

STUDIO RULES & OTHER THINGS TO REMEMBER

- Parents & Students – Please read the bulletin boards on a regular basis.
- The work out area is for participants only. Observers should stay out of the workout area.
- Students may be in the workout area only with the permission or under the supervision of an instructor.
- Students should try to be on time for class.
- Students should check-in before class.
- No smoking or eating while in the studio.
- Remove your shoes before stepping on the mat or carpet and take your shoes back to the dressing room. Clothes must be kept in the dressing room and not brought onto the workout area.
- Try not to bring valuables or money to the studio, as we cannot be responsible for them.
- Do not kick or punch the walls.
- While in class, your attention must be on your instructor at all times. Save talking, joking, etc. for after class.
- Please request permission of the instructor or assistant instructor prior to using the restroom.
- You are responsible for any repairs or replacements for anything broken or damaged due to your carelessness.



PHYSICAL CARE REQUIREMENTS:

- Cut your toe nails and fingernails regularly
- Wash your uniform regularly (no bleach)
- Don't wear any jewelry that could potentially cause injury to yourself or to your partner, such as: dangling earrings, nose rings or facial jewelry, bracelets or watches, and rings with protruding stones or metal.

Please remember, we are all learning together. Especially in a contact activity, mistakes are inevitable. They must be

handled in a mature manner. Have patience with and understanding of your fellow students.

STUDENT CREED

All students are expected to learn the student creed. Students may be asked to recite the student creed at promotions and discuss its relationship to their martial arts training.

- I intend to develop myself in a positive manner and avoid anything that would reduce my mental or physical health.
- I intend to develop self-discipline in order to bring out the best in myself and others
- I intend to use what I learn in class constructively and defensively to help myself and others and never be abusive or offensive.

PMAA Holiday Schedule 2002 - 2003

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|---|-----------------|
| • Martin Luther King, Jr.
(Closed Mon) | Jan 21 |
| • President's Day
(Closed Mon) | Feb 18 |
| • Memorial Day
(Closed Sat/Sun/Mon) | May 25 - 27 |
| • Independence Day
(Closed Th/Fri/Sat/Sun) | Jul 4 - 7 |
| • Labor Day
(Closed Sat/Sun/Mon) | Aug 31 - Sept 2 |
| • Indigenous People's Day
(Closed Mon) | Oct 14 |
| • Veterans Day
(Closed Mon) | Nov 11 |
| • Thanksgiving
(Closed Th/Fr/Sat/Sun) | Nov 28 - Dec 1 |
| • Winter Break
(Re-open Thursday, Jan 2) | Dec 22 - Jan 1 |



Pitts' Martial Arts Academy Student Handbook



Martial Arts for the Entire Family

Master Kenneth A. Pitts

3298 Lakeshore Avenue
Oakland, CA 94610-2720
(510) 836-4929

Master Kenneth A. Pitts and the Black Belt Club



Kenneth Pitts, Owner and Master Instructor

Master Pitts has been teaching martial arts for more than 20 years, and holds a 6th degree black belt in Taekwondo, a 2nd Dan in Judo and is a Conta Mestre in Capoeira. He also teaches Escrima, Tai Chi and Kickboxing. He earned a B.A. Degree in Radio and Television, and worked as a Juvenile Probation Officer in Alameda County for over fifteen years. Master Pitts started Pitts' Martial Arts Academy (PMAA) in 1993.

FORMS (POOMSE)

Forms are choreographed combinations of movements and techniques. As you progress in your martial arts training, you will learn forms that correspond with your increasing skill and belt level. Learning forms takes patience and diligence. You should try to practice your forms outside of class. The following is a list of the 14 forms practiced at PMAA:

- Hwurang 1, 2 & 3
- Yushin 1, 2 & 3
- Chuma 1, 2, 3 & 4
- Yidigo
- Nago
- Tiger 1
- 5 Rings Dragon

BELT RANKING & PROMOTIONS

All Taekwondo and Judo students are expected to test and advance in belt level. Promotions are generally held on the 2nd Thursday of each month. If you have been training consistently, you should expect to participate in every other promotion (i.e., every two months) on approval from the instructor. You should consult the belt requirements posted on the bulletin board for a list of the techniques you will be expected to know for promotion. Increases in rank are very incremental. Students must receive two stripes on their current belt to advance to the next belt. Please check with your instructor if you are not clear on any of the requirements and be sure that all your fees are current.

The following is the belt system used at PMAA:

- White Belt
- Orange Belt
- Gold Belt
- Purple Belt
- Green Belt
- Red Belt
- Red/Black Belt
- Black Belt



Two future black belts

SPECIAL CLASSES & PROGRAMS

Kickboxing

Kickboxing is offered at PMAA on Monday, Wednesday and Saturday. The focus of the class is fitness and is designed for students of all levels. The class is designed to allow students who are not practicing a martial art an opportunity to learn and practice some of the basic techniques taught in the regular program. For students who are practicing an art, kickboxing provides an excellent conditioning workout and another venue to practice their skills. The class is done to music and includes bag work and conditioning exercises for the abdominal muscles, legs and upper body. Teens under 16 must have parental permission to participate.

Brazilian Dance

Iya Claiborne, a professional dancer with the Brazilian dance company Aquarela offers class in Samba, Axe', Afro-Brazilian, Samba-Reggae and Frevo. She brings nearly a decade of experience to her class and welcomes all levels to PMAA on Tuesday evenings.



Private Lessons

Private lessons are available upon request and ideal for students who want to polish their skills for a promotion or competition. Please see Mr. Pitts for more information.

STAYING CONNECTED & GETTING FRIENDS AND FAMILY INVOLVED

Besides the regular program, the studio frequently sponsors special events and programs for students and their loved ones. Promotions occur every month and are a great way to introduce your friends and family to the studio. Even if you're not promoting, attend promotions to support your fellow students. Visitors are always welcome to watch promotions or any class. So encourage family and friends to come check us out.

Black Belt promotions are generally held once a year and are a special time at the studio. Black Belt candidates spend countless hours training and preparing for their big day and need your encouragement and support. Mark your calendar when the dates are announced and again feel free to invite family and friends.

TERMINOLOGY

You will find that the majority of all instruction at PMAA is in English. However, there are a few Korean (TKD), Japanese (Judo) and Portuguese (Capoeira) terms that are used on a regular basis. Here is the list with which you should familiarize yourself:

Korean Terms

Choonbi or joonbi	– Ready position
Paro	– Return to ready position
Sho	– Relax
Dobok	– Uniform
Dojang	– Studio
Poomse	– Forms
Kwan Chang Nim	– Master Instructor
Sabanim	– Instructor, 3rd Degree or higher

Japanese Terms

Katas	– Forms
Ghi	– Uniform
Obi	– Belt
Dojo	– Studio
Judoka	– A person who practices Judo
Hajime	– A command to begin match
Matte	– Stop
Rei	– Bow
Sensei	– Master

Portuguese Terms

Ginga	– Dance
Negativa	– Defense
Jogo	– Play
Berimbau	– Bow shaped instrument
Roda	– Circle
Rasteira	– Sweep
Tesoura	– Scissors
Bananeira	– Handstand
Au	– Cartwheel

FREE SPARRING

Free sparring or light contact fighting is very important in the application of the techniques you practice in class. Most students begin sparring after approximately one month of consistent training. Free sparring is designed to allow you to move and throw techniques in a more realistic, spontaneous manner. You must wear the protective sparring equipment listed below. You may also elect to wear additional gear (i.e. forearm pads, chest protector, etc.).

- Head gear
- Mouth piece/protector
- Gloves or other hand pads that pad the knuckles
- Shin & foot pads (must cover the instep of the foot)
- Cup (men only)

Guidelines & rules for sparring

- Inform your instructor and your partner of any injuries or limitations you have.
- Communicate with your partner if the intensity or level of contact is too high.
- Wait for the instructor's direction before sparring begins.
- Stop sparring immediately upon request of the instructor or your partner.
- Bow before and after sparring to acknowledge friendship and cooperation with your partner.
- Spar at the pace/level of the least experienced practitioner.
- Beginning students should not spar without higher belt supervision.
- Relax, learn & have fun!

Illegal Contact Areas

- Head & face (light contact to the headgear is permitted)
- Throat
- Spine
- Kidney area
- Knees
- Shins
- Attacks against the joints
- Groin (light contact to the inside of the thigh is permitted)

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INTRODUCTION

Welcome to **Pitts' Martial Arts Academy** (PMAA). We've designed this handbook to introduce you to the basics you will need to get started in your martial arts training. The handbook is intended as a reference guide to assist you during your first couple months of instruction.

PMAA offers a variety of styles of martial arts: Taekwondo, Judo, Jujitsu, Tai Chi, Capoeira & Escrima. Students can focus on one, two or all of the disciplines offered. We also offer kickboxing and Brazilian dance.

If you have never studied a martial art before, many of the techniques and traditions may seem strange or awkward at first. We would like that "awkward period"

to be as brief as possible. Feel free to ask your instructors or old timers (look for students wearing black or red belts) questions outside of class or during class at appropriate times.

You should read your handbook from cover to cover during your first couple of weeks of training and then refer to it as needed thereafter. We hope it will provide a good introduction to your training at PMAA.

We also hope you will find studying martial arts as rewarding as we do. Welcome to the PMAA family.

PMAA INSTRUCTORS



Judo Instructor **Ben Franklin** holds a 3rd Dan in Judo and has studied martial arts for more than twenty years, including Karate and boxing.



Karate and Capoeira Instructor **Eric Argent** has studied martial arts with Master Pitts for thirteen years, has a Black Belt in Taekwondo and a Blue Cord in Capoeira.



John F. Walker has studied martial arts with Master Pitts for five years, and is a Black Belt 1st Dan in Taekwondo. He has also studied Yoga and Judo.



Amara Tabor-Smith is a professional dancer who has been studying Capoeira for twelve years both in the United States and Brazil.

DISCIPLINE OVERVIEWS

Taekwondo

Taekwondo (TKD) is a Korean martial art dating back hundreds of years. The techniques and tenets of Taekwondo have evolved over the centuries, emerging as one of the most popular and practiced martial arts in the world. Taekwondo is often translated as the art of punching and kicking. Literally, Tae can be translated as foot, Kwon as hand or fist and Do as art or way of life.

Capoeira

Pronounced Cop-oh-era, it is a unique art developed 400 years ago from a form of Angolan dance brought to Brazil. Under the watchful eye of slave masters, Africans transformed the dance into a martial art that combines song and dance with offensive and defensive movements as well as stunning acrobatics.

Judo

The word judo translates literally into English as "gentle art". Such a translation is misleading; it is really the highest form of wrestling practiced in the world. Over a century old, Judo combines key principles such as "winning by slight of body" along with skills by which an opponent can be defeated in a struggle in close quarters.

WHAT YOU NEED TO GET STARTED WITH YOUR TRAINING

1. Uniform

Available for purchase at the studio for all disciplines.

2. White Belt

Your white belt is included with your uniform (TKD & Judo). See the section below or ask an instructor or advanced student to show you how to tie your belt. Students with previous martial arts training may be evaluated and started at a higher rank.

3. Uniform Patches

Available for purchase at the studio.

4. Schedule of Classes

A schedule is included with this handbook. Post it on your refrigerator or in your office and participate in at least two classes a week.

5. Patience, Self Discipline, Motivation And a Desire to Learn!

HOW TO TIE YOUR BELT (TKD & Judo)

1. Place the center of the belt on your belly button.
2. Pull both ends behind you with both hands & bring both ends around to the front, tucking the right side underneath. (The belt should appear as a single layer from behind.)
3. Take the left end and tuck it under both layers. Finish by taking the other end, looping it underneath and through to finish the knot. The finished knot should be a square knot with both ends hanging towards the floor.

STUDIO GUIDELINES & ETIQUETTE

You will find that each art has its own set of rules and etiquette. Great emphasis is placed on self-discipline and respect for yourself, others and the art. In the studio, you will be asked to show respect to students with more experience and to the studio by bowing.

When to Bow

- Before entering and leaving the training floor
- At the beginning and end of class as directed by the instructor
- Before entering a class when you are late. You should kneel down and wait to be bowed in by the instructor.
- When greeting a Black Belt in the studio
- To your partner before and after sparring

How to address the instructor or other Black Belts

- During class you should always address the instructor as sir or ma'am or by their last name (i.e. Mr. Pitts), unless directed otherwise.
- Questions should be saved for after the instructor has told the class to "sho" meaning "relax" after the completion of a series of techniques. Only interrupt the class for more urgent matters, such as an injury.

General Etiquette

- The studio is a place of respect. Treat it like your second home. Help keep it clean by discarding your trash, putting equipment away and remembering to take your belongings home.
- Remind any visitors that you bring to the studio to remove their shoes if they are entering the workout area.
- Try to be quiet and refrain from talking loudly when a class is in session. Students should only talk during class at appropriate times.