

Danielson Martial Arts Academy

STUDENT HANDBOOK



Welcome to the Academy

Master Daryl Laperle

A BRIEF HISTORY of MOO DUK KWAN TANG SOO DO and the CHEEZIC TANG SOO DO FEDERATION

The martial art of Tang Soo Do is relatively modern. However, it's basis, the Korean Art of Soo Bahk Do, dates back many centuries. Tang Soo Do is a composite style, being 60% Soo Bahk Do, 30% Northern Chinese and 10% Southern Chinese. Kicking techniques, for which Tang Soo Do is unsurpassed are based on Soo Bahk. Soo Bahk was first developed during the Silla Dynasty (618-935 A.D.), but gained most of it's popularity during the Koryo Dynasty (935-1392 A.D.)

Tang Soo Do is both hard and soft style, deriving it's hardness in part from Soo Bahk and it's soft flowing movements from Northern Chinese systems.

The man who developed Tang Soo Do Duk Kwan is Grand Master Hwang Kee. He mastered Tae Kyun and Soo Bahk Do at the age of 22. At the time (1936), he traveled to Northern China. There he encountered a Chinese variation of martial artistry called Tang Method. From 1936-1945 he combined Soo Bahk Do with Tang Method, and developed what is now known as Moo Duk Kwan Tang Soo Do, even though it was officially registered in Korea on November 9, 1945 as Korean Soo Bahk Do Association.

Tang Soo Do is most visible in Korea on various military bases. It was here that Robert Cheezic of Waterbury, CT., studied under Jae Chul Shin. Mr Cheezic became the second American student to attain a Dan ranking (Black Belt) in Tang Soo Do. More than 50 other Americans received their Black Belts at U.S. Korean military bases, among them was Chuck Norris.

Robert Cheezic, Chuck Norris and other Black Belts returned to the United States to spread Tang Soo Do individually. In 1961, our Grand Master Robert Cheezic returned to his native Waterbury, CT., and began his teaching this growing art.

Since then the Cheezic Tang Soo Do Federation has grown to more than 50 schools with over 5,000 students, and more than 50 Master Belts. Schools stretch from the United States to Europe and the Middle East. Grand Master Cheezic and the Cheezic Tang Soo Do Black Belts have been invited to demonstrate their abilities all over America and the world.

Welcome students to the Cheezic Tang Soo Do Federation!!!

HISTORY OF DANIELSON MARTIAL ARTS ACADEMY

It began in 1974 in Canterbury Connecticut under the direction of Master Steven Bardsley, student of Grand Master Cheezic. The Danielson Karate Club, as it was called then, moved to Maple Street Danielson and shortly afterwards to the American Legion Hall.

The Danielson Karate Club moved again in 1982 to the Elks Club under the guidance of Master Joseph Johnson, former student of Master Bardsley. The school stayed at that location for years until Master Gary Gauy, former student of Master Johnson, became Chief Instructor in 1987.

Under Master Gauy's instruction we became Danielson Martial Arts Academy in 1990, moved to Maple Street once again. During that time our Academy sent a group of Black Belts, including Black Belt Daryl Laperle to compete with the United States Karate Team in Eastern Europe.

In 1993, the academy was moved to Central Village. In May 1994, Master Daryl Laperle, former student of Master Gauy, took over leadership of the Academy. Master Laperle expanded the academy to a second school in Dayville to re-establish our presence in the Danielson area. In 2000, the two schools were combined into one location in Danielson, with over 5,000 square feet of floor, making it the largest martial arts facility in New England. Members of our academy have since travelled to Australia, China, Bermuda for international competition and training, as well as Ireland and Italy on martial arts related trips. With over 20 active Black Belts, D.M.A.A. boasts the largest instructional staff in any martial arts school in Connecticut.

The leadership of our Academy is an unbroken line of tradition of student becoming teacher and furthering our goal of the most disciplined, and well trained martial arts in our Federation.

Welcome to the tradition!

CHEEZIC TANG SOO DO CODE OF CONDUCT

Our martial art is a style designed to promote health, discipline and a greater sense of respect for oneself and others. The correct attitude for a student at our Academy is reflected in the following principles of Danielson Martial Arts Academy.

1. Be loyal to your country.
2. Be obedient to your parents.
3. Hold your teachers in the highest regard.
4. Focus and discipline in and out of class.
5. Realize self-confidence. YOU ARE A WINNER
6. Treat others with respect and courtesy, as you would yourself.
7. Constantly strive to improve yourself and help others.

We accept absolutely everyone willing to learn to better themselves and be a part of our team. Our classes represent many people on the road to being the best they can be. We are pleased that you have chosen to be a part of us making us better!

Thank you for choosing to be apart of the D.M.A.A. family!

ALWAYS REMEMBER: Wherever you go you represent our DMAA and yourself as a person. The impression most people get of our Academy is directly through the way YOU conduct yourself.

BE A SERIOUS AND RESPONSIBLE STUDENT BECAUSE ALL OF US TOGETHER ARE THE SCHOOL!

TANG SOO DO STUDENT CREED

I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or physical health.

Five Codes of Tang Soo Do:

- 1) Be loyal to ones country.
- 2) Be obedient to parents and elders.
- 3) Honor friendship.
- 4) Never retreat in battle.
- 5) In fighting, choose with sense and honor.

Tenets of Tang Soo Do:

- 1) Integrity
- 2) Concentration
- 3) Perseverance
- 4) Respect and Obedience
- 5) Self – Control
- 6) Humility
- 7) Indomitable Spirit

DOJANG RULES AND INFORMATION

Our rules are necessary for safety and enjoyment of everyone. Every family has it's rules and we are no exception. Violation of these rules will be dealt with as a very serious matter. Penalties as simple as push-ups to suspension or dismissal.

- No shoes are allowed on the blue mats.
- No running, eating, or chewing gum allowed in the dojang.
- Students must be bowed into and out of class by a Black Belt Instructor.
- Talking in the dojang should be kept quiet, especially when class is in session.
- No horseplay or profane language allowed.
- Please do not walk through a class in session or in front of an Instructor or student.
- Always bow with respect when addressing an Instructor.
- Always refer to Black Belts as "Sir" or "Ma'am"They earned it.
- No jewelry (earrings, piercings, necklaces, bracelets etc) can be worn in class, wedding rings are allowed.
- Students should never sit in chairs in dojang, they are for our guests.
- Notify an Instructor of any pain and or injuries before class and as they occur.
- Only one person is allowed to use the heavy bag at a time and always under supervision.
- Belts are to be worn only in class or at sanctioned Tang Soo Do events.
- The correct method to don a belt is to be on one knee facing the flags in the dojang, to show respect for country, school, and Grand Master.
- Never let your belt touch the floor unless you are wearing it in class.
- Please notify an Instructor about vacations or absences as soon as possible.
- Students are encouraged to be on time. Every 3 tardies will be considered an absence. The same rules apply to students that leave class before it's over.
- The judgement of the Instructor on any matter is final.

Please turn cellphone to silent or vibrate mode when in the dojang. It is distracting to Black Belts teaching and to student's concentration.

When dropping off students DO NOT stop in the driveway, it is a huge safety issue! Please park along the trees or in the back of the school then drop off the student. If you stop in the driveway it stops the flow of traffic and cars pulling in from Route 12 either can't turn into the driveway and they risk getting in an accident while waiting to pull in, or if they try to pull in your car blocks them from pulling in completely, creating traffic back-up, again possibly causing an accident.

The driveway at the dojang is ONE WAY. Please enter to the right of the building (by the trees next to liquor store), when exiting drive around behind the building and exit on the other side of the building next to the field.

Monthly dues are to be paid the first week of each month and encompass that month's class whether you choose to attend them or not. Fees to be paid before or after class. We accept cash, debit/credit cards and checks payable to D.M.A.A. There is a \$25.00 fee for insufficient funds checks.

We strongly recommend you join the Danielson Martial Arts Academy Facebook Group page, that is where we will post all events, cancelations, announcements.

TANG SOO DO TERMINOLOGY

Wen —> Left
Chung Shim —> Balance
Cho Bo Ja —> Beginner
Dwi —> Back
Sah Bum Nim —> Instructor or Teacher
Kyuck Pa —> Breaking
Ho Sin Sul —> Self- Defense
Yu Dan Ja —> Dan Holder
Dojang —> Training hall or Studio
Ja Yu Dae Ryun —> Free Sparring
Ku Map Sum Ni Da —> Thank you for letting us teach you
Choo Man Dayo —> Thank you for teaching us

Orrin —> Right
Ahp —> Front
Yup —> Side
Dan —> Black Belt
Gup —> Color Belt
Il Soo Sik Dae Ryun —> One Step Sparring
Hyung —> Form or Pattern
Ko Dan Ja —> Senior Dan Holder
Do Bahk —> Uniform
Ki Hap —> Yell (Focus Mind/Energy)

STANCES

Charyut —> Attention
Han Bal Soo Kee Ja She —> Crane Stance
Basai Ja She —> Cross Stance
Hy Kul Ja She —> Fighting Stance

Chun Kul Ja She —> Front Stance
Kee Ma Ja She —> Horse Stance
Choon Bee Ja She —> Ready Stance
Sa Ko Rip Ja Seh —> Side Stance

KICKING TECHNIQUES

Ccik Cha Ki —> Ax Kick
Dwi Cha Ki —> Back Kick
Dwi Hu Ryo Cha Ki —> Back Wheel or Heel Kick
Ahneso Phaku Ro Cha Ki —> Crescent Kick (Inside/ Out)
Phakeso Ahnu Ro Cha Ki —> Crescent Kick (Outside/In)
Tollyo Ahp Cha Ki —> Roundhouse Kick
Ahp Cha Ki —> Front Kick
Bahl Poto Oyl Ki —> Front Stretch Kick
E Dan Di Cha Ki —> Jump Back Kick

E Dan Aph Cha Ki —> Jump Front Kick
E Dan Tollyo Cha Ki —> Jump Roundhouse Kick
E Dan Yup Cha Ki —> Jump Side Kick
Yup Cha Ki —> Side Kick
Bit Cha Ki —> Inverted Roundhouse
Yup Hu Ryo Cha Ki —> Side Hook Kick
Yup Poto Oly Cha Ki —> Side Stretch Kick
Dwi Tollyo Cha Ki —> Spinning Back Kick

PUNCHING/ HAND TECHNIQUES

Kap Kwon —> Back Fist
Jung Kwon —> Fore Fist
Sang Dan Kong Kyuck —> High Punch
Soo Do —> Knife Hand
Ha Dan Kong Kyuck —> Low Punch

Chun Dan Kong Kyuk —> Middle Punch
Jang Kwon —> Palm Heel
Yuk Soo Do —> Ridge Hand
Choong Dan Hung Jin —> Side Punch
Kwan Soo —> Spear Hand

BLOCKING TECHNIQUES

Ha Dan Mahk Ki —> Low Block
Ssang Dan Mahk Ki —> High Block
San Dan Soo Do Mahk Ki —> High Knife Hand Block
Ssang Soo Sang Dan Mahk Ki —> High X Block
Ahneso Phaku Ro Mahk Ki —> Inside/Out Block

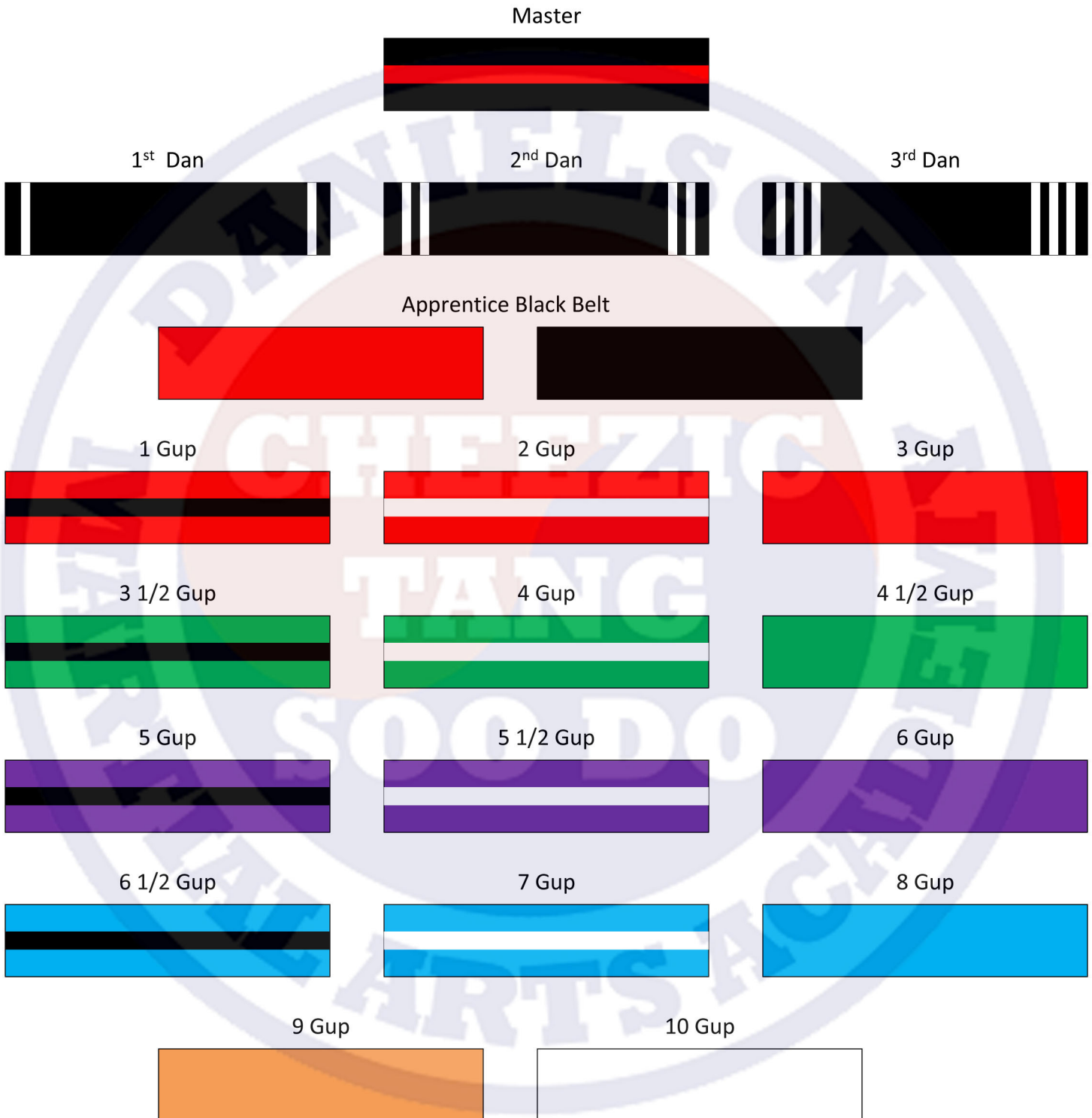
Ssang Soo Ha Dan Mahk Ki —> Low X Block
Chun Dan Soo Do Mahk Ki —> Middle Knife Hand Block
Phakeso Ahnu Ro Mahk Ki —> Outside/In Block
Ssang Soo Dan Mahk Ki —> Two Hand Block
Ha Dan Soo Do Mahk Ki —> Low Knife Hand Block

Korean Numbers and Pronunciation

#	English	Korean/ Pronounced
1 ...	One	hana
2 ...	Two	dool
3 ...	Three	set
4 ...	Four	net
5 ...	Five	ta sot
6 ...	Six	yah sot
7 ...	Seven	il gop
8 ...	Eight	yo dol
9 ...	Nine	ah hop
10 ...	Ten	yol
11 ...	Eleven	yol hana
12 ...	Twelve	yol-tul
13 ...	Thirteen	yol-set
14 ...	Fourteen	yol-net
15 ...	Fifteen	yol-ta-so
16 ...	Sixteen	yol-yosot
17 ...	Seventeen	yol-ilgop
18 ...	Eighteen	yol-yo dolp
19 ...	Nineteen	yol-a hop
20 ...	Twenty	sumul
30 ...	Thirty	sorun
40 ...	Forty	mahum
50 ...	Fifty	shween

DANIELSON MARTIAL ARTS ACADEMY

LADDER OF SUCCESS



Danielson Martial Arts Academy, LLC

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FORM NAMES

This is a list of Gup Hyungs or Forms. Everyone is REQUIRED to know the names of the forms that they have learned in class.

KI CHO HYUNG IL BU
KI CHO HYUNG E BU
KI CHO HYUNG SAM BU
PYUNG AHN CHO DAN
CHIL SAN ILL RO
PYUNG AHN E DAN
PYUNG AHN SAM DAN
PYUNG AHN SA DAN
PYUNG AHN OEH DAN
CHIL SAN E RO
BASSAI DAI
NAIHANCHI CHO DAN
NAIHANCHI E DAN
NAIHANCHI SAM DAN
CHIL SAN SAM RO

Danielson Martial Arts Academy
www.danielsonmartialarts.com
(860) 779- 0699

Classes

Kids (ages 6-11) Monday & Thursday

Beginner 6—6:45pm

Advanced 6:45—7:30pm

Adult (ages 12 and up)Mon & Thurs 7:30 - 8:30pm

Homeschool (ages 6 and up)Tuesday 10 - 11am

Family (ages 6 and up) Saturday 9 - 10:30am

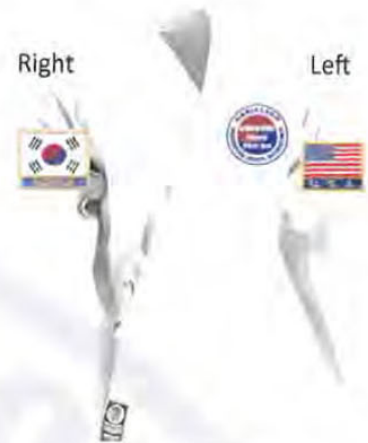
Tots (ages 3-5) Saturday 10:30 - 11am

Weapons (Purple Belt and Up) Friday 6 - 7pm

If for some reason the student can't make their regular scheduled classes they can make it up in any of the other classes (appropriate for the students age and belt color).

UNIFORMS & BELTS

Uniforms: are expected to be clean and have the DMAA round patch on the left front side in the same place as a shirt pocket would be. The USA flag patch goes on the left sleeve and the Korean flag on the right shoulder sleeve. Uniforms and patches can be purchased through our school store. Students are required to wear a plain white t-shirt under their uniform. Black Belt and Black Belt Apprentices are required to wear a black t-shirt under their uniform jacket.



Belts: when correctly tied your belt should not be twisted and the two ends should hang down in the front of the uniform. The stripes on a student's belt denotes a particular rank (or gup as it is referred to in our discipline), these stripes are about 3/4" inch wide and are placed about 1/2" of an inch apart on the belt end. Please refer to Ladder of Success page after each grading to see how many stripes they are supposed to don as part of their belt rank. It is the students responsibility to put appropriate black stripes on their belt. If the student does not have appropriate stripes or uniform they will be considered out of uniform. The material of choice for making these stripes is black electrical tape. Students should put their belts on in class, not at home.

Jewelry: For safety reasons students are not allowed to wear jewelry (necklaces, earrings, bracelets, piercings etc) in class. The only exception is medical alert items and wedding bands.

Hair: longer than shoulder length needs to be secured up in a ponytail or braid.

Names on the backs of uniforms are restricted to Black Belts only!!

SPARRING RULES

Sparring is the best opportunity to exercise what you have learned in class: techniques and respect alike.

- No unauthorized sparring is allowed EVER!
- Protective gear must be worn at all times and can be purchased through our school store.
- D.M.A.A. students receive a discount on all equipment.
- Protective gear includes, but not limited to, hand gear, head gear, foot gear, mouthpiece, groin cup for males.
- All students are REQUIRED to spar with control and respect. This means taking into account your opponent's age, rank and ability.
- Contact to the head, back and below the belt is forbidden. If accidental contact should occur give yourself 5 push-ups for each infraction when the match is complete.
- Sparring is light contact, only hit others as hard as you wish to be hit back.

BULLIES WILL NOT BE TOLERATED!!

- If your opponent stops sparring for some reason you must also stop!
- Sparring involves more than acting and reacting. Watch your opponent, especially if they are advanced rank and see what they do. A good sparring partner can increase your awareness of what you need to work on!
- Self-discipline is expected from our students. We expect you to follow the rules whether a Black Belt is there or not. Our reputation for having disciplined and respectful students is well known. This is because being a Cheezic Tang Soo Do student means that you exercise self-discipline and have respect for others. This comes directly from our Grand Master.

★★ THE WINNER ★★

If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but you think you can't,
It's almost a clinch you won't.

If you think you'll lose you've lost,
For out in the world you'll find,
Success begins with a fellow's will —
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win the prize.

Full many a race is lost
Ere ever a step to run;
And many a coward fails
Ere ever his work's begun.

Think big and your deeds will grow;
Think small and you'll fall behind
Think that you will and you will —
It's all in a state of mind.

Life's battles don't always go
To the stronger or faster man;
But sooner or later that man who wins
Is the fellow who thinks he can.



I am a student
I will always be a student
I am only as good as my least effort
I compete only with myself
For that is the only way to truly win

I will treat everyone with respect
And be the master of my emotions
For when I am wronged
My reaction says who I am

I am honored to be a member
Of my Country, Family and Federation
And will always be proud to remember
Where I came from.

TANG SOO!

Norwich Bulletin Reader's Choice Best Martial Arts School **NINE** Years in a row!



Visit us on:



Danielson Martial Arts Academy

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7th Dan Master Daryl Laperle
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