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**Welcome to  
Team Tiger Martial Arts  
Where:**

**“Leaders Are Not Born...  
They Are Created”**

# Our Philosophies

Not all Martial Arts schools are created equal. Team Tiger Martial Arts is dedicated to the true essence of martial arts practice, personal growth, and transformation of the student. Many schools have drifted from traditional teaching styles, creating their “own” version of martial arts and have become more concerned with large, crowded, mass produced belt selling factories. Here at Team Tiger Martial Arts we stress the importance of our Black Belt Principals or tenets: Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit. We pride ourselves on offering a well-rounded curriculum, combining our Traditional Taekwon-Do, along with kickboxing, weapons training, self defense, and some grappling. By combining the physical components of Martial Arts training and its philosophies, individuals can utilize their practice as a path to personal growth, self confidence, and excellence in everyday life.

Our Tiny Tiger Classes are taught hand eye coordination and motor skills using confidence-building exercises along with their martial arts skills. Through our philosophy of positive reinforcement and the interaction with instructors and other students who become positive role models for them, they develop the security and confidence to be more focused and attentive, demonstrate better respect and self control, and learn group and sharing skills.

Our Junior Classes are taught to be respectful and polite towards their parents, siblings, teachers, and elders. They are also taught the importance of learning and doing their best in school. We focus on their physical, emotional, and mental well-being and use Martial Arts as a foundation for something much more important: the development as future leaders. They are taught to set achievable goals and that hard work does have its rewards. Through Martial Arts, they become more confident and develop an attitude of self-reliance. This increase in confidence enables them to better cope with issues of peer pressure and make correct choices.

Our Adult Classes are designed to bring out the very best in you. No matter what the age, our adult students have benefited from not only our fitness package, which combines strength, endurance, flexibility, balance, and self defense, but also life skills such as teamwork and goal setting strategies that even the most successful individuals have gained from.

# TEAM TIGER MARTIAL ARTS MISSION STATEMENT

Our mission is to empower people of all ages to become more confident, healthy, and contributing members of society through quality martial arts instruction which consists of training in self defense, health, fitness, and life skills.

## STUDENT CREED

To Build True Confidence,  
Through Knowledge In The Mind.  
Honesty In The Heart,  
And Strength In The Body.

To Keep Friendship With One Another And  
To Build A Strong And Happy Community.

Never Fight To Achieve Selfish Ends,  
But To Develop MIGHT FOR RIGHT.

**Jhoon Rhee**

## “Mastery” by Stuart Emory

“**MASTERY**” in our career and consciousness simply requires that we constantly produce results beyond the ordinary. Mastery is the result of consistently going beyond our limits. For most people, it starts with technical excellence in a chosen field and a commitment to that excellence. **IF YOU ARE WILLING** to commit yourself to excellence, to surround yourself with things that represent excellence, and to pursue events and experiences that become miracles, your life will change. (When we speak of miracles, we speak of events or experiences in the real world that are beyond the ordinary). **IT'S REMARKABLE** how much mediocrity we live with, surrounding ourselves with daily reminders that the average is acceptable. Our world suffers from terminal normality. Take a moment to assess all of the things around you that encourage you to remain “average.” These things keep you powerless, unable to go beyond a “limit” you have arbitrarily set for yourself. **TAKE YOUR FIRST STEP** towards mastery by removing everything in your environment that represents mediocrity, removing your arbitrary limits. Try surrounding yourself with friends who ask more of you than you do. Didn't some of your best teachers, your coaches, your parents expect more from you? **ON**

**THE PATH TO MASTERY**, erase any resentment you have towards masters. Develop compassion for yourself so that you can be in the presence of masters and grow from the experience. Rather than comparing yourself and resenting people who have mastery, remain open and receptive; let the experience be like the planting of a seed within you—with nourishment, it will grow into your own individual mastery.

**CORRECTION IS ESSENTIAL** to power and mastery. You see, we are all ordinary. But a master, rather than condemning himself for his “ordinariness,” will embrace his ordinariness and use it as a foundation for building the extraordinary. , **INSTEAD OF GIVING UP** as many ordinary people do, he will use his ordinariness to correct his errors, which is essential in the process of attaining mastery. You must be able to correct yourself without invalidating or condemning yourself, to accept results and improve upon them. ." **CORRECT DON'T PROTECT**



# The Road To Black Belt

Training in martial arts is a journey of self discovery. We embark on this mist-shrouded road not really knowing what to expect and more importantly not knowing what is expected of us. The goal of this guidebook is to aid you on your new journey. First of all, it's important to note that martial art training is a discipline not a sport. The demands are greater and so are the benefits. A discipline requires year-round commitment of participants. Ballet, gymnastics, and learning musical instruments have similar qualities. Day after day improvement is made through consistent, constant effort. This improvement works to create a strong concept of self. In his book, *The Idiot's Guide To Martial Arts*, Cezar Borkowski writes, "In each martial arts class, you'll learn how to harness your natural strength. Not just the muscular variety, but also the power that lies in your spirit and mind. As a martial arts practitioner, each drop of perspiration you shed will help wash away your fears, and each passing year can leave you feeling more confident." This "I can do it attitude" is the by-product of facing your fears and doing your best even though it's challenging. Training is not easy. Sometimes it's really hard and frustrating and, frankly, every once in a while, it should be. In a supportive environment these are the times that test us and make us stronger in the process. Realize that some days will be good days and some days will be difficult, but each is important in your development to black belt. One of the biggest mistakes I see as an instructor is that many students are way too hard on themselves and over-generalize. A poor performance is classified as catastrophic and an unnecessary negative self-concept is created. Being a little off one day is turned into the student labeling themselves as awful or they just aren't good at this. Visualization is a great aid in re-framing a bad mental picture. Evaluate a performance and really pick the one or two things you did poorly and replay the movie in your head with corrections. Even more important than picking out what you did wrong is acknowledging what you did right. By recognizing the positive aspects of one's performance a student begins to build the foundation on which true confidence is built. Though martial arts training is a fun invigorating experience, realize that everyone gets frustrated, everyone! Just remember: a black belt is just a white belt that never quit!

## What is Tae Kwon Do?

As defined by Jhoon Rhee Tae Kwon Do System through the "Lead By Example Action Philosophy" A picture is worth 1,000 words; an action is worth 1000 pictures. After 5,000 years of written human history, our Founding Fathers made a huge difference during the past 200 years by giving the world their own action philosophy. Our Founding Fathers not only talked about the freedom system but they actually realized it. Today we enjoy the fruits of their efforts. Let us not forget the value of their wisdom and courage.

*"Liberty is the gift of God not the government, and the purpose of government is to protect that liberty not to destroy it." By George Mason*

Are drinking and smoking good for children? Everyone will say no. The next question is: Are they good for parents and teachers? The answers I heard from all children is NO. Why then, do some adults smoke or drink? I believe this is the very reason why our children develop negative habits.

Let us teach our children not by words as alone but through our actions. My nickname is being changed from "Nobody Bothers Me" to the "Push-up Man" since 1998, when I performed 100 push-ups in 60 seconds in a TV show titled, "THE MASTERS", produced by Wesley Snipes. Three basic human qualities we emphasize to our students is Knowledge in the mind, Honesty in the heart, and Strength in the body. I have been encouraging everyone to set a life goal, "100 years of wisdom in a body of 21-year-old."

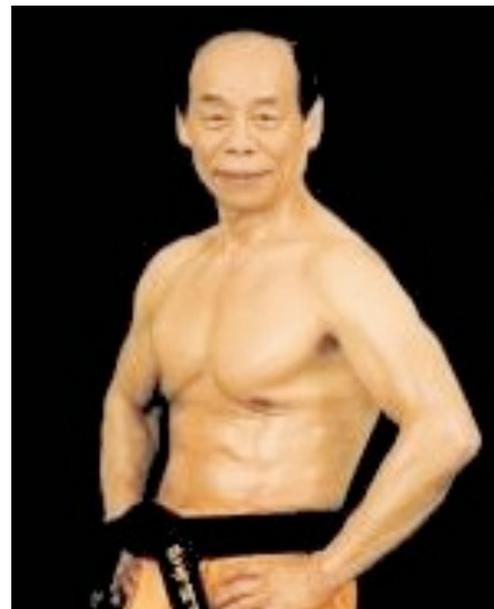
### Why Did I Study Tae Kwon Do?

Before I answer this question, I would like to ask everyone, Why Do We Live?

The universal purpose of life is HAPPINESS. When I am truthful, my heart becomes beautiful; when my heart becomes beautiful, people love me; when people love me; I am Happy. Therefore, when one is truthful, being beautiful and being loved is automatic. Therefore, universal human values are Truth, Beauty, and Love.

### - Grandmaster Jhoon Rhee

I started studying my Tae Kwon Do at age 13, behind my father's back. Tae Kwon Do had a very low social image in Korea in the 1940's and 1950's. I could not understand that, because I recognized the value of it so clearly. I set my goal to introduce Tae Kwon Do in America, because I fell in love with American blonde movie stars. I made my commitment to enhance the public image of Tae Kwon Do in America, because anything that happens in America, good or bad, influences the world. My goal was realized. It went beyond my greatest expectation to witness Tae Kwon Do medalist in the Olympic Games in Sydney, Australia.



## DRESS CODE

It is your responsibility to see that your child has his/her martial arts uniform here at the school every day. Uniforms are to be taken home each day after practice and if necessary laundered. Parents are responsible for marking their child's uniform with the proper identification. We suggest using a black indelible marker on the collars of the uniform top and on the inside seams of the pants. Students who have lost or misplaced their uniforms will be required to purchase another one in order to continue in the program. ***Students who do not have their uniforms and/or belt will NOT be allowed participate in class. We have specific days & uniform requirements posted please follow those rules.*** Our program is neither designed to accommodate students who sit around and not participate during class time, nor are we responsible for lost or misplaced uniforms or items. ***There are NO exceptions to this rule. Please do not ask us to make an exception. ONLY Team Tiger Uniforms & Team Tiger T shirts are allowed.***

## ATTENDANCE AND SCHEDULING

All classes are divided by rank/experience at Team Tiger Martial Arts. Our children's classes are separate from our adult classes, we do offer a family class where adults and children can train together, as long as they are a family unit. Using this approach, we ensure everyone works with their peers close to their own skill level. There are 4 days of classes each week for your training. We highly recommend you train a minimum of 3 classes per week to get the most out of your training. If you will be gone for more than 2 weeks of classes (due to illness or vacation), be sure to let your instructors know when you will be gone, as we can freeze billing (no less than a month) and more importantly, when you will be returning. **THERE IS A \$25 FEE TO FREEZE YOUR MEMBERSHIP, this does not release you from your contract obligation. You are still responsible for the full term and payments.**

## CLASS SAFETY & CONDUCT

Team Tiger Martial Arts expects its employees to conduct themselves in a professional manner consistent with the Principles of Black Belt, and to use good judgment and common sense in matters of their safety and the safety of fellow employees, students, and spectators at Team Tiger Martial Arts. Likewise, students are also expected to conduct themselves in a respectful and appropriate manner at all times, and avoid activities that would jeopardize their own safety and the safety of others while training at Team Tiger Martial Arts. Any actions or behaviors inconsistent with these principles may result in a student's removal from class activities or removal of student's belt for a period of time. Providing an environment of Safety, Trust, Success, Belonging, and Quality are our core operating principles, here at Team Tiger Martial Arts.

## VIEWING CLASSES

Parents, visitors, friends, and family are encouraged to watch classes. We only ask that you respect the class by **lowering your voices, turning cell phone ringers to off or to vibrate, and that if you are bringing younger children that you keep them quiet and under control.** Parents: if you are unable to stay and watch classes, we ask that you drop your children off no more than 15 minutes prior to class and pick them up

immediately following class. The school becomes very busy around class times, and we cannot be responsible for watching unattended children who are not in class.

### **GUEST PASSES**

The highest compliment that a person can give us is the referral of a family member or friend. If you have a friend or know of somebody that would benefit from our program, please give him or her a Free 2 Week Pass, which is always available at your school's front desk or from your program director. Explain to this person that this Guest Pass will entitle them to 2 weeks of free classes of either our Adult Class, Students Basics class, or cardio kickboxing class. Encourage them to call the school and make an appointment for their free classes. (guests also have the option of using their Free Week pass as a coupon to save 50% off of their regular tuition. **Cannot be combined with any other special going on.**

### **HOLIDAYS AND SPECIAL EVENTS**

Team Tiger Martial Arts will be closed on all major holidays. Some classes may be cancelled with prior notice for special events such as belt promotions, tournaments, seminars, and clinics. **Regular fees still apply. There are no pro-rated months.**

### **LOST AND FOUND**

Although we are not liable for items lost or left behind, we do have a Lost and Found. Please see your instructor or someone at the front desk, and they will try to help you locate your item. All items are held for four weeks before being donated.

### **FUNDRAISERS AND EVENTS**

We conduct few fundraisers throughout the year. These allow us to either re-place or purchase new equipment, attend training seminars to expand our curriculum, and make repairs to our facility. These costs are not covered by our month to month tuition and allow us to keep a up to date training for our students. We ask that all enrolled families participate in support of these fundraisers. These could include raffles, barbeques, training seminars or camps. ***Students will be required to attend at least ONE school event and seminar/tournament hosted by Team Tiger Martial Arts a year to be able to belt test.***

### **DEMO TEAM**

The Demo Team is by recommendation only. Sensei will choose a student or students to be accepted into our Demo Team they believe hold the following traits and capabilities. A student's ability to follow (before you can lead, you must learn how to follow), student's ability to do the right thing regardless of what others are doing (this is shown when others in class are not standing tall and one student is), and student's ability to try their hardest in class (if a student is trying their hardest, a level 10, anything is possible for them). When our instructors see these traits, you will be recommended for the Demo Team.

## **MOTIVATIONAL CHALLENGE**

It is normal to have peaks and valleys in our training, especially since Martial Arts is a year-round school whereas other activities tend to be seasonal. In all activities, going to school, church, you will find that there will be times that a child doesn't want to go, but this is where we help develop responsibility, understand commitment, its normal.

However,

if a student does complain excessively about coming to class, or says that they don't enjoy coming anymore, please tell your instructor immediately so that we can find out how to re-motivate that student on their path to Black Belt. We find that students may lose motivation simply because they have conflicting activities (playing with friends or favorite tv show) at the same time as Martial Arts class. Or sometimes students simply lose sight of their goals and need to re-affirm them. During periods of low motivation, it is helpful to know that their feelings are normal. However, no one who has earned a Black Belt has regretted it. "A Black Belt is a White Belt Who Never Gave Up!"

## **MAT CHATS**

The real job satisfaction here at Team Tiger Martial Arts is helping individuals to grow and develop. If a student needs some extra input, advice, mentoring, guidance, or a little extra help, please speak with the student's instructor. For example, if a student is receiving poor grades in school, is not respectful of others, or is not doing chores, our instructors would be happy to have a "mat chat" (talk with the student privately) to help the student find more empowering alternatives to their behavior or performance. Please understand that one of our main goals is to help our students become more responsible, respectful, and integrity-minded people.

## **EXTRA EVENTS**

Team Tiger Martial Arts has many extra events throughout the year, such as Parents Night Out, Movie Night, Ninja Night and more. These events are primarily to keep the students excited and motivated and help them to develop social bonds with other students. Some events are free but some we do charge a small fee to cover cost of food and materials.

## **PAYMENTS & FINANCIAL ARRANGEMENTS**

We at Team Tiger Martial Arts want to thank you for your decision towards becoming a Black Belt. Just like your goal towards Black Belt is a commitment so is your contract with Team Tiger Martial Arts. We expect that you honor the entire term of your contract. If you decide that you must terminate your contract before the end term date, there will be a **\$150.00 early termination fee**. Your payment will be deducted monthly on the date agreed on your contract. If your credit card is **declined** or your check is returned **NSF** there will be a **\$30.00** charge. If your payment is received **5 days** or more after the due date that is agreed on in your contract there will be an additional **\$15.00** fee added to your monthly payment. **We do not pro-rate tuition due to absenteeism or abbreviated school weeks.**

There are (3) ways to cancel your contract without penalty.

- 1) If you submit in writing within (3) days of the date of your signed contract, that you want to be released of the contract.
- 2) If you provide a letter by a certified physician indicating that you can no longer participate in physical activities such as martial arts training.
- 3) If you provide proof of address change more than (50) miles from location of Team Tiger Martial Arts, 2009 Industrial Drive, McAllen Tx 78504

**\*\*\*YOU MUST GIVE A 30 DAY NOTICE, IN WRITING** before your scheduled payment will be cancelled.

**DO NOT WAIT TO TRY AND CANCEL YOUR MONTHLY FEE WITHOUT GIVING US THE 15 DAY NOTICE, IT WILL NOT HAPPEN. WE SET THESE PERAMITERS TO BE ABLE TO CONTACT OUR BILLING COMPANY TO STOP PAYMENT WITHOUT US RECEIVING A PENALTY.**