As you climb the ladder toward Black Belt, your knowledge and skill will increase as well as your capacity to concentrate and learn. These higher levels of development require pursuit of a stronger mind and a more fit body, along with an increase in regular practice and class attendance.

BUILDING YOURSELF FROM THE INSIDE OUT

Properly incorporated onto your daily routine, your martial arts training will help you maintain a positive outlook on life. You will develop many skills that will help you achieve success in your goals. There are seven keys that can unlock the doors to success for each of us. They are desire, visualization, certainty, relaxation, focused attention, strong self image and repetition. Your martial arts training will employ each of these keys. You must build the desire to set goals for yourself, visualize these goals in your mind, be certain that you will achieve them, relax and focus your energies on your goals, maintain confidence in your ability to succeed and try repeatedly until you do. The person who is willing to try, to do, and finally to accomplish will be successful. The discipline, control, perseverance and hard work that are required to master the martial arts will result in enormous satisfaction for a job well-done, to the best of your ability. The martial arts are a demanding but rewarding task to master work hard, learn the skills well and apply them only for good, and they will provide you with lifelong benefits. Always keep in mind that your responsibility as a martial artist is to develop yourself in a positive manner, physically, and mentally.

ATTENDANCE

Attendance is the key to progress. A minimum of two classes per week are required to gain the benefits that the martial arts has to offer. Attendance will be taken at the start of each class; therefore if you are late to class you may not be given credit for that class. Anyone who is late by half of the class will not receive credit unless the tardiness is excused by Sensei. Please remember that advancement through the ranks is highly dependent on your attendance. Please refer to your schedule for class times, and be on time.

NEWSLETTER

Every month we publish a newsletter containing interesting and informative articles about the martial arts, health, fitness, nutrition, etc. You will receive a monthly news letter by email. It also lists rank promotions and other major events and activities. Please check your newsletter each month and mark important dates on your calendar.

DRESS CODE

The authorized Koryukan USA Martial Arts Training Center uniform is to be worn by every student. Your instructor will show you how to tie your belt. **Only patches approved by this school may be displayed on your uniform. There are to be no other slogans or sayings on your uniform as they may offend others.**

You are responsible to wash your training clothes after every use. Unpleasant body odor is not accepted in class. Use only non-chlorine bleach when laundering your uniform. The use of chlorine bleach will reduce its life span. Never wash your belt.

For students in the karate programs your uniform should be tailored to fit you in the following manner; the pants should be hemmed approximately 3 to 4 inches above the ankle. The sleeves of the top should be hemmed to mid forearm.

Students in the Brazilian Jiu-Jitsu program should have either a blue or white uniform no other colors are allowed unless authorized by Sensei. Your sleeves should come down to your wrist and should be laundered for each class. It is recommended that you wear a school t-shirt under your uniform along with your official no gi shorts this way if we train no-gi that day you will have what you need.

MMA and the no-gi uniform are a school t-shirt and the primetime elite shorts we sell at the school, **NO EXCEPTIONS.**

Your uniform, is just that, and should always be clean and neat. We want to portray a certain image here at the school and you should always show pride in your school, uniform and yourself.



SEMINARS, CLINICS, TOURNAMENTS

We regularly sponsor and organize extracurricular activities that enhance the overall development of our students. All such activities are optional, and sometimes involve an additional fee.

OPTIONAL EQUIPMENT

Koryukan USA Martial Arts Training Center offers a full line of martial arts equipment and training aids. Ask your instructor for advice regarding training equipment that would be beneficial to your martial arts training. Remember that your school can get you any type of training equipment you need, so support your school not someone else.

PARENTS DROPPING OFF THEIR CHILDREN

Parents dropping off children should do so ten minutes prior to the class and pick them up within ten minutes of class ending. The school becomes very busy around class times and we cannot be responsible for watching unattended children.

TESTING



The purpose of stripe and belt testing is to make sure each student is progressing on schedule.

Belts and stripes are always earned and never given. Take pride in your accomplishments and the steps it took to get there. Testing will always be done in class and not always announced so as a student you should be giving 100% every time you train you never know when that time will be.

VIEWING CLASSES

Parents are encouraged to watch classes. All we ask is that you respect the class by remaining quiet and that if you are bringing younger children with you that you keep them quiet and under control. Please refrain from talking to your child while they are in class this is a distraction to all.

EXTRA HELP

We offer private classes to assist you with your individual training. It is a great way to work only on the things you are having problems with. No one other than Sensei is authorized to give private lessons without his permission first.

HOLIDAY SCHEDULE

Notifications of all holiday schedules are posted on board at the entrance to the school. We are closed New Years Day, Memorial Day, 4th of July, Labor Day, Veterans Day, Thanksgivings Day and Christmas. There will be times on major holidays that we will be closed for longer periods of time but this is usually only between Christmas and New Years.



VACATIONS or EXTENDED ABSENCES

If you will be missing class for vacation or illness for a period of more than one week, please notify the school and let us know. We do understand that people take vacations and sometimes these vacations are of an extended length. However these are not due to the fault of the school and are not grounds for stoppage of payment or make up of classes.

LOST AND FOUND

If you have left something behind, we put it in the lost and found. Please see your instructor and they will try to help you locate it. All items are held for 4 weeks before being discarded.

TAKING NOTES



It is highly recommended that you get a note book and bring it to every class. Studies show that writing things down greatly increase your retention abilities. Having notes will also give you a reference to go back to when you practice. Things to write down are note on techniques learned, problem areas, questions to ask, and it is very smart to keep a sparring log. This will allow you to have a running log on your improvement, to show you strengths and weaknesses.

E-MAILS

Please give the school your e-mail address. Several times a week we will keep you up to date on events and important training information.

BIRTHDAY PARTIES

Koryukan USA Martial Arts Training Center is your place for private Birthday Parties!

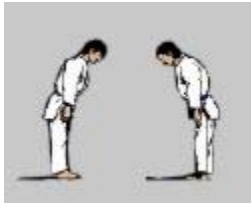
This has proven to be a **very exciting way** for children of all ages to celebrate their birthdays. If you have experienced a Martial Arts birthday party you know what we mean. If you have not let me say that *Koryukan USA* Martial Arts Birthday parties are a **FUN, EXCITING** and **UNIQUE** way to celebrate your child's birthday! Your party coordinator keeps everyone entertained while teaching cool martial arts skills.

We play games to **build confidence**, teamwork, and focus. Your child and their friends will learn not just about kicking and punching, but about concentration, respect, self-control and self-defense. The class takes place on our safe and spacious mat area. From there they will eat pizza and have drinks. After that it's time to sing happy birthday with candles on a cake. After the cake birthday gifts can be presented.

Your child will **smile with confidence** as they celebrate their special day the martial arts way!

The Party lasts approximately 1 hour and 45 minutes and all children will be given a special Martial Arts classes invitation for attending the party.

BOWING



In the martial arts there is a lot of bowing going on. People bow when they enter the school, they bow to each other a lot, they bow to the instructor, and they bow before sparring. They seem to bow to everything but the water fountain. We often have a hard time understanding this because the bow is not used in this country.

In the orient the bow does not mean that one person is acknowledging the other as a superior or a master, even if that person is the Master of the school. Bowing, to the Japanese, Chinese and Koreans, is much the same as shaking hands here. It's a sign of friendship, respect and mutual admiration, not subservience.

In the martial arts bowing is very important because it reminds us of the importance of what we are doing, and the need to always be aware and in control. When a student bows into the training hall he is saying that he has respect for the training that goes on there. He is also saying that he will do his best to uphold the honor of the school and to strive to be as good a student as he can be.

When students bow to the instructor at the beginning of the class, they are showing their respect for the Sensei's years of training, his knowledge and his skill. When the teacher bows back he is doing more than acknowledging the student's bow; he is also showing his respect for the students. Remember that a teacher was once a student himself and he knows full well how tough it is to be a beginner and to struggle up through the ranks.

When students bow to each other before training or sparring they are saying, "I will try my best to show you honor and respect, and not to injure you in any way." This is especially important before sparring match because it reminds us that this is not a fight, but another aspect of training and that this person is not the enemy but a friend and fellow student. It helps one to be reminded of the need for restraint and control over techniques.

It may seem like there shouldn't be any need to continue the bows after the first time, but since the martial arts are potentially deadly, and always dangerous you can never be too concerned with safety, good manners and good sportsmanship.

Next time you bow, remember that this is the key to understanding the respect and etiquette of the martial arts.

THE POWERFUL MIND

The Martial Arts has a rich history which has been passed down for centuries from sensei to student. On the surface, the Martial Arts appear to invoke violence; however, if one looks deeper you will see that the essence of the Martial Arts is opening your mind. The following story, the empty cup, unlocks the key to what the Martial Arts is all about.



One day two great and wise Martial Arts masters were visited by a well-known and respected university professor. "I have come a long way to see you both, since I have heard that you are great masters of Martial Arts, the art of empty self. I have studied very hard for many years to understand the essence of what you teach. Can you tell me the meaning of Martial Arts, of empty self,

and how it can bring peace to the world? What is the secret of this teaching?" The Martial Arts master was serving tea as the professor spoke. He poured the visitor's cup full and still kept on pouring until the tea was running off the table onto the floor. The professor watched the cup overflowing until she could no longer stand it. "The cup is full, no more will go in!" She exclaimed. "Like the cup, he said, your mind is full of questions and seeking answers. Until you empty your cup, no more can go in. Likewise, until you empty your mind, you cannot receive anything."

The true essence of Martial Arts is not learning how to react to physical attacks. Instead, Martial Arts should be learned to open your mind. The idea of emptying your mind can also apply to all aspects of your life. Like the cup, you should be empty and ready to receive knowledge and wisdom each day.

Goals and Obstacles



In our first Martial Arts lesson we learn how we should always set our goals high in order to achieve more. There are differences between goals and wishes! Write down your goals in a piece of paper and review your goals regularly, and this alone will turn your wishes into strong goals. The majority of people do set goals but unfortunately not too many people can achieve their goals, do you know why? To achieve any worthwhile goal you must first be aware of the challenges that you would encounter while reaching them. I call these challenges, obstacles. Whether we want it or not, obstacles are part of our daily life, without them maybe life wouldn't be exciting.

You have two choices! 1. Deal with them in a positive way and look at them as your new challenges, or 2. Become negative and think of them as problems, making them a bigger challenge than you think they are.

The difference between a successful and an unsuccessful person is not that the successful person has more money or they are luckier, or that they are smarter, NO! The difference is how they deal with their challenges and how they achieve their goals by learning to overcome their obstacles.

Setting out to be a Martial Artist is not without its challenges either, you must be aware and ready to deal with them in a positive way. For instance injury, it is a big challenge that we as Martial Artists must deal with. There are other challenges like changing our priorities, losing motivation, reaching a plateau and not seeing yourself progressing. These are all challenges that are made to be beaten.

Goals are not usually at your reach; they are ahead of us - at the end of the road. How can we become an achiever if we don't first learn how to overcome our challenges? Please remember that if you have any challenges and need any help with them, let us know, we will be glad to help.

We all have dreams of a better life. We follow our dreams as we follow the path. What would life be without them? Dreams are goals that we set and proceed to achieve. The goals that could not be reached rapidly can only be achieved with patience, determination and a positive mental attitude. A positive mental attitude is the processes by which you can begin to change your life for the better, for you are the only person on earth who can control your attitude. A positive mental attitude is the right attitude in a given situation; it is a conscious effort to replace negative, self-defeating thoughts with positive, self-fulfilling thoughts. You must know where you are going if you are to ever have any hope of arriving there. It is more than goal setting. It is your road map to achieving an overall career objective. As martial artists, to maximize our growth, we learn to set our goals high and through self-discipline and a fit mind and body we maximize our spiritual strength and happiness. Goals are to be achieved,

without them we would be circling, not being sure of our path, our beliefs and the purpose of existence.

“The arrow flies in the sky swiftly, it's got direction, it can clearly see the target on the wall, it determinably continues towards it's target, it's mission is to fight the air and continue with it's speed till it successfully hits its target!

What does the target do? The target does nothing but stands there still without purpose just waiting to get hit!”

We have the choice of being an arrow or a target that is waiting to get hit by life. Which one do we decide to be? And how can we become an arrow in our lives? The answer is simple.....**SET GOALS AND LEARN HOW TO ACHIEVE THEM!**

Important Information

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Welcome To The Family!

