

Youth Curriculum

Lake Zurich Family

Martial Arts



Lake Zurich Family Martial Arts

215 S Rand Rd, Lake Zurich Family Martial Arts, IL 60047

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LZFMA Programs

Tae Kwon Do

Training for students ages 7+ years focuses on a combination of traditional martial arts at a level appropriate for kids. This program is designed to develop core martial arts abilities of students and provides a controlled environment where students can practice their techniques and prepare for real life scenarios. Character development is also essential as students train their mind, body, and spirit.

Lil' Ninjas Martial Arts

Training for students ages 4-6 years old is designed to provide the skills necessary to transition to the Youth Tae Kwon Do program. Components include basic martial arts abilities, dojo protocol, manners, life and listening skills, character building, and teamwork. Students will graduate to the Youth program upon Black Stripe Belt or at the age of 7 years old.

LZFMA PROGRAMS:

The overall goal for students in these programs is to provide a foundation of martial arts training with the vision that a student from these programs will gain confidence, accomplish their goals, and experience growth both physically and intellectually. This program uses several traditional martial arts as its model that are presented and practiced in various formats. The basis of training comes from the Korean martial arts of Tae Kwon Do and Hapkido. Courses are offered to adults, children and families in several formats appropriate to the interests, age and ability of its participants. The curriculum and presentation of each class varies yet its vision remains the same.

Hapkido

This class consists of training for both adult & youth students starting at 14 years old. The Hapkido program is primarily focused on joint manipulation, take-downs, and containment techniques; however, it also includes basic self-defense principles. Students will learn how to re-direct energy in their favor while defending themselves from various attacks.

Weapons

The weapons program is for experienced, mature students, ages 10+ years, and green belt or higher. Training weapons include bo (staff), kali (sticks), and nunchaku (chained sticks). This class is great for student discipline, self-control, respect, safety, and learning proper behavior with weapons.

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Components of LZFMA Youth Program

The components listed below describe the LZFMA youth program as well as the requirements for each belt rank. It is the vision of this program that foundational skills in each of these components will create a well-rounded martial artist.

Stand Up Technique

Stances

Strikes

Kicks

Blocks

Patterns

Form/Kata

Combinations & Drills

Grappling

Falling & Rolling

Locks & Take-downs

Groundwork

Defenses

Academics & Life Skills

Character Traits

Pledge

Terminology

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Stand Up Techniques

Stances

- techniques designed for proper footwork
- roots in tae kwon do & karate
- proper stances can be thought of as “tree roots” of the body
- proper stances include foot placement, body weight distribution, and posture which all provide proper balance

Kicks

- techniques performed with the foot
- roots in tae kwon do & karate
- all kicks lead by raising the knee
- some kicks require pivot with the grounded foot
- striking surface for kicks include various surfaces of the foot or leg

Strikes

- techniques performed with the arm or hand
- roots in tae kwon do, karate & boxing
- striking techniques are performed with open or closed hand
- striking surfaces for strikes include various surfaces of hand or arm

Blocks

- techniques designed for defense against an attack
- roots in tae kwon do & karate
- effective blocks use ample force similar to the force of a strike
- striking surface for blocks include various surfaces of hand or arm

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Patterns

Form/Kata

Kata is a predetermined/choreographed set of martial arts moves that include all components of the martial art (blocking, punching, kicking, stances, footwork, etc.). Its purpose is for drill and practice, focus, visualization, balance as well as memorization.

Roots in tae kwon do.

Qualities of proper kata/form:

- memory
- focus
- power
- fluidity of movement
- speed & snap
- balance
- targeting & precision

Combinations & Drills

Combinations and Drills are a series of techniques and movements designed to drill and practice skills.

Grappling

Grappling is a close quarters fighting range that includes grabbing, joint manipulation, throwing and wrestling type maneuvers.

Falling & Rolling

Proper falling and rolling techniques are essential for students to safely and properly practice grappling (locking and throwing) techniques.

Keys of falling/rolling:

- tuck chin to chest
- keep body relaxed
- stop fall using a slap to the ground with a flat arm(s)
- keep body rounded for a smooth fall

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Locks & Take-downs

Locks in the LZFMA program include basic joint manipulation techniques. Locks and take-downs in this program have roots in Hapkido & Judo. Joints include the wrist, elbow and shoulder.

Groundwork

Groundwork in the LZFMA program includes basic ground positions and escapes from those positions, and have roots in Jiujitsu

Defenses

Escapes

Escapes are “get away” techniques used from grabs, holds, containments, and pins. A combination of strikes, kicks, defensive posture and usage of leverage are incorporated in these basic drills.

Steps for escapes:

1. Guard
2. Distract
3. Escape
4. Finish
5. Get away

Defense from Strikes and Kicks

Defense from strikes and kicks include a defensive maneuver followed by a counterattack, finishing moves, takedowns or locks.

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List of All Techniques

Stand-Up Technique			
Blocks	Strikes	Kicks	Stances
<ul style="list-style-type: none"> ● Down Block ● Middle Block ● High Block ● Double Middle Block (Wedge Block) ● Pressing Block ● Double-Arm Block (High, Middle, Low) ● Double Knifehand Block (High, Middle, Low) ● Parry/Deflection ● Slip ● Scooping Block ● Shoulder Block ● Wall Block ● Bob and Weave 	<ul style="list-style-type: none"> ● Hammerfist ● Spinning Hammerfist ● Center Punch ● Backfist ● Spinning Backfist ● Knifehand ● Spinning Knifehand ● Palm Strike ● Elbow Strikes ● Spearhand ● Ridgehand Strike ● Forearm Strike ● Jab and Cross ● Hook Punch ● Uppercut ● Tiger Mouth 	<ul style="list-style-type: none"> ● Front Kick ● Stomp Kick ● Forward Knee ● Back Hooking Kick ● Back Kick ● Replacement Front Kick ● Jumping Front Kick ● Side Kick ● Round Kick ● Step-Behind Side Kick ● Inverted Round Kick ● Replacement Side Kick ● Flying Side Kick ● Hook Kick ● Axe Kick ● Crescent Kick ● Jumping Round Kick ● Switch Round Kick ● Spinning Side Kick ● Spinning Hook Kick ● Tornado Kick ● Jump Spinning Axe Kick ● Jump Spinning Hook Kick ● Jump Spinning Crescent Kick 	<ul style="list-style-type: none"> ● Listening Positions <ul style="list-style-type: none"> 1 Cross Legs 2 One Knee 3 Attention 4 Half Legs 5 Knees Please ● Front Stance ● Horse Stance ● Fighting Stance ● Straddle Stance ● Ready Position ● Punching Position ● L-Stance ● Cat Stance (Empty) ● X-Stance ● Fixed Stance (50-50)

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List of All Techniques (con't)

Patterns	
Kata/Form	Combinations & Drills
Ki Bon	Punches (High, Middle, Low)
Chun Gi	Cross Punches
Tan Gun	X-Punches
To San	Elbow Strike Drill
Won Yo	Kicking Combo
Yul Gok	Front Kick, Side Kick, Back Kick, (Same leg)
Chun Gun	Kicking Combo
Toi Gye	Front Kick, Round Kick, Back Kick (Alternating legs)
Hwa Rang	Punch Deflection Drill
Chung Mu	Ogoshi Drill
	(step around)
	Kicking Combo
	Hook Kick, Step-behind Side Kick, Step-in-front Round Kick, (Same leg)
	Back kick (Alternate leg)

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Grappling	
<i>Falling & Rolling</i>	<i>Locks & Takedowns</i>
Back Fall Forward Roll Side Fall Forward Roll + Side Fall Front Fall Backward Roll Diving Roll Flip Fall Bridge	<u>Locks</u> Arm Bar Outside Wrist Lock Gooseneck Shoulder Lock Hammerlock S-Lock Center Lock Headlock Guillotine Sleeper Hold Gi Choke <u>Takedowns</u> O Soto Gari (Major Outer Sweep) Ogoshi (Major Hip Throw) Ippon Si O'nage (One-Arm Shoulder Throw) Moroto Si O'nage (Double-Arm Throw) Tomoe Nage (Overhead Throw)
<i>Groundwork</i>	<i>Defenses</i>
Mount Scarf Hold Side Control Tactical Standup Guard Shrimp Mount Escape Guard Escape Side Control Escape Side Control Locks	Wrist Grab Escapes (Cross Side, Same Side) Two Hand Wrist Grab Escapes (One Wrist, Two Wrists) Shoulder Grab (One Hand, Two Hand) Collar Grab (Single and Double) Push Defense (One Hand, Two Hand) Choke Defense (One Hand, Two Hand, Rear Choke, Headlock) Punch Defense (One Hand, Two Hand, Round) Bear Hug (Over the Arms, Under the Arms) Hair Grab Kick Defenses (Front Kick, Side Kick, Round Kick) Tackle Defense (Sprawl)

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Academics & Life Skills

Academics and Life Skills are taught in this program to develop a deeper and more meaningful understanding and appreciation of the martial arts and its benefits. Academics include martial arts history, terms in native languages, and philosophies handed down through generations of martial artists. Life skills include positive character traits, proper behavior and manners.

Character Traits

Training the mind & the spirit of the martial artist both in and out of the dojo/dojang

1. **Courtesy** – 10th & 9th kyu/gup (white & yellow-stripe belt)
 - using manners, kindness, helpfulness
2. **Integrity** – 8th & 7th kyu/gup (yellow & green-stripe belt)
 - doing the “right” thing, following through on one’s word, honesty
3. **Perseverance** – 6th & 5th kyu/gup (green & blue-stripe belt)
 - working hard even when things are tough
4. **Self-Control** – 4th & 3rd kyu/gup (blue & brown-stripe belt)
 - controlling one’s actions & emotions
5. **Indomitable Spirit** – 2nd & 1st kyu/gup (brown & red belt)
 - having the will and desire to keep trying even after failure

Philosophy

Ideals of the way of the martial artist both in and outside the dojo/dojang

Students of the martial arts should always...

- Be respectful of their instructor and all senior grades.
9th & 8th gup/kyu (yellow stripe & yellow belt)
- Conduct themselves in a respectful & respectable manner in the dojo/dojang, in public and at home.
7th & 6th gup/kyu (green stripe & green belt)
- Respect the responsibility of their knowledge & training so to never misuse it.
5th & 4th gup/kyu (blue stripe & blue belt)
- Respect the rights of other people to make their own choices even if they are different from the choices of the students.
3rd & 2nd gup/kyu (brown stripe & brown belt)
- Strive for peace and cooperation in life.
1st gup/kyu (red belt)

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Terminology

In order to keep with the tradition of the arts, LZFMA students will learn some terms in the native languages of the arts they are studying. Many traditional dojos will use this terminology throughout classes. *Languages used in the LZFMA program are Japanese & Korean. These countries are the roots of the LZMFA martial arts program of study.

English	Japanese	Korean	Belt
Attention	Kitotsuke	Cha Ryut	White/YS
Bow	Rei	Kunyeh	White/YS
Begin	Hajime	Si Chak	Yellow/GS
Ready	Kamae	Joon Bee	Yellow/GS
Stop	Yamae	Parro	Yellow/GS
Form/Pattern	Kata	Hyung or Poomse	Green/BS
Uniform	Gi	Do Bak	Green/BS
Instructor	Sensei	KyoSa Nim	White/YS
Pre-Black Belt Students	Mudansha	Moo DanJa	Blue/BRS
Black Belt Practitioner	Yudansha	Yoo Dan Ja	Blue/BRS
Practice Hall	Dojo	Do Jang	Green/BS
Yell	Kiai	Ki Hap	Blue/BRS
Strike	Tsuki or Uchi	Chi Reu Gi	Brown
Kick	Giri	Chagi	Brown
Block	Ookie or Barai	Makgi	Brown

English	Japanese	Korean
One	Ich	Hana
Two	Ni	Tul
Three	San	Set
Four	Shi	Net
Five	Go	Ta Sot
Six	Roku	Ya Sot
Seven	Shichi	Il Gop
Eight	Hachi	Yo Dol
Nine	Ku	A Hap
Ten	Ju	Yeul

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Mat Chats

Mat chats are a time for students to learn terminology, discuss philosophy, and understand positive character traits.

Possible Mat-Chat Topics:

- Rules of the dojo/dojang (school)
 - What are the important rules in the dojo/dojang (school)?
 - Why are there rules in the dojo/dojang (school)?
 - Rules for Safety vs. Rules for Respect
- Character Traits
 - Recite Character Traits for memorization
 - Why should martial artists have positive character?
 - Examples of Character Traits at home, school, public, etc.
- Terminology
 - Recite Terminology for memorization
 - Why do we study words in other languages?
- Martial Arts Philosophies
 - Recite for memorization
 - Explain each Philosophy
 - What are some real life applications of the philosophies?
- What is LZFMA?
 - What martial arts are taught at LZFMA?
 - Why is LZFMA a great place to train in martial arts?
- What are belts used for in martial arts?
 - How do martial artists advance in belt ranks?
 - Why do martial artists take belt tests?
 - What does a belt represent?
- Awareness: “Stranger Danger”
- What makes a good black belt?
- What makes a good martial artist?
- When is it okay to use martial arts outside the dojo?
- What is your favorite part of LZFMA?
- What is your favorite technique(s)?
- What are belts used for in martial arts classes?
- What makes a good uke (training partner)?
- What are the three parts of martial arts training?
- How does one count to ten in Japanese and Korean?
- What is:
 - Patience
 - Accountability
 - Responsibility
 - Thankfulness
 - Gratefulness

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General Class Format

A general class is filled with several sections that make a complete lesson. Each class will lead with a warm up to get the body ready for physical training. After warm ups, the lesson will feature a short review to reinforce foundational skills. A “mat chat” is then included to practice terminology, discuss character building & life skills, martial arts philosophy, review proper martial artist behavior, etc. The main portion of the lesson will be made of major training components such as kata/form, grappling, stand-up technique, etc. Many times a game will be played at the end of class to enforce training skills. At the conclusion of each lesson, students will officially bow out of the classroom. Lastly, instructors and students will discuss upcoming events and other related martial arts activities.

Attire

LZFMA students wear a traditional, lightweight uniform which is purchased at the studio. Basic & Intermediate students wear a white uniform, while Advanced students wear a black uniform. Full uniform is required upon official sign up to the program. Students who are not dressed in the required uniform will forfeit the right to wear their belt for that day and will line up as such at the start of class. T-shirts are considered full uniform (in place of uniform jacket) only during the summer months (June-Sept).

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Basic Training Aids

Intermediate Class: Shin Guards, Knee Pads & Gloves

Shin guards, knee pads & gloves should be purchased by students at or before green stripe belt when transitioning to the intermediate class. All equipment should be purchased through LZFMA as it has been approved by instructors for safe training in this program. This equipment provides protection for striking targets and for training with partners. Equipment also allows the student to strike harder surfaces with more force. The cushion protects the body and builds confidence for powerful strikes and kicks. When training with a partner, the guards provide protection for the opponent in blocking and counter striking. This equipment is a powerful training tool and should be ready and clean for each class. Gear should be kept in gear-bag that is purchased with gear package. Names should be written on all equipment & gear bags. Students who come unprepared without proper equipment will forfeit their training for safety reasons.

Advanced Class: Helmet, Chest protector, & Mouth guards

Helmet, chest protector & mouth guard should be purchased by students at or before blue belt when transitioning to the advanced class. All equipment should be purchased through LZFMA as it has been approved by instructors for safe training in this program. This equipment provides protection for absorbing strikes and kicks. Purchasing a cup is necessary for male students and will provide additional protection when sparring training becomes more freestyle and increases in intensity. Students will make this purchase outside of the studio. This equipment will conveniently combine with existing equipment and all fit in the original mesh bag. All gear should have the students name/initials on it. Students who come unprepared without proper equipment may forfeit sparring training for safety reasons.

LZFMA Curriculum Manual

This manual gives insight into the program and also provides a study guide for each belt test. Curriculum should be used for at-home practice and study.

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Sparring

Youth students will “officially” begin training in sparring/fighting at the rank of blue belt (advanced class). Sparring gear must be purchased on or before this rank.

Sparring Gear:

Full gear including head/face guard, chest protector, gloves, groin protection (male), and shin protectors are a mandatory requirement in order to stay as safe as possible during practice. All sparring gear should be purchased through LZFMA, by instructor recommendations, to insure proper safety.

What is Sparring?

Sparring is a form of training where students engage in simulated combat. Students implement techniques they have learned, practice distancing, movement, targeting, and react to incoming attacks. This is designed to give students an experience of “real” attacks & defenses while training.

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LZFMA: Student Sparring Rules

General	<ul style="list-style-type: none"> ● All students are subject to the rules of free sparring and point sparring. Failure to adhere to these rules will forfeit the right to spar in class ● Sparring is undertaken at <i>member's own risk</i> ● Sparring is allowed only under instructor supervision ● Always show respect by bowing, shaking hands or touch gloves to your sparring/practice partner
Sparring Gear	<ul style="list-style-type: none"> ● Approved safety equipment must be used at all times and must be purchased through LZFMA ● All sparring gear should be free of wear and tears, does not obstruct vision or movement and fits properly ● Sparring gear should be disinfected regularly ● No free sparring is allowed without proper sparring gear
Training	<ul style="list-style-type: none"> ● All students must exercise self-control at all times. Students must wait for their instructor's signal to begin ● Sparring is typically LIGHT CONTACT only. It is important to remember that members are training partners and not opponents. Techniques to the head gear are to be made only with a controlled light contact ● In the event of injury, the training partner faces the opposite direction in a seated position while the injured student is tended to ● Students should never spar or continue to spar when one or both partners become overly upset or frustrated. This level will be determined by the instructor ● If the student ever feels that their partner shows lack of control or uses excessive contact, he or she should notify the instructor immediately ● Students should practice humility in both victory and defeat ● Always spar with hands in proper guarding position ● Only use legal techniques and only strike to legal and appropriate target areas. <ul style="list-style-type: none"> ○ No kicks/strikes to the groin or joints (esp. knees & elbows) ○ No striking or poking the eyes ○ Never punch or kick to the back ○ Never turn one's back to a partner ● If a mistake is made while sparring, always apologize immediately, and do not repeat the mistake ● If a sparring partner falls, stop immediately and extend a hand to help him/her up. However, if a partner is injured after falling he/she should not be forced up

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Sparring Details: Point Sparring vs. Free Sparring

Sparring rules are subject to change due to varying body types, ages, height, & weight. This is a general outline of the details for point sparring and free sparring.

<p>Point Sparring: Students are involved in a one on one fighting match. Points are accumulated through the match to determine a "winner"</p>	<p>Points Competitors will be awarded points based on power, accuracy and execution of attack.</p> <ul style="list-style-type: none">• 1 point is awarded for proper technique to body (kick or punch)• 2 points are awarded for proper kicks to the head* <p>The first competitor to obtain 3 points is the winner of the match (time limit is 1 minute). In the case of a tie, an additional 30 seconds will be added to win the match. If neither competitor scores after the additional 30 seconds, the match is considered a draw.</p> <p>Contact All contact between competitors should have appropriate power and accuracy and should be directed only to legal targets. Strikes of any kind to the back of the head, back, groin, below waist (legs/feet) are not allowed.</p> <p>*Only one warning will be given for strikes to illegal targets. If an opponent has fallen or been injured, the match will immediately pause (no strikes of any kind are allowed when the opponent is on the ground).</p> <p>Penalties Penalties will be given for acts/instances of excessive contact, grabbing or poor sportsmanship. Before any penalty is given, competitors will be allowed only ONE warning from the referee. After that warning, the match will be stopped without option to continue (forfeit).</p> <p>Excessive Contact: Contact between competitors should be appropriate for age, rank, and size. For example, if two competitors of different rank are competing, the higher rank is responsible for adjusting power accordingly. If contact is excessive to the extent where an injury occurs, no warning will be given; the match will immediately be forfeited.</p> <p>Grabbing: Grabbing of any kind (uniform, arms, legs) is not allowed in sparring sessions.</p> <p>Sportsmanship: Poor sportsmanship is defined as an act of negative behavior (ex. throwing down of gloves or equipment, making noises of disappointment, improperly/disrespectfully shaking hands, etc.). It is at the discretion of the referee to call any other acts of poor sportsmanship not mentioned here.</p>
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<p>Free Sparring: Students engage in a fighting match (one opponent or multiple) for a set length of time. Points are not called and there is no "winner."</p>	<p>Match Details: Free sparring match will span 30 sec - 3 minutes as determined by instructors.</p> <p>Contact: Light Contact</p> <p>Penalties: Excessive contact</p> <p>General Rules: Sweeps are permitted unless an instructor states otherwise No Locks No Throws</p> <p>Multiple matches may occur simultaneously on the same mat as long as there is ample instructor supervision.</p>
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Training Necessities

The following characteristics should be goals that drive the training of LZFMA students. At each belt test and throughout their training, students will be judged based on the following characteristics. It is the belief of LZFMA instructors that the following characteristics build a well-rounded martial artist.

- | | |
|-----------------------|------------------|
| 1. Respect | 8. Determination |
| 2. Recall | 9. Balance |
| 3. Focus | 10. Fluidity |
| 4. Speed/Reaction | |
| 5. Precision/Accuracy | |
| 6. Power/Intensity | |
| 7. Self-Control | |

Belt Striping Program

The LZFMA belt striping program is designed to recognize martial artists for achievements other than martial skill. These extra recognitions are not mandatory for participation. These extras are believed to create better martial artists in mind and spirit making for more well-rounded martial artists.

Category	Stripe	Who	When
Testing	Kicking figure	For martial arts students who are training for the next upcoming test	Will be awarded at the same time students receive notification of their next test
Attendance	“Outstanding Attendance”	For martial arts students who attend class consistently	Will be awarded once per month to students with perfect attendance for the previous month
Bring a Friend	Friends icon and friendship kanji	For martial arts students who bring a friend to class on designated classes	Will be awarded on Buddy Nights at end of class or when a student brings a friend to a regularly scheduled class
Demonstration Team	“Demo Team”	For martial arts students who have prepared and performed in a public demonstration	Will be awarded after each public demonstration/performance

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Dojo Rules, Procedures and Student Etiquette

<p>Attire, Equipment, & Gear</p>	<ul style="list-style-type: none"> • Students should only use training equipment with permission & supervision • Keep the dojo safe and clean by disinfecting equipment and putting it away • Put away shoes, coats, & bags in an organized fashion • No jewelry should be worn when training (rings, bracelets, necklaces, earrings) • Full uniform must be worn to class (jacket, pants & belt) <p>July - September: LZFMA t-shirts can be worn in place of uniform jackets *Students who do not have a complete uniform for class will forfeit the right to wear their belt for that class and will line up at the end of the line. Students will be given the option to wear a white belt for that class*</p>
<p>Behavior</p>	<ul style="list-style-type: none"> • Students should show respect & courtesy to other students & instructors at all levels, programs & dojos. • Students should conduct themselves in a respectful & respectable manner both in and out of the dojo. • Students are expected to be in class on time. If late, students should wait at the door and ask permission to enter class • Students should use the restroom prior to the start of class. If absolutely necessary, students should ask permission to use the bathroom • Students and instructors will bow at the edge of the mat each time they enter and/or leave the training area. The bow is similar to a handshake in showing respect toward the school, flags, fellow students, and instructors • Students should raise their hand when contributing to a conversation or asking a question and should respond “yes/no sir or ma’am” when asked for a response • Students should never use skills outside dojo (including demonstrating/teaching techniques to friends, family members, etc) • Students using skills inappropriately outside of dojo risk expulsion from the program/dojo • Students should use appropriate language both in and out of the dojo • Students will train with partners at the appropriate level of intensity based on age, size, and rank (ex:) less power on lower ranks and younger ages. • All training must be supervised by an adult instructor. Students should not enter the mats without an adult instructor present
<p>Personal Hygiene & Cleanliness</p>	<ul style="list-style-type: none"> • Uniforms should be kept clean by consistent washing • Equipment should be wiped down after each class • Washable equipment (such as shin guards) should be washed consistently • Toenails & fingernails should be trimmed short • Long hair should be tied back • Body should be kept clean (consistent showers & deodorant) • Food or gum is not allowed on the mat

Lake Zurich Family Martial Arts

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Leadership Team

The LZFMA instructors believe that it is essential to consistently create strong leaders that will potentially become the instructors of the future. Building leaders from within will ensure the quality of instruction as well as the continuation of the program. Not all talented students make great instructors and that is why enrollment into the LZFMA Leadership Program is by invite only. Instructors look for potential leaders who show promise with the following qualities: patience, helpfulness, positive spirit, polite behavior, and encouraging actions with others. After acceptance in the program, these students will learn leadership and teaching skills in weekly meetings. These exceptional students will also help with duties in the dojo as well as volunteering opportunities within the community. Leaders will be easily identified by others with a special red jacket that they will wear when they are assisting in classes.

Belt Testing

Testing for new belts (rank advancement) occurs approximately every 5 weeks for each program (every 10 weeks for advanced students & hapkido students). Not every student will test each time. Test readiness depends on multiple factors such as: consistent training necessities, regular attendance, minimum training hours, significant knowledge, substantial skill/ability, positive attitude, proper respect and appropriate behavior.

When a student is ready for a test, as determined by a panel of instructors, the student will be notified. After this notification, the eligible student must attend classes consistently and be present on the day of the test. It should be noted that students will progress at different rates, so students should not spend much time comparing themselves to peers. Additionally, as belt levels increase, so does the time in training between those belts. For example, black belts spend years of training in between belt tests.

Full uniform is required for belt testing. Belt testing is a formal event and therefore formal attire is required (even during the months of June - Sept). Training gear is also required for students at their test.

Training Hours

To ensure students have strong abilities, each student must achieve a minimum number of hours of direct instruction in the dojo before he/she is eligible for a belt test. These hours do not guarantee a test, but they are the minimum requirement.

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Belt System

The belt system for the LZFMA program is a ten belt system to black belt. Kyu or gup indicates the belt's position from black belt. Ex. 3rd Kyu/Gup is 3 belts away from black belt. Belts are designed to indicate a student's ability level and encourage student goal setting.

The LZFMA belt system is not designed to be the driving force of student training.

Each belt rank has a minimum number of training hours in regular classes that students must complete before a belt test is considered. *Most students need more than the minimum hours to become eligible for their next belt test.* Additional training opportunities will be available to students from time to time. These training sessions may include seminars or other special classes.

Position	Belt Name	Appearance	Minimum Eligibility (classes)
10th kyu/gup	White Belt	Solid White	20 classes
9th kyu/gup	Yellow Stripe Belt	White w/yellow stripe	25 classes
8th kyu/gup	Yellow Belt	Solid Yellow	30 classes
7th kyu/gup	Green Stripe Belt	Yellow w/green stripe	35 classes
6th kyu/gup	Green Belt	Solid Green	40 classes
5th kyu/gup	Blue Stripe Belt	Green w/blue stripe	45 classes
4th kyu/gup	Blue Belt	Solid Blue	50 classes
3rd kyu/gup	Brown Stripe Belt	Blue w/brown stripe	55 classes
2nd kyu/gup	Brown Belt	Solid Brown	60 classes
1st kyu/gup	Red Belt (cho dan bo)	Solid Red	80 Classes *typically one year minimum of consistent training*

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Belt Level Requirements

For each belt level/color, students will be responsible for substantial knowledge, understanding and skill of a set of techniques as well as previous techniques. These techniques are learned and practiced in class. They may also be trained at home with parental supervision & permission. Students will perform these techniques at the appropriate level in their belt tests. Again, students will progress through these techniques and belts at their own pace based on attendance, age, effort, practice, and skill. Also, training time between belts increases as the belt level increases. Belts are designed for recognition of ability and creation of goal setting. Therefore, students should avoid comparing their belts to other students. As students progress through belt ranks, they will be given the opportunity to expand their training to different martial arts and in other areas such as weapons.

The following pages contain the minimum requirements for each belt and should be used as a guide when studying and practicing. Techniques in the LZFMA program are assigned to certain belts based on complexity and difficulty.

Weapons

Students testing for black belt will be required to demonstrate proficiency in one weapon. Participation in the weapons program is by invitation only. Students may be invited to participate in this program as early as green belt and 10 years of age. This invitation will be based on maturity of the student as well as instructor's level of trust in that student. The weapons class becomes a mandatory requirement at brown belt and higher.

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White Belt – 10th Kyu/Gup	Training Time (min): 20 classes
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Stand-Up Technique

Stances	Strikes	Kicks	Blocks
Front Stance Horse Stance Fighting Stance Straddle Stance Training Positions: <ul style="list-style-type: none"> • Ready Position • Punching Position Listening Positions: <ol style="list-style-type: none"> 1. cross legs 2. one-knee 3. attention 4. half legs 5. knees please 	Hammerfist Center Punch	Front Kick Stomp Kick Forward Knee	Down Block

Patterns	
Form/Kata	Combinations/Drills
Ki Bon	Punches: High, Middle, Low

Grappling			
Falling & Rolling	Locks & Take-Downs	Groundwork	Defenses
Back Fall	NONE	Mount	Wrist Grab Escapes <ul style="list-style-type: none"> • Same Side • Cross Side

Academics & Life Skills				
Character Trait	Pledge	Terminology		
Courtesy	We salute to the flag and show respect for our teaching, our parents our classmates and most of all myself.	Attention	Kitosuke	Chariot
		Bow	Rei	Kunyah
		Instructor	Sensei	Kyo Sa Nim

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Yellow-Stripe Belt – 9th Kyu/Gup	Training Time (min): 25 classes
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Stand-Up Technique

<i>Stances</i>	<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
L-Stance	Backfist Strike Knife-hand Strike Palm Strike	Back Hooking Kick Back Kick Replace Front Kick	Middle Block Knife-hand Block

Patterns	
Form/Kata	Combinations/Drills
Chun Gi	Cross Punches

Grappling			
<i>Falling & Rolling</i>	<i>Locks & Take-Downs</i>	<i>Groundwork</i>	<i>Defenses</i>
Forward Roll	NONE	Scarf-hold	Two-hand Wrist Grabs <ul style="list-style-type: none"> ● 2 Hands 1 Wrist ● 2 Hands 2 Wrists

Academics & Life Skills				
Character Trait	Pledge	Terminology		
Courtesy	Students should always respect their teacher and all higher belts.	Attention	Kitosuke	Chariot
		Bow	Rei	Kun yeh
		Instructor	Sensei	Kyo Sa Nim

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Yellow Belt – 8th Kyu/Gup	Training Time (min): 30 classes
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Stand-Up Technique

<i>Stances</i>	<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Cat Stance (Empty)	Elbow Strikes	Jumping Front Kick Side Kick	High Block

Patterns

Form/Kata	Combinations/Drills
Tan Gun	X-Punches

Grappling

<i>Falling & Rolling</i>	<i>Locks & Take-Downs</i>	<i>Groundwork</i>	<i>Defenses</i>
Side Fall	Arm Bar	Side Control	Shoulder Grab <ul style="list-style-type: none"> ● One hand ● Two hand

Academics & Life Skills

Character Trait	Pledge	Terminology		
Integrity	Students should always respect their teacher and all higher belts.	Ready	Kamae	Joom Be
		Stop	Yamae	Parro
		Begin	Hajime	Si chak

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Green-Stripe Belt – 7th Kyu/Gup	Training Time (min): 35 classes
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Stand-Up Technique			
Stances	Strikes	Kicks	Blocks
X-Stance Step & Slide	Spearhand Spinning Back Fist	Round Kick Step Behind Side Kick	Double Middle Block (Wedge Block) Pressing Block

Patterns	
Form/Kata	Combinations/Drills
To San	Elbow Strike Drill

Groundwork			
Falling & Rolling	Locks & Take-Downs	Groundwork	Defenses
Forward Roll + Sidefall	Outside Wrist Lock Headlock	Tactical Stand-Up Guard	Collar Grab <ul style="list-style-type: none"> • Single • Double

Academics & Life Skills			
Character Trait	Pledge	Terminology	
Integrity	Students should always conduct themselves in a respectful and respectable manner in the dojo, in public and at home.	Ready	Kamae
		Stop	Yamae
		Begin	Hajime
			Joon Bee
			Parro
			Si Chak

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Green Belt – 6th Kyu/Gup	Training Time (min): 40 classes
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Stand-Up Technique

<i>Stances & Positions</i>	<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Fixed Stance (50-50)	Spinning Hammerfist	Inverted Round Kick Replace Side Kick	Double Arm Block (Middle)

Patterns	
Form/Kata	Combinations/Drills
Won Yo	Kicking Combo: Front Kick, Side Kick, Back Kick (same leg)

Grappling			
<i>Falling & Rolling</i>	<i>Locks & Take-Downs</i>	<i>Groundwork</i>	<i>Defenses</i>
Front Fall	Shoulder Lock Guillotine O Soto Gari (Major Outer Sweep)	Transitions: <ul style="list-style-type: none"> ● Scarf hold ● Side control ● mount ● guard 	Push Defense <ul style="list-style-type: none"> ● One Hand ● Two Hand

Academics & Life Skills			
Character Trait	Pledge	Terminology	
Perseverance	Students should always conduct themselves in a respectful and respectable manner in the dojo, in public and at home.	Uniform	Gi Dobak
		Practice Hall	Dojo Dojang
		Form	Kata Hyung

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Blue-Stripe Belt – 5th Kyu/Gup			Training Time (min): 45 classes
Stand-Up Technique			
Stances & Positions	Strikes	Kicks	Blocks
NONE	Ridge-Hand Strike Forearm Strike	Flying Side Kick Hook Kick	NONE
Patterns			
Form/Kata		Combinations/Drills	
Yul Gok		Kicking Combo: Front Kick, Side Kick, Back Kick (same leg)	
Groundwork			
Falling & Rolling	Locks & Take-Downs	Groundwork	Defenses
Backward Roll	Hammer Lock Sleeper Hold	Shrimp	Choke Defenses <ul style="list-style-type: none"> ● One hand ● Two Hand ● Rear Choke ● Side Headlock
Academics & Life Skills			
Character Trait	Pledge	Terminology	
Perseverance	Students should always respect the responsibility of their knowledge so to never misuse it.	Uniform Practice Hall Form	Gi Dojo Kata Dobak Dojang Hyung

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Blue Belt – 4th Kyu/Gup	Training Time (min): 50 classes
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Stand-Up Technique

<i>Stances & Positions</i>	<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
NONE	Jab/Cross Spinning Knifehand Tiger Mouth Strike	Ax Kick Crescent Kick	Parry/deflection Dbl Arm Block (Low)

Patterns	
Form/Kata	Combinations/Drills
Chun Gun	Punch Deflection Drill

Grappling			
<i>Falling & Rolling</i>	<i>Locks & Take-Downs</i>	<i>Groundwork</i>	<i>Defenses</i>
Diving Roll	Gooseneck Ogoshi (Major hip throw)	Mount Escape	Punch Defense (One-hand) Jab/cross Defense Round Punch Defense

Academics & Life Skills				
Character Trait	Pledge	Terminology		
Self-Control	Students should always respect the responsibility of their knowledge so to never misuse it.	Color Belts	Mudansha	Moo Dan Ja
		Black Belts	Yudansha	Yoo Dan
		Ja		
		Yell	Kiai	Ki Hap

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Brown-Stripe Belt – 3rd Kyu/Gup	Training Time (min): 55 classes
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Stand-Up Technique

<i>Stances & Positions</i>	<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
NONE	Hook Punch	Jump Round Kick Switch Round Kick	Slip Scooping Block

Patterns

Form/Kata	Combinations/Drills
Toi Gye	Ogoshi Drill (step around)

Groundwork

<i>Falling & Rolling</i>	<i>Locks & Take-Downs</i>	<i>Groundwork</i>	<i>Defenses</i>
Flip Fall	S-Lock (downward wrist lock) Ippon Si O'nage (one-arm shoulder throw)	Guard Escape	Bear Hug <ul style="list-style-type: none"> ● Over arms ● Under arms Hair Grab <ul style="list-style-type: none"> ● One hand ● Two hand

Academics & Life Skills

Character Trait	Pledge	Terminology		
Self-Control	Students should always respect the rights of other people to make their own choices even if they are different from their own.	Color Belts	Mudansha	Moo Dan Ja
		Black Belts	Yudansha	Yoo Dan
		Ja		
		Yell	Kiai	Ki Hap

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Brown Belt – 2nd Kyu/Gup	Training Time (min): 60 classes
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Stand-Up Technique			
<i>Stances & Positions</i>	<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
NONE	Uppercut	Spinning Side Kick Spinning Hook Kick	Shoulder Block Wall Block

Patterns	
Form/Kata	Combinations/Drills
Hwa Rang	Kicking Combo: hook kick, step behind side kick, round kick, back kick

Groundwork			
<i>Falling & Rolling</i>	<i>Locks & Take-Downs</i>	<i>Groundwork</i>	<i>Defenses</i>
Bridge	Center Lock Gi Choke Moroto Si O'nage (Double-arm throw)	Side Control Escape	Kick Defenses <ul style="list-style-type: none"> ● Front Kick ● Side Kick ● Round Kick Tackle Defense <ul style="list-style-type: none"> ● Sprawl ● Crowbar throw

Academics & Life Skills				
Character Trait	Pledge	Terminology		
Indomitable Spirit	Students should always strive for peace and cooperation in life.	Strike Gi	Tsuki or Uchi	Chi Reu
		Kick	Giri	Chagi
		Block	Barai or Ookie	Mak Gi

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Red Belt – 1st Kyu/Gup			Training Time (min): 80 classes
Stand-Up Technique			
Stances & Positions	Strikes	Kicks	Blocks
All Previous	All Previous	Jump Spinning Kicks: Axe Kick Hook Kick Crescent Kick Tornado Kick	Bob/Weave

Patterns	
Form/Kata	Combinations/Drills
Chung Mu	Create-Your-Own

Groundwork			
Falling & Rolling	Locks & Take-Downs	Groundwork	Defenses
All Previous	Tomoe Nage (Overhead Throw)	Side Control <ul style="list-style-type: none"> ● Arm Bar ● Shoulder Lock ● Hammerlock 	All Previous

Academics & Life Skills			
Character Trait	Pledge	Terminology - Counting	
Indomitable Spirit	Students should always strive for peace and cooperation in life.	<u>Japanese</u> Ich Ni San Shi Go Roku Shichi Hachi Ku Ju	<u>Korean</u> Hana Tul Set Net Ta Sot Ya Sot Il Gop Yo Dol A Hab Yeul

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