

ADULT STUDENTS - WELCOME TO RED TIGER KARATE

ABOUT RED TIGER KARATE: Our passion is to provide high quality programs that promote character development, physical fitness, and life skills for children and adults through the study of American Karate. We offer a complete white through black belt system taught in an upbeat and positive atmosphere. The adult classes focus on fitness, self-defense, and personal development. We teach at community facilities in a number of North Texas cities.

ABOUT THE DIRECTOR: Robert Margach began his martial arts training in 1973. He is a Certified Master Black Belt and Chief Instructor with over 20 years of teaching experience. His goal is to help each student develop life skills and reach their personal best. Feel free to contact him about any individual issues as training progresses.

GEAR TO PURCHASE: • *Students will need a white traditional uniform (\$30).* • *Red Tiger Karate White Belt Manual and a speed jump rope.* These items are available in class. The manual has step-by-step descriptions of the techniques, katas, and self-defense requirements. It also has a Signature Sheet for attendance, which must be signed by a Brown Belt in the beginning of each class. We will use the speed rope for warm-ups. Many new students do not know how to jump rope. We've all been there and we'll be happy to teach you! Simply start with jumping-jacks during warm-ups.

As you progress in rank, additional equipment will be required as outlined in the manual. The most expensive equipment to purchase will be sparring gear at the yellow belt level. Feel free to ask your instructor about prices.

UNIFORM: Before the fifth week of class, adult students must have their LAST NAME IN ALL CAPITAL, 2 inch black, block style letters on the back of their uniform top (in between shoulder blades). As an optional convenience for you, an embroidery service will pickup, embroider, and then return the uniform to class the following week. We will announce in class (and on our web site) when they will be attending. Please wear a workout shirt on the day they will be taking your uniform. Of course, you are free to use a professional shop of your choice. No hand printing, no computer letters, and no photos on the uniform. Please wash the uniform in cold water, no bleach. Please do not wash the belt.

IMPORTANT INFO: (1) Your partner's safety is the top priority. (2) Always practice with respect toward others. Students should always address instructors and fellow students as Mr., Sir, or Ms., Ma'am as appropriate. (3) Please arrive about ten minutes before class. Children may accompany adult students to class. Please bring appropriate material to keep them occupied and quiet (homework, coloring books, quiet games, etc). (4) Please check our Weekly Announcements on our web site. Information will also be announced in class. (5) Please ensure safety:

- No food or gum allowed in the dojo.
- No jewelry, no watches, and no rings of any kind. Please keep finger and toe nails trimmed.
- When first learning a self-defense technique, be cooperative partners with little or no resistance.
- If you have any special circumstances (medical or otherwise), please let the Head Instructor know before class.

ACTIVITIES: Tournaments, belt tests, self-defense camps, and seminars are integrated into the curriculum to enhance learning and enthusiasm. These events also develop positive traits that will carry over to other aspects of your life. There are additional fees to participate in these activities.

- **Tournaments** are held once per session. The purpose of a tournament is to practice your kata and sparring techniques in a friendly competitive setting. First and second place awards per division. Tournaments are not a requirement for class but are required for belt test. White belts do not spar at tournaments but do perform a kata (pre-arranged moves alone in a ring).
- **Belt Tests** occur at the end of the session – usually two weeks after the tournament. The week after the tournament is belt test review. The Adult Manual outlines the testing curriculum at each belt level. The purpose of the belt test is to show proficiency and progress toward meeting your martial art goals.
- **Adult Self-Defense Camps** take place in April and in October at a campsite for a weekend. The purpose of this camp is to have fun outside of karate class and to practice self-defense in a realistic setting. This training includes gun and knife self-defense, ground fighting, multiple attackers, night trails, and traditional martial art weapons. We also have fun with the theme trail as well as hang out at the campfire at night.
- **Seminars** take place periodically to learn from guest instructors and to practice techniques, weapons, or other skills not covered in class on a regular basis.