

# RPMAA 道氣功夫

## RED PHOENIX MARTIAL ARTS ACADEMY NEW STUDENT INFORMATION

### WELCOME

Congratulations! You just gained membership into a new family and a wealth of friendships that will last you a lifetime. Our academy was founded on the principle of family and belonging. Our culture is a stress-free environment, unhindered by traditions, built upon the principle of individual success. We work hard; we play hard. Come prepared to grow physically and spiritually. We wish to reach people and change their lives for the better, influence people to be all they can be, and not simply be impartial instructors. While RPMAA is a profit-based S-corporation, it **IS** also a ministry. We are here to serve you.

### MARTIAL ARTS AS A LIFESTYLE

Martial arts training is not restricted by age, experience or level of physical fitness. Our academy believes in the positive motivation and encouragement of all students, especially children. They are our future and we invest in each student heavily. In general, the practice of martial arts promotes character, physical fitness, personal growth and discipline, focus and skills to prevent bullying the protection of others. Psychologically, it promotes confidence, esteem, independence, self-acceptance, dominance, autonomy, accomplishment, enthusiasm, optimism, humility, respect, cognitive and affective self-regulation, control, and personal growth.

We encourage participation of the whole family and have many parents training. Classes are safe, fully insured and taught by qualified and experienced instructors.

### GETTING STARTED

The first thing you will require is a uniform, called a 'gi' (ghee). It is a standard martial arts uniform that is 7.5oz thick, which will not tear or rip during class. We use a sash, not a belt, but you will not require one until your first test. We do not earn income from that requirement. If you are simply curious about our academy, you can have **two free trial lessons** with no obligation.

### FEES & IMPORTANT INSTRUCTIONS

- The one-time **startup fee** is \$85. This pays for your uniform/gi (top and bottom) and all patches for the uniform/gi. If you need hemming done, we can put you in contact with the person who does the patch sewing. She charges a minimal fee of \$2/hem. *There are three patches:* American Flag, the Chinese name of our martial art, and our custom school logo. If you were in service, for any amount of time, we will buy your service patch for Navy, USMC, Army, Air Force, and Coast Guard.

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- **Sash** (rank) tests will have their own expenses. See below.
- You will eventually require **sparring gear**, and a **student manual**.

### LOCATION

Our “home base” location is in Buford, GA in our personal dojo, which can accommodate only from seven to ten people. This is where we began the academy. We also hold classes on Cripple Creek Drive in Lawrenceville. **Please visit the website** for updated location information.

### RANKING AND TESTING

You will begin without a rank/sash. The student will always begin with no sash at all, regardless of prior experience, as this is a comprehensive martial arts system that requires extensive knowledge and experience. You will receive a certificate and a sash for every rank achieved. However, there can be spontaneous promotions during class for every other rank in the system. There are six color levels before black sash, which should take approximately four years if you work hard. The following “Accrued Time” listings are estimates only, and (with rare exception) the soonest we would let you test.

No sash	0 – Entry level	Minimum Time required to test	Months Total
<b>BEGINNER</b>			
<b>White</b>	1 – <u>First</u> formal test (certificate)	3 months before white	3
<b>Yellow</b>	2 – class promotion	3 months before yellow (ACCRUED TIME: 6 MO / 0.5 YRS)	6
<b>INTERMEDIATE</b>			
<b>Orange</b>	3 – <u>Second</u> formal test (certificate)	6 months before orange	15
<b>Blue</b>	4 – class promotion	6 months before blue (ACCRUED TIME: 18 MO / 1.5 YRS)	21
<b>ADVANCED</b>			
<b>Purple</b>	5 – <u>Third</u> formal test (certificate)	9 months before purple	30
<b>Red</b>	6 – class promotion	9 months before red (ACCRUED TIME: 36 MO / 3 YRS)	39
<b>INSTRUCTOR</b>			
<b>Black Sash</b>	7 – <u>Fourth</u> formal test (certificate)	12 months before Black 1	51

FOLLOWING BLACK SASH ARE THE FOLLOWING INSTRUCTOR **TITLES**:

1. Instructor (Shī Xiōng 師兄)
2. Teacher-mentor (Shī Fu 師傅)
3. Senior Instructor (Shī Gōng 師公)
4. Head of School (Jiā Gōng 家公) – Not assignable

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### ARE YOU READY TO TEST?

Your instructor will let you know when you are ready. You are expected to fulfill your test sheet requirements, which you should request. You may request a test **at any time**, but do not be offended if you are told you are not ready. There is a standard amount of time for each sash rank. But those are not mandatory, only guidelines. If the student works hard and is ready to handle the techniques then s/he will be tested.

### TESTING FEES

We have a minimal testing fee every formal (every other) rank test (see above). This keeps your costs down, and prevents excessive testing schedules. All formal testing will be for **beginner, intermediate and advanced** levels. Black sash testing will be different. We test for instructor, teacher, sifu. We do not separate ranks of minors from ranks of adults. We will never rank a student of any age who has not merited the rank by a solid demonstration of skills. This requires dedication, practice and determination.

Testing fees structure (subject to change):

- White (beginner): \$25
- Orange (intermediate): \$50
- Purple (advanced): \$75
- Black (black 1): \$100

### OUR SYSTEM

This is a highly intricate and detailed martial art. We will be learning a myriad of skills from other art forms, and our own demonstration forms. We will work hard. The first sash achieved will seem like one of your greatest achievements. It will be physically challenging. The purpose of a test is to test **you**, not merely your skills. We already know your skills. That's why you're testing! We only *formally* test you three times before black sash: **Beginner, Intermediate, and Advanced** (*white, orange, purple*).

For kids, a test is a lifetime achievement, and we recognize its importance. The **Entry-level** stage (no sash) should take three months to white sash. The **Beginner** stage should take three months more to yellow. Intermediate takes longer. At the **intermediate** level you will begin weapons training, throws and higher levels of falling, defense scenarios and blocking defense. Some classes will be “**no gi**” class for real-life defense scenarios. **Sparring** night will be scenarios for kids and combative for adults, **full gear required**. Each rank will have its own manual with photos and detailed instructions for you to study while away from class.

### OTHER

**Safety:** When you join our academy there will be several indemnity forms for you to sign. There are no guarantees against scuffs, scrapes, bruises and bumps. Some things come with the territory, and we believe it makes us stronger and less susceptible to injury. However, we are keenly aware of how to protect you and your family from injury,

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and it is our highest priority to teach you and your family how to best prevent injury, at any age.

**Tradition:** We are somewhat non-traditional. We will avoid using Japanese or Korean terms as much as possible in order to simplify your actual martial training. There are number of internationally required words that we insist upon, however. Everyone must learn to write the four **Chinese characters** that spell “*Dao Chi Gung Fu.*” Other than these few things, prepare for a very practical and non-traditional study of all forms of martial arts.

**Communication:** We will be sending you vital information via email coming from our MailChimp account for our organization. **Please provide your updated email** address whenever possible. Also, if you are a Facebook user, please check the page for announcement and scheduled events:

<https://www.facebook.com/groups/RPMAA.members>

### Class Process:

- Sign into class
- Bow into class (always bow on or off the mats, every time)
- Formal line-up
- Prayer
- Dynamic stretches, warm-ups / exercises, active stretches
- Body hardening exercises
- Cognitive training
- Physical training (the bulk of the class)
- Warm-down, passive stretches
- Discussion
- Dismissal

## ACADEMY RULES AND POLICIES

- Try to arrive to class 15 minutes early. This allows everyone to stretch, greet one another and fellowship, and take care of any last-minute details before class begins.
- Class begins sharp, and ends sharp, at the time specified. **Please notify us directly** if you plan on arriving late, or have to cancel. It helps us plan our class accordingly.
- We care about our students and want to ensure their safety at all times. We require an adult to be available, at least in the parking area, during class. ***Kids will not be permitted to walk off the premises unattended.***
- We understand financial issues. It is our greatest concern to *continue instructing* our students. Tuition is due on 1<sup>st</sup> of the month. *Please pay ahead of time* if

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possible. We do all we can to accommodate whenever possible. But we do have a policy of catching up after being a month behind.

- There are no refunds for tuition, equipment or uniforms: our suppliers do not accept returns.
- Beginning at yellow sash, you must keep a good record of what you learn. In Japanese tradition this is called a *Makimono*, meaning, “scroll.” **This is required.** You will need to begin keeping this “scroll” right away. A 6x9 bound notebook is sufficient. Don’t lose your Makimono. It will serve you well in the coming years. **You will be required to present your Makimono to the testing board at each formal test beginning with your Orange sash test.**

### ACADEMY DECORUM

- *You will learn some Korean or Japanese whenever the term is an international requirement.* We want our students to be able to communicate in a rich international setting, or just in another dojo, with other students. There are certain terms, therefore, that you might hear in class:
  - **Sensei:** One who has come before (or) instructor
  - **Osu:** pronounced “oos” meaning “I can do”
  - **Kiyap:** A quick burst yell, performed as instructed
  - **Cha Ryuht:** attention
  - **Choon Bi:** ready stance
  - **Bah Ro:** return to starting position
  - **Seijak:** begin
  - **Gomahn:** stop
  - **Makimono:** literally: “scroll” or detailed record of what you have learned
  - **Gi:** A martial arts uniform
  - **Kanji:** Japanese, Korean, Chinese written characters
  - **Ukemi:** Traditionally refers to accepting a fall
  - **Ukei:** the person assisting the learner, the one being hit or thrown
  - **Tori:** the person who completes the technique against the Ukei
  - **Sempai:** an honorific term referring to “one who comes before.”
  - **Kyun nyeh:** bow
- The students address the instructors as “**Sensei**” (since-say) followed by their preferred name. During class, we behave more formally. This is a measure of respect for the instructors, and creates a culture of respect for one another.
- We each bow on and off the mats, and to one another during class.
- We each bow when entering or leaving a formation.
- When fixing your sash or your gi, turn away from the other students first.
- **If anyone is injured** during a sparring session, you must kneel quietly. **Do not** rush to the injured person. Allow the instructors to assess the injury.

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- During times of instruction you must be respectful to other students and **maintain silence**. Do not speak unless requested. Save your questions for after class.
- **Clip your nails** – toes and fingers. This is a requirement, but is also simply good manners. You will be interacting with people physically. It is important to cut your nails before class to prevent injuring anyone else.
- **Good personal hygiene**, please. Be courteous.
- **No jewelry** during class, for safety reasons.
- **Turn off your phone** or silence it, or “do not disturb” or “airplane mode.” No electronics on the mat without express permission.
- **No recording or photos** of class without express permission. This is for your protection, and for others’ protection.
- **No horseplay** before, during or after class. The mats are expressly for training.
- **No unsupervised sparring** or weapons training or defense scenarios without express permission.
- **No intimidation** or cursing or negative speech will be permitted. Continual disruptions of class or persistent negative attitudes will suspend or end your membership without refund.
- **No bullying** or negative uses of your training outside, or inside, of class will be tolerated. The quickest way to be kicked out of our academy is to bully another person. The only acceptable uses of these skills outside of the class environment are:
  - Avoiding personal danger
  - Protecting someone who is in danger
  - Any other martial arts training environment

### CLASS ORDER

- Classes begin with all students forming a traditional line from most senior, highest ranking student in the right-front corner (students’ view), and most junior, lowest ranking student in the left-rear corner.
- The most senior student calls the class to attention (and might use the Korean, “Cha-ryuht”). S/he then instructs the class to bow. The instructor will bow to the class.
- We bow by bending slightly at the waist slightly, performing the traditional “*cup-fist*” (Bao Kyun) with our eyes slightly to the ground. This shows that we trust the person to whom we bow. IF you do not trust a person, you should not be bowing to them in the first place.
- Ready stance demonstrates a willingness to learn in silence. We are at the ready by resting our hands together in a manner that represents holding water, which would force you to remain still.

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### SPARRING RULES

1. Sparring is an instructive sport intended for training purposes and is *light contact only*. Any attempt to injure another person will result in disciplinary actions, up to membership revocation.
2. Sparring is undertaken at member's own risk.
3. Approved safety equipment must be used at all times: protective equipment will cover: toes, feet, ankles, shins, fingertips, hands, wrists, face; mouth guard, groin protection (for males). Chest protection for women is optional, as is forearm guards for all members.
4. Sparring is permitted only in the presence, and express permission, of an adult instructor.
5. Students will obey the instructor at all times.
6. Minors must have permission by the parents to participate in sparring, and may begin at age six.
7. Any deliberate infraction of these rules may result in dismissal from the event.

### FINALLY

We work **hard** during class. So, come prepared to sweat, learn and grow in the martial arts. **Thank you** for joining our family. We look forward to training with you and sharing our love for the martial arts and God through our academy.

### PATCH PLACEMENT



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## Red Phoenix Martial Arts Academy, Inc. UNIFORM SIZES

\*This length measurement indicates the length from the top of the waist to the bottom of the pant leg.

\*\*This expanded waist measurement indicates the flat width of the elastic waist stretched to its limit. So if you double this measurement, it would indicate the largest waist size that could be accommodated by that pant size.

Pants						
Age	Size	*Length	Inseam	**Exp Waist	Height	Weight
3	000	26"	16"	13"	3'5" - 3'8"	35 lbs
4	00	28"	18"	14"	3'9" - 4'	50 lbs
5 - 6	0	30"	20"	15.5"	4'1" - 4'4"	60 lbs
7 - 8	1	32"	22.5"	17"	4'5" - 4'8"	80 lbs
9 - 10	2	35"	25"	18"	4'9" - 5"	110 lbs
11 - 12	3	38"	28"	19"	5'1" - 5'4"	135 lbs
	4	40"	30"	20"	5'5" - 5'8"	160 lbs
	5	42"	32"	22"	5'9" - 6'	190 lbs
	6	44"	34"	23"	6'1" - 6'4"	220 lbs
	7	46"	36"	25"	6'5" - 6'8"	240 lbs
	8	48"	37"	26"	6'5" - 6'8"	260 lbs
	9	50"	37"	28"	6'5" - 6'8"	300 lbs
	10	52"	38"	30"	6'5" - 6'8"	350 lbs
	11	54"	40"	32"		
	12	56"	42"	34"		

Belts		
Size	Inches	cm
000	75	191
00	77	196
0	81	206
1	85	216
2	89	226
3	96	244
4	104	265
5	112	285
6	120	305
7	128	325
8	136	345
9	144	365
10	152	386
11	159	404
12	167	424

Traditional Tops						
Age	Size	Wing Span	Length	Chest	Height	Weight
3	000	39"	19"	15.5"	3'5" - 3'8"	35 lbs
4	00	45"	21"	16.5"	3'9" - 4'	50 lbs
5 - 6	0	46"	23"	18"	4'1" - 4'4"	60 lbs
7 - 8	1	49"	25"	20"	4'5" - 4'8"	80 lbs
9 - 10	2	52"	27"	21"	4'9" - 5'	110 lbs
11 - 12	3	55"	29"	23"	5'1" - 5'4"	135 lbs
	4	59"	31"	24"	5'5" - 5'8"	160 lbs
	5	63"	33"	25"	5'9" - 6'	190 lbs
	6	65"	35"	26"	6'1" - 6'4"	220 lbs
	7	68"	37"	27"	6'5" - 6'8"	240 lbs
	8	71"	39"	28"	6'5" - 6'8"	260 lbs
	9	74"	42"	30"	6'5" - 6'8"	300 lbs
	10	77"	44"	31.5"	6'5" - 6'8"	350 lbs
	11	81"	47"	33"		
	12	85"	49"	34.5"		