

Team Karate



Student Handbook

**Team K2 Karate Studio was named
after the Mountain K2
Est. 1998**

Website: teamk2karate.com

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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.

"Martial arts shape the whole person, improving every aspect of your life"

Student Qualities

Students Must Develop These Qualities

- Respect and Courtesy
The utmost respect must be given to one's country, flag, parents, and karate instructor. Courtesy and respect should be extended to all fellow humans and particularly to those of advanced age.

- Modesty
Karate students are expected to be humble about their accomplishments. Bullies and braggarts have no place in karate. One should have a quiet feeling of pride in his or her achievements, but not feel compelled to boast of this accomplishment.

- Self-Control
One should never lose his or her temper. One's skills are seriously diminished if control over emotions is lost. One should never use karate except in self-defense.

- Perseverance
It is normal to become discouraged occasionally, particularly when pursuing an activity sufficiently challenging to be worthwhile. However, one should persevere until mastery is accomplished. Never give up!

- Indomitable Spirit
This is an expression of all the other points in the karate doctrine. A person knowledgeable of karate should use his or her skill and education to fight injustice. One should strive to overcome personal weakness in all areas of life and always be a credit to their self and to their art.

"Martial arts intentionally train the body, spirit, and mind together as a whole"

Character Traits of Martial Artists

- **Dedication** – The act of binding yourself intellectually or emotionally to a course of action; complete and wholehearted fidelity.
- **Confidence** – Freedom from doubt and belief in yourself and your abilities.
- **Knowledge** – The psychological results of perception, learning and reasoning.
- **Strength** – Permanence by virtue of the power to resist stress of force; endurance.

Goal of the Martial Artist

In English history, a man of valor and dignity who excelled in the arts of combat and social amenities was rewarded with the title of Knighthood. A designation, which let it be known to all, he was a man of not only honor, but also of great fighting ability. This was true in Japan, where the same types of men were called Samurai. In neither country was the man or his rank taken lightly. For the prowess and title of each commanded respect!

As his training progresses he should become aware of a stronger calling, the molding of himself into a better person, not only in fighting ability but also dignity and honor. This has traditionally been the goal of the martial arts student. The black belt is an award or honor given to the modern knight or samurai who achieve the epitome of physical and mental attainment. The black belt is the symbol of an expert.

“Black Belt: worn to show expert standards in the martial arts”

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Basic Terms

- **Bowing/ Attention/At Ease/ Shyeo:**
All classes begin with bowing to the instructor and to the flags. Bowing to the flag is not worship; it shows respect to your country and to the motherland of karate. Bowing is also an oriental tradition of greeting one another.
- **Basics**
Basics are the fundamental techniques and the primary skills to develop advanced techniques. Just as learning the alphabet is the foundation of learning the English language. Karate basics are valuable throughout one's entire study of karate technique.
- **Yelling (Ki-Hap) sounds like KIA!!!**
Yelling helps build your internal power, brings up your energy level, and scares off your opponents.
- **Self Defense**
Self Defense is literally defense of oneself. A student learns how to free their self from grabs and holds by working against the attacker's power and vulnerable points. The action must be reflexive so the defender out-senses their attacker and uses the element of surprise.
- **Board Breaking**
The primary purpose of breaking a board is to build self-confidence. Board breaking is a physical demonstration (having mental and philosophical aspects) to measure one's progress in karate. Successful breaking requires three things: accuracy, speed, and power.
- **Combinations of Kicks / Punches**
Combinations are two or more basic or advanced techniques combined with speed. The main purpose of combinations is to confuse and surprise the attacker with more than one punch or kick.

Forms / Kata

Forms (Kata)

The karate kata is essentially a routine with a theme. It consists of stances, blocks, punches, strikes, and kicks arranged in meaningful order in response to attacks from multiple imaginary assailants attacking from several directions. The kata was formerly the only means masters had to transfer the essence of karate and their interpretation of their art to their students. Until the twentieth century, free sparing, as we know it did not exist.

The kata pattern is representative of the circular earth, being that one begins and ends the kata in the same place. Katas are also based on the Yin-Yang principle such as fast and slow, inhale and exhale, hard and soft, light and heavy, dark and light, etc.

- **Dan-Gun / Tan-Gun:** Named after the legendary founder of Korea.
- **Won-Hyo:** Monk who introduced Buddhism to the Silla Dynasty.
- **Yul-Kok:** Philosopher and scholar nicknamed “Confucius of Korea”.
- **Haw-Rang:** Elite military youth corps.
- **Choong-Moo / Chung- Mu:** Name given to the great Admiral Yi Sun-sin.
- **Ba-Sai / Bassai:** To break down the fortress.
- **Gogshiho-Dai:** Advanced Japanese form for Black Belt. (The form means 54 Steps).

K2 Sparring & Application

Sparring begins at Gold Belt* See Saturday classes on class times.

Number of Belt Testing Rounds (All Rounds are 2 Minutes):

Gold to Purple Belts = 3 Rounds during test for next belt.

Advanced belts have to show endurance with more sparring rounds.

- Brown 10
- Red 12
- Red/Black to Black 15

- What is Sparring?
 - Sparring is the application of all technical aspects of karate exchanged between two or more partners.

- Why do we need Sparring?
 - Free Sparring improves endurance, balance, and flexibility.

 - Builds reflexes for quicker movement of attack, block, counter attack and the ability to dodge an attack.

 - Develops respiratory control.

 - Whenever you practice sparring, you must remember that your partner is not your enemy punching bag or kicking bag. Your partner is your friend with whom you can acquire better technique.

 - You must show respect and cooperation through light contact and maximum control. During sparring, if you accidentally get hit by your partner, don't lose your temper. Losing control of yourself would mean defeating your mental discipline.

"The martial arts teach that through the use of knowledge and training, a warrior can transform a stronger, faster opponent into a weaker one."

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Belt Ranks & Time Requirements

White to Gold	2-6 Months
Gold to Orange	6 Months
Orange to Green	6 Months
Green to Blue	6 Months
Blue to Purple	6-10 Months
Purple to Brown	6-12 Months
Brown to Red	10-15 Months
Red to Red/Black	12-18 Months
Red/Black to Black Belt	Eligible For Black Belt When Student Has All Belt Stripes. Displays Leadership Skills. Demonstrates good fitness and flexibility. Shows improvement in sparring control, movement and technique. Has completed leadership hours.

Black Belt to 1st Degree Black Belt	1 Year
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All other Degrees will be determined by instructor.

Monthly Stripe Testing

K2 Belt Stripes: Each month all students white to red will test for a belt stripe.

You will only earn a stripe if you can show your Blocks, Kicks, Self-Defense or Forms.

This will take place during class time and there is no cost involved. Each stripe that a student earns every month will help show progress towards the next belt rank.

Blocks: Blue: Stripe

Kicks: Red: Stripe

Basic Self Defense: Black Stripe

**Check student calendar or website
for testing dates each month.**

Stripes below are for Orange belts and above only.

Forms: White

"In studying martial arts, most students learn to see different aspects of the art as halves of a larger whole."



Belt Testing

Always be on time and confirm the location and date of your test.

Students must have clean uniform; females need an all-black tee-shirt, K2 tee shirt or sports bra under uniform top.

Team K2 Belt Ceremonies or test; take place every 6-7 months normally in June and December.

Note: All students must have belts stripes in order to test to the next rank.

Gold and higher belts need to bring your sparring gear to your test.

Remember, it not a race to Black Belt but a rather a slow climb towards the top with a good foundation and understanding about what your learning while building confidence along the way towards every belt you earn.

WHEN YOU BECOME A GOLD BELT, YOU WILL NEED SPARRING GEAR.

Head gear, Foot gear, Hand gear & Mouth guard. Groin protection and shin pads are also recommended.

Stripe Testing Requirements (White to Orange)

White Belt

Blue stripe:

Stepping out in a front stance, High, low, twin, outside to inside.

Check out the Team K2 YouTube Channel: See Team K2 Karate student help videos

Red stripe:

With the front leg only, defensive front kick, round kick, side kick and step behind side kick.

Black stripe:

Cover-off, front push, back grab and front bear hug. (without a partner)

Gold Belt

Blue stripe:

Blocks moving forward : High block, low block, twin fist block and outside to inside.

Stepping out only : Knife hand block and inside to outside, both in a fighting stance.

Red stripe:

Offensive front kick, offensive round kick and come around side kick.

Black stripe:

Front push and back grab with a partner, front bear hug no partner.

Orange Belt

Blue stripe:

All blocks moving forward and backwards.

Red stripe:

Jump front kick, jump round kick and come around side kick.

Black stripe:

All self-defense with a partner, front push, back grab and front bear hug.

White stripe: Kata

Dan-Gun by number count.

Stripe Testing Requirements (Green to Purple)

Green Belt

Blue stripe:

All blocks with a reverse punch.

Red stripe:

Stationary front kick, stationary round kick and jump turn back kick.

Black stripe:

Back bear hug.

Practice all your self-defense; you will always demonstrate it during a stripe test.

White stripe:

Won Hyo See it on the Team k2 Karate YouTube channel to practice.

Blue Belt

Blue stripe:

All blocks with punching and turning.

Red stripe:

Defensive ax kick, drop kick and defensive hook kick.

Black stripe:

Single wrist grab, both sides.

White stripe:

Yul Kok Practice all of your forms at least once a week on your own.

Purple Belt

Blue stripe:

Blocks with punching and turning, one after the other non-stop.

High, low, twin, outside to inside, knife hand and inside to outside.

Red stripe:

Run jump side kick, turn hook kick and jump turn hook kick.

Black stripe:

Double wrist grab.

White stripe:

Haw Rang

Stripe Testing Requirements (Brown to Red/Black)

Brown Belt

Blue stripe:

Blocks in combination, one after the other without reverse punch forward and backwards.

Red stripe:

360 round kick, 360 crescent kick, inside to outside crescent and outside to inside crescent, both offensive and defensive.

Black stripe:

Front punch and single leg take down.

White stripe:

Choong Moo

Red Belt

Blue stripe:

Blocks with reverse punch and turning, random call.

Red stripe:

360 turn back kick, 360 turn hook kick and double jump front kick.

Black stripe:

Back choke defense and double leg take down.

White stripe:

Bassai

Red/Black Belt

Blue stripe:

Double blocks: High/low Twin/outside inside Knife hand/inside outside.

Red stripe:

All Kicks mid chest to head level for all kids, teens and adults age 18-34.
35+ age group, waist level kicks or higher.

Black stripe:

Side headlock and all basic self-defense, free style self-defense also take downs.

White stripe:

Creative Form