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Tenants of Tae Kwon Do:

- Courtesy - Be nice!
- Integrity - Don't cheat, don't lie, don't steal.
- Perseverance - Never give up!
- Self-control - Control your self.
- Indomitable spirit - Never give up no matter what!

Student Oath:

- I shall observe the Tenants of Tae Kwon Do.
- I shall respect my instructors and seniors.
- I shall never misuse Tae Kwon Do.
- I shall be a Champion of Freedom and Justice.
- I shall build a more peaceful world.

ADULT CLASSES COME TO GREENGATE ACADEMY!!!

Thanks to Greengate Academy owners Denise Statlander and Ellen Fincham, Reaction Force Martial Arts is now able to provide Adult Tae Kwon Do classes, for individuals ages 13 and up.

FREE Trial Classes will be held on the following dates/times:

July 16, 2008, 7:00 p.m.
July 22, 2008, 5:30 p.m.
July 24, 2008, 7:00 p.m.

Sign-up sheets have been placed at the front door for individuals to register for these FREE Trial Classes. In addition, there are participation agreement forms that need to be completed by each partici-



pant. Please take one of these forms and bring it to your FREE Trial class.

Weekly scheduled classes will begin on July 28, 2008. Once regular scheduled classes commence, individuals interested in joining will still be able

to take a FREE Trial Class at any time.

Discipline material includes a foundation based on Traditional Tae Kwon Do and Hapkido with applicable material extracted from Silat, Kali, and Brazilian Jujitsu.

AUGUST TESTING SESSION

Reaction Force Martial Arts has scheduled its first testing session on August 1, 2008, at 7:00 p.m., at Greengate Academy.

Testing is a very important event in a student's martial arts journey. It

is at testing that a student truly is able to measure his/her achievements.

For students under 18 years of age, we do require parent recommendation on the testing form. Our goal with this

is to teach the children that it is not just what they do in class, but also what they do outside of class that matters.

Contact us to verify testing eligibility requirements for your child(ren) and discuss testing fees.



We're on the web!!
www.reactionforcemartialarts.com

Testing eligibility

For students to be eligible to test, they must meet the following minimum requirements:

- Completed training hours
- Form and One-steps stripes
- Parent recommendation
- Instructor recommendation
- Submit completed testing sign-up sheet

Words of Wisdom

"Discipline is the bridge between goals and accomplishments."

- Jim Rohn

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UNIFORM PATCHES

Everyone may have noticed a change in the students' uniforms with the addition of uniform patches. But, what is the significance of each patch and why is it worn on the uniform?

First, on the right and left sleeves we wear the U.S. Flag and Korean Flag respectively. When facing a student, you'll notice that the U.S. Flag is to the left of the viewer in its place of honor and is displayed showing our patriotism to our country. The Korean Flag is displayed on the left shoulder, or to the viewer's right. We display the Korean Flag to show respect and thankfulness for the art of Tae Kwon Do, which originated in Korea.



Additionally, we are recognizing the academic achievement of our school-age students with the use of two Academic Achievement patches.



The first patch can be earned each six weeks of the grading period by showing an instructor an A/B report card.



If the student has 3 scores of 100 in any reporting period, they will earn the 3-Star Academic Achiever patch in lieu of the standard Academic Patch.

We hope these patches help to promote the importance of education with the kids.

BELT STRIPES - WHAT DO THEY MEAN?

Upon enrollment, all students receive a uniform, flag patches, and their first belt as a gift.

The belt that the student receives is a plain white belt. This belt is worn during training sessions until the student meets eligibility to test to the next color belt level.

But, as some are noticing, the plain white belt currently being worn is gaining color for some of the students.

During a student's training time in each belt level, they have certain requirements to meet to become test eligible.

The stripes that are being earned and placed on the belt are a visual signifier to the instructor as to specific train-



ing material that the student is proficient with.

With the use of the stripes, the lead instructor for any given class does not have to stop the class and ask each student what he/she knows. The instructor simply has to look at the belts and then can guide students and assisting instructors in the direction to gain the most benefit from each class for the students.

The red stripe signifies proficiency with One-step self defense techniques. Students in the Adult class learn 5 One-steps per belt level. Children learn the first 3 - 5 One-steps at White belt, and then on a gradient scale based upon age after that.

The black stripe indicates proficiency with the Form for that belt level. Students in the Adult class or Kids class will only receive 1 stripe for proficiency with their entire form. As a training aid, Little Phoenix students receive a Form stripe for every 4 - 5 counts in their form.

If you have questions concerning the training we provide or our teaching techniques, please contact us.