



What to Expect as a White Belt New Student

Dear New Student,

Welcome! 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!

ROAD TO SUCCESS

Take the time to familiarize yourself with your student handbook. One of the most important sections is our school’s Mission Statement on page 2. It gives students and parents our school and instructors objectives while they are training at our dojang.

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 white belt yellow stripe. Progress towards a new belt rank is marked by colored stripes of tape or “tips” that are placed on your current belt. More detailed information on the specific tip system for each belt can be found in your student manual.

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!

Students Responsibilities:

White Belt philosophy: RESPECT

Home Rule: “Yong in students must always respect their parents and other family members Sir.”

White Belt skills:

KICK- Push

BREAKING- Push, Hammer

SELF DEFENCE- 10 Block

POOMSAE/FORM- Basic 1

*** Boards available for purchase at Front Desk.
Cash or Minimum \$10 purchase w/ card.**

Helpful Information to Follow

Consistent Attendance/Pre-class Routine

When learning any new skill, consistency is an important factor. Make a commitment to attend classes regularly. Attendance up to 2 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, sanitize hands at entrance, place shoes and/or jackets in the appropriate storage/seating areas, bow to the instructors, and wait for guidance from leadership/instructor onto mat.

Spectators and Guests

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

Younger brothers and sisters are welcomed, plus one guest (upon space availability) 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

We send a weekly newsletter to keep all parents informed so please, check periodically for our updates. Our schools host a number of special events throughout the year. These include a range of activities including birthday parties, Movie night, picnics, holiday parties, competitions, workshops and seminars. Flyers and sign-up sheets are provided in advance of each event, as well as registration on the school app. If, as a result of any event we will not be holding classes, you will see this information posted on our weekly announcement newsletter.

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. Also please share you and your child's excitement and journey here at Yong In Martial Arts with your family, friends and neighbors!

Message from our Front Desk Staff:

Please familiarize yourself with 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 or concerns to our staff at any time. Referring to instructors 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. Thank you!

Students Responsibilities:

Yellow Stripe Belt philosophy: PATIENCE

Home Rule: "Yong in students must talk politely with their parents every day, Sir"

Yellow Stripe Belt skills:

KICK- Axe

BREAKING- Axe/Hammer

SELF DEFENCE- 10 Strike

POOMSAE/FORM- Basic 2

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