

BLUE DRAGON MARTIAL ARTS

4130 W. BURBANK BLVD. BURBANK, CA 91505
818-559-1437 INFO@BDMARTIALARTS.COM

STUDENT HANDBOOK 2010 (KIDS AGES 4-14 YRS)



WWW.BDMARTIALARTS.COM

Welcome to the exciting world of Martial Arts

Thank you again for choosing our school for your child's Martial Arts training. We know there are many styles and schools out there and it is an honor you have chosen Blue Dragon Martial Arts (BDMA).

Though we do offer adult classes, our main focus is to be the best multi-style school, for kids, in the US and hope to demonstrate this to you and your family in the years to come.

Please read through this handbook with any family members who are attending BDMA classes, then sign and return the handbook form in the back.

(Throughout this handbook are various rules, guidelines, and things to know for prospective and current students. In the back of the handbook is an appendix of some of the forms and handouts that students may need during the course of their training.)

(*All prices in this handbook are subject to change, so see an instructor for current pricing.)

Our Philosophy

We believe kids can learn respect, self-defense, commitment, focus, confidence, fitness and all the other great benefits of Martial Arts without many of the harsh old school tactics. On the other hand, we believe children must work toward goals and accomplishments to make them meaningful, therefore we are not a "belt factory" where students get new ranks just for paying tuition and showing up; they must earn them. Though we mainly use positive reinforcement and ignore minor negative behaviors, we also believe the "everybody wins" philosophy is detrimental to a child's development. Lowering the bar so everyone can clear it is not the way we work at Blue Dragon. We believe in small steps and expectations, fully explained, in advance, then holding the student to that expectation. We also believe kids learn better in an environment and with a curriculum made *just* for them. Our classes are separated by age to make sure students get the most from every class, delivered in age appropriate programs. At Blue Dragon Martial Arts we strive to have programs and classes kids love and parents appreciate.

A note on commitment/duration/breaks and goal setting-

We believe anything worthwhile is worth working for. We recommend to talk to your child about a small commitment or goal (esp. if Martial Arts was their idea 😊) like 3 months or “ let’s get to purple belt.” Students sign-up for different reasons- fun, fitness, discipline, defense, etc...and that is fine with us but the true goal should be improvement as a person through Martial Arts and ultimately a Black Belt. This is the perfect tool to help them learn to set goals and follow through with commitments. (Shows discipline and responsibility on job apps and College applications too.)

A story from Goshin Karate- At a national seminar a few years back, the speaker, a sixth degree black belt, asked the audience(over 250 black belts) “If I gave you \$50,000, right now, for your black belt and all the experiences and attributes you gained as a result of achieving that belt, how many would take my check?” Not one hand went up. However, ask ANY black belt if there was a time during their training, they were tempted to quit and you will almost always get a “yes”, then ask that same black belt if they wish they had quit when tempted and they will all say “no way!”

The personal attributes of perseverance, goal attainment and commitment are some of the most important and valuable qualities acquired by a martial artist, along with self-discipline and confidence. These are the attributes that separate the doers from the quitters. We don’t want to put unrealistic expectations on kids but we should steer and push them to do their best and that means finishing what you start and not quitting when things get tough.

Our Instructors

Our head instructor, Sensei Kim Ferguson, is also the owner and founder of Blue Dragon Martial Arts. She has been training in the Martial Arts for over thirteen years and teaching children for over six. She received her black belt in Tenshin-Kai Karate and was the first women in that style to acquire a title.

She expanded her training to Brazilian Jiu-Jitsu in 2004 with 3 time Women's World Champion, Leka Vieira. While training at Leka's Academy in Torrance, Sensei Kim received her blue belt (for Brazilian Jiu-Jitsu) and won various regional and National titles in her brackets. Since Leka's retirement in 2006, Sensei Kim was training at 10th Planet in Hollywood with Eddie Bravo for No-Gi Jiu-Jitsu and Fight Forum in Montrose with Wander Braga. She now trains exclusively with 10th Planet Jiu-Jitsu. She received her Purple Belt from Master Bravo in 2009.

She has medaled in all the major US tournaments, including a first place gold at the Nationals in '04 and Silver at the Pan Am No-Gi in 2007. She is children CPR and Safety certified.

All No-Gi Jiu-Jitsu rankings are overseen by Black Belt and 10th Planet founder, Eddie Bravo and Sensei Kim.

Sensei Kim supplements her regular, weekly training at 10th Planet with outside seminars, books and DVDs. Even though she is our Sensei, she is also a student who is looking to constantly improve her knowledge and skills to pass on to her students.



Our other instructors either hold Black Belts in one or more styles, or are currently, or have been, professional fighters. They must all follow the Blue Dragon Philosophy and continue to learn and evolve their art. They must adhere to our high standards at all times and are overseen by Sensei Kim herself.

All staff at Blue Dragon Martial Arts are committed to bringing you and your family the highest quality Martial Arts training possible.

Martial Arts Teachers Association

We are a member of the Martial Arts Teachers Association (MATA). As a member all instructors and employees continue to upgrade and improve their teaching and leadership skills to make your experience with Blue Dragon Martial Arts the best it can be.

Our Styles

At Blue Dragon Martial Arts we offer many great programs, but all of them stem from three main styles. Some call this a Mixed Martial Art

(MMA) but this has come to mean a style that is much more hardcore than is appropriate for most children (UFC, StrikeForce, KOTC, WEC etc). Though, fundamentally, what we teach *is a mixed martial art* (that's what the kids want to know) we often refer to our style as "blended" to differentiate ourselves from MMA. If you are looking for MMA for your child we can certainly give them a great foundation, just please inform your child's instructor so they can adjust some areas for your child. We know that MMA is hugely popular right now, but finding the right academy to teach your child safely and with the respect and discipline of the more traditional arts can be difficult. That is why we are proud to be one of the only "blended" or mixed martial art schools that focuses primarily on kids while teaching it with a safe, age appropriate curriculum. That said, more on our three arts.....

- **Tenshin-Kai Karate-** This is our foundation and stand-up style for the younger kids. It is a traditional Okinawa style of Karate based on Goju-Ryu and Kyokushin. It was founded by Kancho Tenzan Hirakawa and taught to Sensei Kim by Shibuchō Sam Flores. It is often referred to as a "hard" style, though Kancho has added "softer" techniques from Aikido, Judo, and Japanese Ju-Jitsu. Most of our Katas (Forms) come from this style. This is the most traditional style we teach and is usually what people think of when they imagine a Karate class. It's not flashy, but is easy for the younger kids to grasp yet still challenging enough for older, more advanced students to master.



- **Brazilian Jiu-Jitsu-** This is our grappling or ground style. It is also Sensei Kim's favorite style and the only one we currently compete in. It was founded by the Gracie family in Brazil and was introduced to the U.S. via Royce Gracie's many wins at the inception of the UFC. We teach No-Gi style Jiu-Jitsu. This is without the Gi (uniform), instead wearing board shorts and a rash guard. Many of the techniques we teach for No-Gi are part of Eddie Bravo's style of Jiu-Jitsu and can be



quite unorthodox but highly effective. Gi or No-Gi, Jiu-Jitsu is one of the safest and most effective Martial Arts in the world. It is great for self-defense, fitness and flexibility, plus the kids love it. Grappling is also the main source of all of our team competitions and tournaments.

- **Modern Arnis-** This is really our only weapon style (though we do offer Kobudo seminars and classes that cover Bo and Nunchuka) and is a smaller but important and popular part of our program. Arnis is one of the *many* Filipino stick fighting arts. Modern Arnis was founded by Remy Presas and taught to Sensei Kim by Shibuchō Sam Flores. It consists of many patterns and techniques using two rattan sticks. Younger students start with hands only and work to foam sticks, then rattan as they mature and advance.



- **Supplemental Styles-** Though the above are our main styles, we have incorporated many of the best techniques from other styles. For instance in the clinch there is nothing better than Thai Boxing's knees and elbows. Other examples include: all the best Gi throws are from Judo, the best take-downs and No-Gi throws from Greco-Roman or Freestyle Wrestling, some of the most effective joint locks and break falls are from Aikido and some great finishing moves on the ground come from Catch Wrestling. We incorporate all the best moves we come across into our great programs so our students get the best quality instruction in one safe, fun place.

As you can see, we have a great history and background behind Blue Dragon Martial Arts. We are proud to consistently bring the best in Martial Arts instruction to you and your family.

Our Main Programs

- **Lil'Dragons** - This is our main program for kids ages 4-7. It is a national program designed by black belt Kimber Hill and Century Martial Arts, then modified for BDMA by Sensei Kim. Classes are slightly shorter and activity based to keep interest peaked and rewards are given more often to motivate the younger student. Younger children learn much differently from older kids and especially adults. Lil'Dragons is like a Martial Arts prep school in a way. Classes are more focused on developing the manners, respect, self control, and understanding needed to become a Martial Artist. Students learn and improve balance, strength, flexibility, teamwork, respect, Dojo manners, large motor skills, safety and basic Martial Art techniques, and beginning sticks. Classes also cover kicking/punching, blocking, rolling, grappling positions and forms in a safe, low impact environment. Testing is done every eight weeks by Sensei Kim at the Dojo.



They wear a Lil'Dragon Uniform (white) included in sign up.

- **Blue Dragons** - This is our main program for kids ages 8 and up. Classes are run more like a traditional Martial Arts class, with higher expectations for form, technique, manners, focus and knowledge. Students will be introduced to some of the philosophy and culture of the various arts. As in the younger classes respect and discipline come first, but now the students are taught beginning through advanced techniques with added sparring, intermediate sticks, grappling, submissions, throws, Kata, self defense and more. Students continue through age 15 at which time, if they have earned a Jr. black belt, they may enter the Jr. Instructors program or if they have not yet attained a black belt they may continue in



the Adult Programs. Testing is done every eight weeks by Sensei Kim at the Dojo.

They wear a Blue Dragon Uniform (blue) included in sign-up.

- **Grappling** – These classes are for the 6-15 year olds and are all grappling, mainly Brazilian Jiu-Jitsu and 10th Planet Style No-Gi Jiu-Jitsu, though there are elements of western wrestling and Judo. Jiu-Jitsu is one of the most effective martial arts for fitness and self defense. Classes cover control positions, safety, self defense, submissions and Jiu-Jitsu for tournament competitions. This class is much more active and physical so understand there may be bumps and bruises. We teach what is called No-Gi where students wear board shorts and a rash guard instead of the Grappling uniform or Gi. The main type of No-Gi we teach is 10th Planet. All classes are taught by Sensei Kim and overseen by Eddie Bravo for ranking. This class is more relaxed but physical, with sort of a “sport” environment and of course, safety, honesty and respect are always a part of any Blue Dragon class. All Grappling Class students will have an opportunity to compete in tournaments if they so desire. Testing is done when Sensei Kim feels the student is ready, typically every 12-16 weeks or so. The No-Gi students are tested by Sensei Kim up until Brown Belt at which time Eddie Bravo will test them. They must be 16 to progress past blue belt. Special grappling shorts and rash guard is may be required to train and may be purchased through Blue Dragon. A Pee-wee class will be added for younger students in the future.



We also offer some great programs for adults including Muay Thai Kick Boxing, Yoga and 10th Planet Jiu-Jitsu.

Also keep in mind our monthly Parent’s Night Out!

Rules and Policies

Our class motto or Dojo Kune is:

“Honesty, Safety and Respect”.

We expect all students and instructors to follow these basic ideas in the Dojo at all times. There is a list for kids in the back to make these ideas more clear if needed and below is a detail of main policy, rules, teams and general info. Please read it all with your child, sign the page at the end of the section and return it to the instructor.

- **Payments** – All payments for tuition are handled through our auto-billing company and paid monthly with either a credit card or bank account. You can cancel or suspend your payments at any time with a *minimum of 15 days notice* prior to the payment date. If you miss the payment day, no refunds for that month will be given. You will be responsible for any and all charges for bounced checks or denied payments in addition to a \$15 service charge. If auto-payment is denied twice your account will be cancelled and must be re-instated to continue classes. Classes cannot be attended unless tuition for the month is paid in full through the billing company. The only other choice offered is paying 6mos-12mos in advance, but we actually recommend the auto-pay for ease and flexibility. If you pay in advance there is a 30% charge for early canceling.
- **Returns** - Items purchased through the Pro-Shop may be returned within 30 days as long as item is in original packaging, clean and unworn/used. If item has been washed or used it cannot be returned.
- **Referrals** - Make sure anyone you refer to us knows your name so you get the credit. For referrals you send our way you will get “Dragon Dollars”. They can be redeemed for supplies, equipment or even private classes or Parent’s Night Out! Just our way of saying thanks. And feel free to bring in a buddy to try a free class. Sorry, Dragon Dollars cannot be used for tuition.
- **Discounts** - We know families want to train together but it can get costly. We would like to help with that by offering family discounts. The first family member pays full price, the second gets a 10% discount and each family member after that gets 50% off! The first member is always the child.

- **Classes** - All students must show up to class on time (5min. prior to class start time) and ready to train with all the proper equipment. This means a complete uniform for their class, a water bottle and Dojo only Aqua-Socks or Dojo Shoes for the climbing wall. Yellow belts and above need their sparring gear and sticks at every class. If your child takes multiple classes in one day make sure they have all uniforms and equipment.
- **Late Arrivals** - Please try to on time but if for some unforeseen reason you are late, your child should find an empty spot on the mat, away from the class and warm-up and stretch. When they are ready they should sit seiza (on knees) and wait for the instructor to invite them to join.
- **Missed Classes-** Sorry, but there are no “make-up” classes. If you miss a class on your regularly scheduled day you may attend the next available class as long as it is the same class program and you do not exceed your paid number of classes for the week (once a week, twice a week or unlimited). There are also no refunds for missed classes.
- **Vacations or injuries-** Let is know at least 15 days in advance and we can put a temporary hold on your auto-payment account so you will not be charged. This is on a monthly basis so it is only worthwhile if you will be gone from training for more than 3 weeks.
- **Drop-offs** – Feel free to drop your child off in the designated spots in the back of the Dojo as long as the student has instructor approval first. Drop off at the back entrance only, for safety please or walk your child in. Students must be dressed or be capable of dressing and using the restroom themselves. No siblings unsupervised please. Student must be picked up as soon as class ends unless arrangements have been made prior. Leaving a sibling or child unattended without instructor approval or repeatedly late pick ups will result in additional charges and eventual suspension of drop-off privileges.
- **Before and after class** - Students who arrive early or are picked up late need to wait quietly inside and be sure not to disturb classes in session. Only students IN a class are allowed in the training area or on any equipment. Students are free to use Dojo toys, games or books with permission. Students must clean-up after themselves.

- **Toys, Games and Equipment-** These items are provided to be used but the child *must* ask first, clean up after and use the toy, game or equipment in a quiet, respectful and appropriate manner. If they do not or cannot they will be asked not to use them in the future.
- **Uniforms and dress codes-** All children must wear their **COMPLETE** uniform (top, pants, and belt and girls wear a T-shirt or rash guard under their top) for the class they are in. Jr. Lil'Dragons and Lil'Dragons (LD) wear a white Lil'Dragon Uniform. Blue Dragons wear a blue, Blue Dragon (BD) uniform. Jiu-Jitsu/Grappling students should wear the No-Gi uniform of Blue Dragon fight shorts and rash guard but it is not required. They may wear sweats with a draw string or board shorts with no zippers or snaps and a tight shirt. Wash top and bottoms weekly but never the belt.
- **Patches-** Students receive patches for various reasons, some are required, some are rewarded, some earned and some are just optional. All uniforms come with the required patches. LDs get patches every other month for added incentive, BD get conduct patches for behavior and some for things like community service. All students can earn a Responsibility patch by being responsible for their things in class but a parent must let the instructor know they have been responsible at home also. This is a great way to work together to encourage good behavior in and out of the Dojo. In the back of the handbook is a patch placement handout.
- **Shoes-** No shoes on the matted area! Shoes should be left either in the dressing area cubbies or under the benches in the front. Even if you are just running to the bathroom, you *must* remove your shoes. The only time shoes are allowed are students wearing their Dojo only, climbing shoes when using the climbing wall. Again, **NO SHOES ON THE MATS.**
- **Food and Drinks -** Please no food or drinks, except water, on or near the matted training area. Food *must* be eaten outside or at the Café tables provided at the front and kitchen area only. Please clean up after your child.
- **Climbing wall -** Our kids traverse wall is great fun and used at almost every class. For safety it is above part of our 1000+ sqft training mat. This creates a bit of an issue since no street

shoes are allowed on the mat but shoes are needed for the wall. All students who want to use the wall need to get *new* shoes that can be used **ONLY** for the climbing wall. We recommend a “slip on” type like Vans or aqua socks .LD are to stay under the blue tape and must ask to climb.

- **Class equipment-** Students are not allowed to climb on or use **ANY** equipment in the Dojo unless they ask or are instructed to do so by an instructor.
- **Cleanliness and Health-** Please wash your child’s uniform at **LEAST** once a week (not the belt). If it becomes way too small or stained please purchase a new one through the Pro-Shop. All patches can be transferred over or you may also purchase replacement ones if needed. All students should wash hands and wipe feet prior to stepping on the training mat. If your child is sick in any form, please do *not* bring them to class.
- **Training and sparring gear -** students may purchase a complete set of sparring safety gear when they attain their yellow belt. It is required at every sparring session and consists of head, hand and shin protectors, a mouth piece and a cup is recommended for boys. Students must keep all equipment neatly in the dressing area when not in use. Students are responsible to keep all equipment in safe working order and all gear and uniforms clean at all times. It is highly recommended that you put your name on **ALL** your equipment including all three uniform pieces.
- **Weapons -** Martial Art weapons are only to be brought to and from class and home. **NEVER** to school or outside the Dojo. All weapons should be transported in a case or bag. Learning weapons is a privilege and any “playing” around with them will be grounds for revoking of weapon privileges.
- **Student of the day and month -** Students will be chosen by the instructor at their discession. Students who are late, do not bring all equipment or complete uniforms, or are disrespectful in any way to others cannot be “student of...” We will try to help everyone be “student of...” at some point. Student of the Day gets a special sticker and to choose something from the treasure box. Student of the Month will get

their photo on the board and website and get a T-shirt in addition!

- **S.T.O.R.M. team-** This is the Special Team of Role Models. They are there to help set good examples. If you see a STORM team patch on a student that means they are a great person to look to for how to act and what to do in class. They assist the instructor with new students and will often be assigned to just one to help guide them through the first few classes. To become a STORM team member you must have the very best Dojo manners, you must answer, stand in waiting stance or sit seiza quietly, have good techniques and great respect for the instructors and other students and the Dojo. STORM team member get the patch and may attend special STORM team functions, including field trips and special classes.

- **Demo team-** All students are eligible for demo team; they must however follow all the Dojo rules, have good Dojo manners and commit to trying their best to be considered. They must also make a commitment to extra practices and be available for most demos. Demos are usually held on weekends at fairs, parks, schools and such so the student must also get special permission and sometimes transportation to and from the event. Remember demos show the outside world what we do and what we are about, so the utmost respect, courtesy and enthusiasm must be shown at all events. The demo team is a direct reflection on BDMA.



- **Grappling team-** This is currently our only competition team. Students taking grappling class may join “Team Blue Dragon/10th Planet Kids” and compete in local tournaments with their instructor’s permission. We compete in No-Gi events all over the LA and OC area, sometimes even Vegas! Again, these usually take place on weekends and there is a registration fee for each event, which typically runs from \$25-\$99. Kids compete by age, weight and belt rank or experience. Sensei Kim attends every event and coaches every student if possible. Parents must supply transportation unless other plans are made. Students must wear a Blue Dragon/10th Planet rash



guard and BDMA shorts for No-Gi events. We represent Blue Dragon when we go out and compete so again, respect and good sportsmanship are a must (parents too☺). Kids win medals, *sometimes* trophies and other prizes and usually receive a T-shirt.

- **Stickers and the Sticker Sheet** - Stickers are given out to all students at every Lil'Dragons class and sometimes for Blue Dragons and Grappling class too. Stickers can be redeemed for prizes at the seasonal parties. They should be saved and put on the provided sticker sheet. If they are lost or washed or whatever, they will not be replaced. This is part of the responsibility that students must learn. Stickers are like money at Blue Dragon.
- **Discipline in class**- All students are expected to behave in a respectful manner in class. Obviously, much depends on age but being disrespectful or rude to ANYONE in the Dojo is unacceptable at any age. Students must also follow all Dojo rules including answering, following directions and not interrupting. If a younger student has been reminded and redirected more than once and seems to be having a hard time, they will be asked to sit Seiza (on knees), away from the class and get control of themselves. When they are sitting *calmly*, they will be invited back. If this is an older student or the sitting has little effect, the student will be asked to stand in Shiko Dachi (horse stance) for 1-3 minutes. When they do so *correctly* they will be invited to rejoin the class. At times, older and more advanced students will be told to do push-ups. Sensei Kim has much experience working with all ages and types of behaviors. Often giving the student attention for a negative behavior, such as whining, only makes things worse so they may be ignored. This is also true of students saying things like "I can't do it" or "it's too hard" after some gentle encouragement, if they will not try, they may be asked to just sit and watch. Seeing the other students do the drill or game is usually enough to get them going. Any student who refuses to listen, is creating an unsafe situation, or taking too much of the instructor's time from other students may be better suited in a private class to get them more focused or in extreme cases they may be asked to leave. All students no matter age, ability or special needs must be respectful and bow in and out of class - no exceptions. The expectations for Blue Dragons is

much higher than Lil'Dragons. There will be little to no tolerance of extremely bad behavior in Blue Dragons in terms of temper tantrums/fits or outright defiance including dishonesty.

- **Manners-** We really stress manners and common courtesy here at BDMA. Students are expected to make eye contact and bow upon greeting all Sensei, Sempai and adults. They are also expected to answer “Osu” whenever an instructor speaks. They must bow to the mat when stepping on and off the training floor. Please and Thank You are a must along with raising your hand to speak. We also use the Dragons (cards) to help us learn and communicate feelings and behaviors. We believe even the youngest students can show respect and manners.
- **Dragon Cards-** These are great tools developed by Sensei Kim Ferguson. Basically, each color of dragon corresponds to certain behaviors. The Blue Dragon represents positive behaviors, while the other 3 represent behaviors or emotions we want to control or avoid.
- **Blue Dragon- Water-** Kind, Focused, Respectful
- **Green Dragon- Earth-** Cruel, Jealous, Greedy, Proud
- **Red Dragon- Fire-** Angry, Rude, Selfish
- **Yellow Dragon- Air-** Sneaky, Lazy, Afraid, Negative



We especially use these cards in the Lil'Dragons classes. At the end of each class we form a circle and hand out a 4 color set of Dragon Cards to each student. We then read a situation card; this card tells a little story of someone doing a behavior, usually a negative behavior. The students are asked; “What color dragon is that?” They each pick out what color dragon they think and lay the card face up in the circle. Sensei tells them what color was correct then they are asked, “What would the Blue Dragon do?” The students all discuss the positive way to handle that situation. Then students are all reminded to try to be Blue Dragons.

An example situation would be: “Your dad tells you to clean up your room but you just stuff all the toys under your bed” That would be a Yellow Dragon. A Blue Dragon would just clean up.

This is a great, non-confrontational and visual way to address many bad behaviors. The Dragon Cards are a favorite part of class for many Lil’Dragonsand many Blue dragons miss them when they move up to the older class. We have made a playable Dragon Card Game for the older kids and they can earn the collectable cards with good behavior to make their own decks.

Feel free to ask about using the Dragon Cards at home or working with Sensei on specific issues.

- **Belt Rank testing- LD and BD are tested every other month or every 8 weeks. If they are attending at least 2 classes per week, paying attention and doing some home practice most students will qualify to participate in every test. If they are only attending once a week they may have to wait and take every other test and should be practicing daily at home to keep up. There is no charge for levels within a belt color (stripes) but there is a \$20 test fee for new belt ranks (up to Brown Belt) in which they attend a separate test day. Students must be approved by an instructor to test. They must also return a “permission to promote” form with payment. The “permission to promote” form must be signed by a parent AND a school teacher. This is all part of the Blue Dragon Martial Arts (BDMA) program. Students must be helpful and respectful, not only in the Dojo but at home and school as well. This is another great tool to use to encourage good behavior, improved grades and study habits and manners in general. Please, DO NOT sign the form if your child is being disrespectful at home. Belt rank progression and requirements are in the back.**
- **Grappling Belts- Grappling class students have a slightly different ranking system. They will be given new ranks when the instructor sees fit. Currently we do not do separate testing days or fees for Grappling ranks until Black Belt.**
- **Photos- We take photos and sometimes video of classes and events for our class picture, newsletter, and website, instructional and marketing materials and sometimes for parent DVD or photo CDs. You and/or your child may appear in the above named materials. If you or your child, do not, under**

any circumstances, want to be in any photos please make a special note on the final signature page before returning it to the instructor.

- **Parents Night Out-** We do a Parent Night Out about once a month, usually the last Sat. This is where students can be dropped off at the Dojo on a scheduled night for class, games, pizza and a movie (PG or below)! Cheaper than a baby sitter and much more fun. Students come in comfy clothes or appropriate PJs to with a pillow and blanket. You must sign-up and pay in advance. Students are \$20 each and siblings are \$17 with approval by the instructor. No children younger than 5 unless special approval by the instructors. Drop offs start at 6:30pm. Kids must be picked up no later than 10pm unless otherwise noted. There is a \$15 charge for late pick-ups. Students must still follow all Dojo rules.

On the following pages you will find copies of our handouts, forms, permission slips and more. Keep this handbook and feel free to make copies of the forms if needed. Please, look through and sign the final page which states you have read, agree and understand all the rules and policies. Thank you so much for giving us the honor of instructing your family in the wonderful world of Martial Arts! We look forward to many great years together.

If you have any questions, comments or concerns please speak to an instructor before or after a class. You may also call or email us.

818-559-1437

info@bdmartialarts.com

**Sensei Kim Ferguson- Head Instructor, Founder and CCO
of Blue Dragon Martial Arts LLC.**

**Karen Ferguson Sempai- Dojo Manager, Business Manager and CEO of
Blue Dragon Martial Arts LLC. All Rights Reserved 2008**

Forms and Handouts

BASIC DOJO RULES



**Honesty, Safety and respect
All students must:**

- **Bow when entering or leaving the training mat area.**
- **Get drinks and go to the bathroom before class.**
- **All students must bring *all* the proper equipment to *every* class. Complete uniform(s), sticks, sparring gear, cup and so on.**
- **Please, if you are sick, stay home.**
- ***No shoes on the training mat.***
- **Follow “the Golden Rule”.**
- **Any type of prejudices (race, orientation, religion, sex, size or social status) will NOT be tolerated in the Dojo.**
- **Hands to yourself unless training with a partner.**
- **Keep your things neatly with your shoes, in the dressing room if possible. Make sure to label all your equipment and take it home with you after class.**
- **No eating or chewing gum in class or on the mats at any time.**
- **No bad words, abusive or threatening language.**
- **No rough play or goofing off while training, especially with techniques or weapons.**
- **Never use martial art techniques outside of class except for defense, competition or demonstrations.**
- **A complete Uniform (Gi or No-Gi) must be clean and worn during class.**
- **Weapons used for demo team may only be taken from home to class and back and should be in a bag.**
- **Keep weapons in safe working order and quiet during class.**
- **Grades must be kept up.**
- **Do not touch or play with or climb on *any* Dojo equipment without asking this includes the wall.**
- **Always answer instructors with “OSU” or “yes, Sensei”, “No, Sensei”.**
- **Always stop what you are doing and greet your instructor when you see them.**
- **Pay attention and listen quietly when Sensei is speaking.**
- **Never get mad or seek to “get someone back” your enemy is never in the Dojo.**
- **Do your best.**
- **Don’t be a sore loser or a rude winner.**
- **If you need help ask.**
- **Don’t interrupt.**

- **Focus to the front or at Sensei.**
- **Senior students must help clean up at the end of class.**
- **Be honest in all you do.**

Practice!

ADDITIONAL GRAPPLING CLASS RULES

- **All Regular class rules still apply.**
- **Respect the TAP.**
- **Everyone needs a mouth guard and boys need a cup.**
- **Tap when it *starts* to hurt, don't wait until it really hurts.**
- **Wear proper, secure, clean and safe grappling clothes.**
- **Be respectful of everyone in class.**
- **Remove all jewelry including watches and earrings before class.**
- **Work *with* your partner on drills, not against them. We are trying to learn, not win.**
- **Never use excessive force/strength or jerk a technique.**
- **Never attempt a technique you have not been taught.**
- **No small joint pulling (fingers and toes).**
- **Be aware: make sure you are not going to fall off the mat, roll into someone or get rolled onto. Higher ranked students have the right of way.**
- **If you finish your drills just sit and wait patiently, or continue the same drill.**
- **Never free train with out permission or work on other techniques with out asking first.**
- **Students must have long hair secured in a pony or braid.**
- **No hitting, kicking, chopping, biting, head butts, bare hand chokes, eye poking, scratching, pinching, pulling hair, heel hooks, WWF type moves or any other "dirty fighting" or dangerous moves.**
- **Kids-no licking or kissing, seriously.**
- **You must have a Blue Dragon/10th Planet patch or logo on your shorts or rash guard to compete.**
- **No patches with foul words, inappropriate pictures or characters.**
- **Anyone participating in or attending an outside class, seminar or tournament **MUST** be on their very best behavior, with great manners, sportsmanship and respect.**
- **Clean up after class.**

HONESTY. SAFETY AND RESPECT!



BELT RANKS

Lil'Dragons



Yellow=Respect



Blue=Honesty



Green=safety



Red=Discipline



Yellow



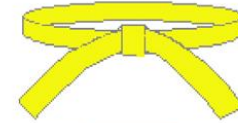
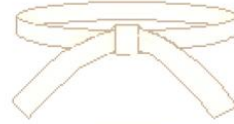
Yellow with up to 4 stripes

Lil'Dragon stripes are awarded on test days, Blue dragon stripes MAY be given out if Sensei feels the student is ready. Blue Dragon Belts are only awarded on test days.

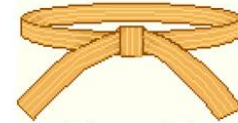
Lil'Dragons may earn patches every 4 weeks.

Students may also earn conduct stripes for behavior, attendance, grades or form at any time.

Blue Dragons



+ 1 stripe



+ 1 stripe



+ 1 stripe



+ 2 stripes



+ 2 stripes



+ 4 stripes



+ 1 stripe
every 3 years

www.bdmartialarts.com

Belt Requirements (White to Blue)*

Lil'Dragons To get your.....

- **Yellow stripe (respect) – Stances, Dojo Kune, Karate Punches, good attendance, good grades, good manners**
- **Blue stripe (honesty) - above plus: Front kick, Front roll, sparring head blocks**
- **Green stripe(safety) - above plus: grappling positions, sinawali(no sticks) ,all Karate blocks (including leg) and Ichi Zuki Kata.**
- **Red stripe(discipline) - above plus: Oral Vocabulary Test, ukemi shoulder roll, Shuto Godan Henka Kata - 5 kinds of chops form, round kick**
- **Yellow Belt - above plus: Upa, Back Roll, Elbows, shiko dachi w/push ups(2 min)**
- **Yellow Belt/white Stripe - above plus: Very good dojo manners, jab, single sinawali with sticks, basic sparring (2 min.).**
- **Yellow Belt/ white Stripe 2- overall improvement, Responsibility patch, Great Dojo Manners, good basic sparring stance, Fitness test- 5 push-ups, 10 sit-ups, run 5 min.**
- **Yellow Belt/ White Stripe 3—Improved Kata and manners, Thai knees, upper cut, Basic Sparring 3 minutes, good combos and movement**
- **Yellow Belt/ White Stripe 4- responsibility in class with equipment, excellent manners, Improved basic sparring**

Blue Dragons To get your.....

- **Yellow belt- Ichi Zuke Kata, Shuto Godan Henka, Dojo Kune, Front kick, Round Kick, Grappling positions, Stances, Karate Punches, Front Roll, Tie Uniform Correctly**
- **Yellow w/white- above plus: Improved kata, all Karate blocks, Oral Vocabulary test, basic sparring 4min.and one guard pass, basic combo-jab, cross**
- **Orange belt- above plus: Shoulder roll, back roll, single sinawali with sticks, Elbows, Shiko Dachi for 3 minutes, good basic sparring stance and movement.**
- **Orange w/ white- above plus: Self Defense and grab release, Grappling-two take downs or throws, grappling-hold all positions**
- **Purple belt- above plus: tomeshiwari, Martial Arts quiz, Community Service patch, intermediate sparring 5 min, improved kata, double sinawali, tie belt correctly, Thai knees, good footwork and sparring stance.**
- **Purple w/ White- Responsibility Patch, Count to 1-10 in Japanese, double sinawali to single sinawali, 6 minutes of intermediate sparring, Side Kick, All Sparring Blocks, 12 angles of attack.**
- **Blue belt - Very good Kata and intermediate sparring, loud answering, leadership patch, all rolls from standing, all kicks with proper foot placement, spinning back-fist and round kick, reverse sinawali**
- **See Sensei for more advanced requirements- they include a Fitness test, advanced Kata, Advanced Sparring, and knowledge and improvement of all above techniques.**

***These ranks do not apply to Jiu-Jitsu or Grappling**

BASIC VOCABULARY

Blue Dragons and Lil'Dragons

Osu - this sort of means to try your best. This is what we say as an answer to everything! You can't say it too much really.

Kata - a Karate form, a sequence of movements. The "art" parts of Martial Arts.

Kiai - this is sort of an energy yell. To focus power. We do this when we do techniques and at the end of Katas.

Kisoku - this is the energy breath, also to focus.

Seiza - to sit on your knees, very formal.

Agura - to sit cross legged.

Zuki - punch

Geri - kick

Shuto - chop

Uke - block

Sempai - senior student

Rei - bow

Kamete - get ready

Hagime - begin

Ukemi - rolling to learn to fall safely.

Dojo - the place we train.

1-10 in Japanese - ichi, ni, san, shi, go, roku, shichi, hachi, ku, jyu
Only say the first syllable of each.

Grappling

Main Positions:

- **Guard-** when you are on your back controlling your opponent with your legs in some way, this can be open or closed. Having your opponent with your legs completely around their waist and your feet locked together is the full guard. A few examples of guards are butterfly and rubber guard.
- **Half-Guard-** this is when you are only controlling one of your opponents legs with both of yours.
- **Mount-** when you are sitting on your opponents chest, with both of your knees on the ground, preferably tight up in their armpits or locked around hips.
- **Side Control-** when you are lying, chest to chest with your opponent at a right angle. You can be on your knees with one hand controlling the head and the other controlling the hips or **cross face** with your hands clasped together behind their head and far arm
- **Back Control-** when you have control of your opponent's back. This can be done with both **hooks** in and an **over-under grip** or with **a body triangle**.
- **Clinch-** standing and holding your opponent's upper body prior to a **sweep** or **take down**.

For No-Gi grappling we use many of the Eddie Bravo/10th Planet positions like:

- **Rubber Guard-** a guard where you use one leg and an arm to hold your opponent.
- **Spider Web-**The position where you sit on top like you are going for an arm bar but you cross your feet, and hold a leg too.
- **Twister Side Control-**a side control variation where you sit facing away from you opponent with your hips on his arm and upper chest.
- **Lock-Down-**a tight grapevine on your opponent's leg in half-guard.
- **Invisible Collar-** a VERY high closed guard with you Rubber Guard arm still in.
- **Whip-up-**when you have your opponent in the lock-down and use your legs and hands to raise them over and to the side to execute sweeps and submissions.

Terms:

To roll- grappling or free grappling, like sparring but on the ground.

Under Hook- having your arm under your opponent's arm, for better control.

Over Hook or Whizzer- having your arm over your opponents, usually as a way to stop or block what they are doing with their Under Hook.

Pummel- swimming your arms in to get Under Hooks.

Base- your balance

Grips:

S-hooking your fingers together palm to palm, facing opposite directions, not interlaced.

Gable- gripping hands together, palm to palm, thumbs next to fingers.

Main Submission terms:

Choke- any submission that stops air or blood flow. Examples are the Rear-Naked choke, the guillotine and D'arse.

Crank- any submission that twists or bends the spine. An example is the Twister.

Arm Bar (straight)- can be done from the mount or guard or back. Usually involves isolating one of your opponents arms and trapping it between your legs, then using your hips to hyper-extend the arm.

Kimura or Americana- basically a bent arm bar or shoulder lock, but in this case pressure is applied with your arms.

Triangle- a choke applied with your legs trapping your opponents head and one arm.

Omo-plata- a shoulder lock applied with your legs.

Gogo-plata- a choke that evolved from the omo-plata where you are choking with your foot.

Required Knowledge Before Competition in Tournaments

1. **Positions**-Hold and escape
 - Guards-closed, open, half
 - Mount- high and Skydive
 - Side control-Judo, traditional, Twister
 - Back-hooks and body lock
2. **Guards**- hold and escape
 - Closed
 - Butterfly
 - Rubber
 - Half
3. **Sweeps**
 - scissor
 - back
 - Butterfly-roll
 - Upa
 - Old School
4. **Sprawl**
5. **Take-downs**
 - Double leg
 - Hip throw
 - Trip
 - Single
6. **Guillotine**- make and escape
7. **Finishes-and escapes**
 - Arm Bar
 - Triangle
 - Kimura
 - Rear Naked Choke

LIL'DRAGON CONDUCT PATCHES AND STICKERS

SHOULDER PATCHES



BELT STICKERS



- CONTROLLING YOURSELF
- VERY GOOD EXERCISES
- COMING TO EVERY CLASS
- GOOD BOARD BREAKING
- BRINGING IN AN A+ GRADE
- REALLY GREAT MANNERS
- TRYING YOUR VERY BEST
- VERY GOOD KATA
- EXTRA RESPECT, MANNERS, FOCUS AND EFFORT!
- REALLY SHOWING RESPECT
- EXTRA HELPING, OR A COPY
- DEMO HELP



ADDITIONAL STICKERS:



WWW.BDMARTIALARTS.COM

We have new Blue Dragon and Demo Team patches and some of these stickers are no longer used.

Overall my satisfaction as a student/parent is

1 2 3 4 5 6 7 8 9 10

Instructor Evaluation - Here's how I rate the instructor, with "1" as lowest and "10" as highest

Motivating (Uses positive feedback)

Sensei Kim

1 2 3 4 5 6 7 8 9 10

other staff

1 2 3 4 5 6 7 8 9 10

Communicates Lesson Concept Well - (Do you understand what is being taught?)

Sensei Kim

1 2 3 4 5 6 7 8 9 10

other staff

1 2 3 4 5 6 7 8 9 10

Shows a sincere interest in the students

Sensei Kim

1 2 3 4 5 6 7 8 9 10

other staff

1 2 3 4 5 6 7 8 9 10

What staff members, if any, do you feel provide exceptional student service?

What staff members, if any, do you feel need improvement? (Details please.)

How can we improve our services? (please use a separate piece of paper if necessary)

Thank you - please bring them in to class or leave at the front counter. Any further questions or comments please feel free to speak with Sensei Kim or email her at info@bdmartialarts.com

WWW.BDMARTIALARTS.COM

PERMISSION TO PROMOTE

Dear Parents and Teachers:

Blue Dragon Martial Arts prides itself on instilling the principles of Martial Arts Excellence to our students. Martial Arts Excellence symbolizes lifelong excellence not only in the martial arts, but also in school, and as productive members of society. This level of conduct is required of all our students. Please complete this Permission to Promote form on behalf of _____.

We, respectfully, request your assistance in helping us to achieve this goal by circling the correct answer to the following question:

1. This student is respectful to his fellow classmates, does satisfactory work, and is receiving passing grades.

AGREE

DISAGREE

Teacher's signature

Date

2. My son/daughter has been respectful to his/her family members and is being cooperative at home.

AGREE

DISAGREE

Parent/Guardian signature Date

If our students are not behaving in a respectful manner either at home, school, or while at Blue Dragon Martial Arts student's promotion will be withheld until there has been satisfactory improvement.

Thank you for your cooperation.

Sincerely,

Sensei Kim
Blue Dragon Martial Arts
www.bdmartialarts.com

Blue Dragon Rank Test

Your child has been chosen to participate in the next promotional exam. They will be tested by Sensei Kim Ferguson on the requirements needed for the next belt.

They must have turned in the "Permission to Promote" form AND this form along with payment.

Name _____ **Date** _____

Testing for _____ **belt.** **Size** _____

Test date _____ **time** _____

Cost = \$20.00 (includes test, belt, patches and Certificate) Check ___ **Cash** ___

I understand that payment does not guarantee my child will pass and there are no refunds after testing. I give my permission for my child to be tested by Blue Dragon Martial Arts for their next rank.

Parent signature _____ **date** _____



BLUE DRAGON MARTIAL ARTS STUDENT ACHIEVEMENT CARD

NAME _____ DATE _____

SKILLS

BEHAVIOR

STUDENT OF	STUDENT OF	STUDENT OF

WWW.BDMARTIALARTS.COM

I have read, understand and agree to all the above information, policies and rules. I have explained or read the pertinent information to my child or children and they also understand and agree to follow the rules of Blue Dragon Martial Arts.

Parent signature

date

Student signature

date

Print students name _____

Please return to your instructor before the first class