



What to Expect as a White Belt New Student

Dear New Student,

Welcome to Choi's Martial Arts! Your decision to become a member of our school was a wise choice that will provide you with a lifetime of rewards. We are excited to help you to experience maximum enjoyment and benefits from our program. This letter is the first in the series of "What to Expect" letters that you will receive as you

progress through our belt system. Each has been designed to answer common questions and point out important elements of each new belt rank.

The white belt level is a very exciting one. There is a lot to learn and a lot to enjoy. Not only will you begin learning an exciting variety of techniques, but you will also come to look and feel your best through our energetic workout and the self

confidence boost that comes from gaining new skills. In addition, you will be training alongside a great group of people who will provide additional motivation and support. Our members develop new and meaningful friendships with their fellow classmates. Be prepared to work hard and to have fun!

Sincerely,
Grand Master Alexander EJ Choi

Help After Classes

At times, the Master may ask a student to stay after class either to provide them with extra help or to check their readiness for a tip. If a child does not earn a tip after working with a Master after class, the Master may assign "home work" to enable the student to improve.

If you are uncertain what your child needs to work on, please clarify it with a Master.

Our experience has shown communication is the key to developing a strong student and Master relationship. In fact, it is vital to long term success with our program. We look forward to providing your family with martial arts instruction for many years to come. Along the way it is not unusual for questions to arise. When this happens please remember, if you ever have concerns about progress or any other matter within our school, please ask a Master or staff member. We are here to help.

Progress

On average it will take approximately 2-4 months (depending on age, attendance, effort level and learning rate) to advance from a white belt to a yellow belt. Progress towards a new belt rank is marked by colored stripes of tape or "tips" that are placed on your current belt. As a beginner it is not unusual to feel awkward as you start learning. However, with consistency and a positive attitude, these feelings will quickly pass. Remember, no one is expecting you to master your requirements overnight. You have plenty of time and will receive personalized guidance and encouragement throughout your training. The road to Black Belt is a long one so it's important to enjoy the journey!

Our Staff

Please familiarize yourself with the members of our staff. Every member of our team has been handpicked for their attitude, skill, and sincere desire to help students gain the maximum benefit from our program. Feel free to ask questions of our staff at any time. Referring to staff members by their titles ie. "Master, Mr., Mrs, and Ms. helps to reinforce respect in front of our students. Please note that as a rule, staff will refer to all parents as Mr. / Mrs. We believe this sets a good example of the courtesy and respect for others that we strive to instill in our students.

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Other Important Information

Consistent Attendance/ Pre-class Routine

When learning any new skill consistency is an important factor. Make a commitment to attend classes regularly. Attendance 2-3 times per week is ideal to create and maintain regular progress. Please note that arriving on time is crucial to create the mindset necessary for successful class participation and avoids disruption to others. Students should plan to arrive five minutes early, place

shoes and jackets in the appropriate storage areas, bow to the instructors, and sit quietly in the on-deck area of the classroom.

Spectators and Guests

Parents are always encouraged to watch their child's classes. This will allow you more frequent opportunity to see for yourself the material the instructors are sharing with your child and their progress.

Younger brothers and sisters and guests are welcome as well.

Please remember that all of us need to work together to ensure a good learning environment for our students. Talking should be kept to a minimum while classes are in session, voices kept low, and younger children given quiet activities. Please also turn cell phones on vibrate mode. We appreciate your understanding in these areas.

Special Events / Announcements

Our schools host a number of special events throughout the year. These include a range of activities including picnics, holiday parties, competitions, and seminars. Flyers and sign-up sheets are provided in advance of each event. If, as a result of any event we will not be holding classes, you will see this information posted on our announcement board.

Share Your Enthusiasm

Applauding students for in class performances and applauding the entire class for a job well done are two important requests to our audience. Please join in and share your enthusiastic support at these times.

Share Tae Kwon Do with Friends and Family!!

At the beginner level you will have a level of excitement and enthusiasm that is sure to be infectious. You will likely tell many people about the new and exciting activities and progress that you are experiencing at our school. You may think that as a beginner you don't know enough about Tae Kwon Do to encourage others to get involved. On the contrary, being a beginner is an advantage in many ways. First, friends and family will be more likely to understand and consider the possibility of learning the beginner material you show them. Second, if they are a close friend or family member they are likely interested in trying alongside with you or your child. The earlier that they get started the easier it will be for them to train side by side with you, so don't wait, share Tae Kwon Do with someone you care about today! The V.I.P. passes you received with your membership make it easy for you to encourage a friend to give us a try. If you ever need additional passes just ask at our front desk. We appreciate your referrals!

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