

West of the Moon ATA

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SUMMER 2017 EFFECTIVE 6.12.2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER ATA Tigers 4:30-5:00p	BEGINNER ATA Tigers 5:00-5:30p	BEGINNER ATA Tigers 4:30-5:00p	JR/ADULT Beginner 5:30-6:15p	ALL RANKS Open Forms 5:00-5:30p	BEGINNER ATA Tigers 9:00-9:30a
INTERMEDIATE ATA Tigers 5:00-5:30p	INTERMEDIATE ATA Tigers 5:30-6:00p	INTERMEDIATE ATA Tigers 5:00-5:30p	JR/ADULT Intermediate 5:30-6:30p	ALL RANKS Open Sparring 5:30-6:00p	INTERMEDIATE ATA Tigers 9:00-9:45a
BLUE & UP Advanced/BB 5:30-6:30p	JR/ADULT Beginner 6:00-6:45p	BLUE & UP Advanced/BB 5:30-6:30p	BLUE & UP Advanced/BB 6:30-7:30p	ALL RANKS LEGACY / CIT 6:00-6:45p	JR/ADULT Beginner 9:45-10:30a
JR/ADULT Beginner 6:30-7:15p	JR/ADULT Intermediate 6:00-7:00p	JR/ADULT Beginner 6:30-7:15p	ALL RANKS Adult Class 7:30-8:15p		JR/ADULT Intermediate 9:45-10:45a
JR/ADULT Intermediate 6:30-7:30p	BLUE & UP Advanced/BB 7:00-8:00p	JR/ADULT Intermediate 6:30-7:30p			JR/ADULT Advanced/BB 10:45-11:45a

S Mr. Keith Shoup, School Owner
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VISIT US ONLINE!

URL: www.oswegoATA.com
 KICKSITE: myataschool.kicksite.net
 FACEBOOK: facebook.com/myataschool
 TWITTER: twitter.com/myataschool
 American Taekwondo Association
www.ATAonline.com

BEG ATA TIGERS	<i>Ages 4-9, White - Yellow Stripe</i>
INT ATA TIGERS	<i>Ages 4-9, Camo Stripe & Up</i>
BEGINNER	<i>Ages 8+, White & up</i>
INTERMEDIATE	<i>Ages 8+, Camo & up</i>
ADVANCED/BB	<i>Ages 9+, Blue & up</i>

NEW STUDENT INFORMATION

BOWING

Bowing is a Korean way of showing respect. Students are expected to bow towards the flags before stepping onto or off of the workout floor.

UNIFORMS

All students are expected to wear their complete white uniform to class. Female students are required to wear a white t-shirt underneath their uniform top, and male students have the option of wearing a white t-shirt. No other color t-shirts may be worn underneath. School t-shirts and black workout pants may be worn in lieu of a uniform top for **FRIDAY** and **SATURDAY** classes only.

PATCHES

Students will receive an ATA patch to wear on the front of their uniform after their first testing. Shoulder program patches are available for \$5.00/ea at the front counter. See below:



ATA Patch

Worn on the right chest. Students will receive this patch along with the rank certificate after their first testing at our school.



Black Belt Club Patch (Tiny Tigers)

Worn on the left sleeve by Tiny Tiger students. This patch should be just below the shoulder seam and centered.



Black Belt Club Patch (Ages 8+)

Worn on the left sleeve by color belt students ages 8+. This patch should be just below the shoulder seam and centered.



Master Club Patch

Worn on BOTH sleeves by all black students in lieu of any other patches. This patch should be just below the shoulder seam and centered.



Leadership Patch

Worn on BOTH sleeves by leadership students regardless of rank in lieu of any other patches. This patch should be just below the shoulder seam and centered.

ATTENDANCE

Plan to arrive at least 10-15 minutes early to class so that you are **ON-TIME** for your class. Students will not be allowed to enter a class if they are more than 15 minutes late. **NO EXCEPTIONS!**

TESTING

We hold a rank testing every 10 weeks. Information about the testing is distributed 3-4 weeks prior to the testing date. Students should have attended a minimum of 18 classes (12 classes for Tigers) to be eligible. Should students be unable to attend regular testing, a make-up date is offered the week prior.

After reaching the rank of orange stripe, Tiny Tigers alternate testing for a new belt and a headband.



VICTORY PATCHES

Students can earn “black belt attitude” clips to be worn on their belts for excellence. Twenty-five (25) clips may be traded for each patch to be proudly displayed on their uniform. Clips can be earned...

1. **@ HOME**
Bringing in a note card with 5 good deeds performed at home (to be filled out by parent).
2. **@ SCHOOL**
Each “A” or your school’s equivalent of an “A” on a report card OR bringing in a note card with a brief explanation of recent academic excellence (ex. “Bobby studied hard and got an ‘A’ on his last spelling test.”)
3. **@ TAEKWONDO**
Outstanding Taekwondo performance, great in-class attitude, etc. (instructor discretion).

YOU, the parent, decide what qualifies as excellence for your child. This is a very important part of our program, so please take the time to help us reward your child’s excellent behavior.

VOCABULARY

Taekwondo is a Korean martial art. As such, many of the commands we give are in Korean. Below is an essential list of the Korean words spelled out phonetically and their meaning:

Attention:	Ch’a Ryut	Uniform:	Do Bok
Bow:	Kyung Nyeh	TKD School:	Do Jang
Ready:	Joon Bee	Instructor:	Sa Bum Nim
Start:	Shee Jahk	Master:	Kwan Jang Nim
Stop:	Keu Man	Yell:	Kihap
Relax:	Shee Yoe		

Taekwondo literally translates to “the way of the hand and foot”

Taekwondo Rank	Grade	Title
White Belt	9W	N/A
Orange Belt	8D	N/A
Yellow Belt	7D	N/A
Camouflage Belt	6D	N/A
Green Belt	5D	N/A
Purple Belt	4D	N/A
Blue Belt	3D	N/A
Brown Belt	2R/2D	N/A
Red Belt	1R/1D	N/A
Recommended Black Belt	1BR	N/A
1st Degree Black Belt	1BD	N/A
2nd Degree Black Belt	2BR/2BD	N/A
3rd Degree Black Belt	3BD	N/A
4th Degree Black Belt	4BD	N/A
5th Degree Black Belt	5BD	N/A
6th Degree Black Belt	6BD	Master
7th Degree Black Belt	7BD	Senior Master
8th Degree Black Belt	8BD	Chief Master
9th Degree Black Belt	9BD	Grandmaster



Tiger Rank:

The ATA Tigers program follows a unique curriculum geared towards younger students. The program uses a separate rank system than our junior/adult program. As such, when a student transitions out of the Tiger program, they will receive a head start in our junior/adult program based on their experience using the table below:

Orange/Yellow Stripe	➔	Orange Belt
Camo/Green/Purple Stripe	➔	Yellow Belt
Blue/Brown Red Stripe	➔	Camo Belt