

**K.I.C.K.S.**

Kids in Christian Karate School

*Giving kids a fighting chance…*

**Class Instruction Guidelines July 2020**

Welcome to KICKS practice sessions! We are glad to encourage each participant to gain a better understanding of God, oneself, and the martial arts (Tang Soo Do).

Please, take time to discuss the expectations with anyone that is attending, or decides to attend class. Taking this time to observe the rules of class will allow the instructors more time, to devote to teaching skills.

IT IS THE EXPECTATION OF EVERY CHILD ATTENDING TO KNOW ALL RULES AND EXERCISES TO BEGIN PARCTICIPATING ACTIVELY IN CLASS!

 ***PLEASE sign in before entering class. Please wash your hands with hand sanitizer. Keep your hands and fingers out of your mouth. We ask that you refrain from entering class if you have had the following in the last 24 hours***

* ***Fever or chills***
* ***Cough***
* ***Shortness of breath or difficulty breathing***
* ***Fatigue***
* ***Muscle or body aches***
* ***Headache***
* ***New loss of taste or smell***
* ***Sore throat***
* ***Nausea or vomiting***
* ***Diarrhea***

***Also, if you have been around someone who had been diagnosed with COVID-19 in the last 2 weeks. PLEASE practice good hygiene skills.***

Now let’s have fun and explain how to get started in KICKS!

**Class Terms:**

1. Choon Bi – Ready (stand perfectly still in ready position, eyes forward no moving)
2. Cha Ryut – Attention
3. Kyung-Yet – Bow
4. Tora – Turn
5. Gi – uniform
6. Ki Hap – Spirit Yell

**Class Rules and Expectations:**

1. Be on time, respectful and courteous to all people. If the student is late to class, they should go to the side of the class formation and wait in *Choon Bi* until recognized by an instructor. Once the instructor acknowledges the student, they are then allowed to begin class
2. Address each student and instructor with their Last Name ex. Mr. Perkins, Mr. Sikes
3. When entering or leaving the practice area, one must bow (*Kyung Yet)*.
4. All students shall remain silent and ready to learn at all times unless called upon by an instructor, adult, or higher-ranking belt

**Attire:**

1. Clothing must be comfortable and conservative, no shorts.
2. Uniforms (*Gi)* should be clean and presentable
3. For sparring child or adult must bring your own mouth guard and boys or men must have groin protection (protective cup)
4. NO jewelry, except for medical ID tags, please contact instructor for new ears pierced situations
5. Sparring gear will be available for use, we do encourage purchase of your own personal equipment

**Forming Class:**

1. Participants need to line up behind fellow classmates in order of rank, facing instructors
2. Rank goes in descending order by belt color: Black, Red, Brown, Purple, Blue, Green, Orange, Gold, Yellow, White
3. Children wearing uniforms line up before children without, regardless of belt rank.
4. Follow instructions of line leaders in the front and end of rows, **all other Students will be in Choon Bi and listen for instructions**
5. Line Leaders (front row) will turn around and make sure that there is a person behind them and there is proper spacing, once in line they turn around and **stand in Choon-Bi**.
6. Line leader at end of row will direct lines to get straight, **then turn and stand in Choon-Bi.**
7. When ready student of the month or the student in first position will **turn after class is ready, stand in Choon Bi and yell forcefully, “instructors the students are ready!”**
8. Adults wanting to participate have an application process.

**Class Flow:**

1. Arrive on time
2. Class called to Form (see description) at stated time
3. Lords’ Prayer is recited, all verses for Kata’s through green belt recited
4. Bible study and devotion for ~20mins
5. Class reforms as group
	1. Workout Begins ~10-15min
6. Exercises (see description) all on instructors counting (Example below)
	1. Jumping Jacks on a 3 count
	2. Push-Ups and/or Planks
	3. Crunches
	4. 6inch leg lifts
	5. Stretching
7. Class reforms, then goes to appropriate workout or learning location ~45 min
8. End of Class
	1. Reform class in group formation, go over any pertinent news, Pray and dismiss

\*Anytime asked to ***Recover*** – all should fix uniform, gain composure in lines, and then return to Choon Bi or follow the instructor’s lead

\***Students behaving inappropriately will be assigned physical consequences. (example: 20 push-ups and so on)**

**OUTSIDE CLASS BEHAVIOR:**

If a student is expelled from public/private school due to fighting or there has been trouble fighting at home that needs to be addressed or if a student argues with an instructor during class and refuses to comply to consequences the following will occur: the parents/guardians with the student will have a discussion with the KICKS instructors in regards to the situation. IF the student is allowed to return to class the student will need to exercise the entire class to participate in other classes (instructor’s choice of exercises). AT KICKS WE PROMOTE CHRIST LIKE BEHAVIORS.

**TESTING INFORMATION:**

Testing occurs January and July each year. ($10.00 each testing except black belt- cost $100.00)

* Class attendance at least once a week or a minimum of 25 classes from January-July or July-January.
* Sparring- will be tested on good control, good technique and class sparring
* Board Breaking
* Bible verses from their folders each belt has different set of Scriptures
* To-do-lists will be 3 point per week (2 points for completing 5/7 days of the list, 1.5 points for 4 to 3 days completed, 1 point for completing 2/7 days, .5 points for 1 day and 1 point for turning in the to-do-list)
* Katas (found on our website)
* Kicks and Punches Combos (found in the folder)
* Correctly completing 20 pushups, 20 sit-ups, 20 jumping jacks, horse stance, 20 kicks on the wall
* Standing in Choon Bi

To pass to the next belt

* Yellow belt through Green Belt- 75% and the belts under what you are testing for needs to be 85%
* Blue belt and up 80% the belt under what you are testing for needs to be 85%
* The class participation points, class attendance, to-do-list and extra credit goes towards the next belt after your current belt.

**Contact Information:**

* Parents are encouraged to join the Facebook page to keep up to date with events and class cancellations.
* The Facebook page is listed under KICKS-Kids in Christian Karate School
* Classes will be cancelled because of weather if local Jackson schools or Cape Schools are closed.
* Website: <https://kickskarate.yolasite.com/>
* Also, you can contact Mr. Troy Sikes 573-450-4062,

Mrs. Elizabeth Perkins 573-270-2131, or Mr. Brady Perkins 573-979-4882 if you have any questions.



**ENROLLMENT FORM 2020**

**STUDENT INFO:**

**Full name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Gender: Male Female**

**I have taken martial arts before YES NO**

**Place taken \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARENT/STUDENT INFO:**

**Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Home/Cell Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Church information Name of church attending \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency Contacts: (PLEASE LIST TWO)**

**1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WAIVER AND RELEASE OF LIABILITY**

This WAIVER and RELEASE of LIABILITY is made and entered into on this \_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_,20\_\_, by and between Christian Karate School and \_\_\_\_\_\_\_\_\_\_\_\_ as Student, and, if Student is a minor, Student's parent or Guardian, \_\_\_\_\_\_\_\_\_\_\_\_\_ (collectively "STUDENT"). In return for the use, today and on all future dates of the property, facilities and services of the Christian Karate School, the STUDENT, his/her heirs, assigns, and legal representatives, hereby expressly agree to the following:

1. **Inherent Risks.**There are significant elements of risk in any adventure, sport or activity associated with martial arts; martial arts and the use of any equipment therewith.  The undersigned acknowledge(s) there are inherent risks associated with martial arts activities.
2. STUDENT agrees to abide by and follow Christian Karate School's rules and regulations which shall be posted and/or available from time to time.
3. STUDENT agrees to hold Christian Karate School and all of its successors, assigns, subsidiaries, affiliates, officers, directors, employees and agents completely harmless and not liable and release them from all liability whatsoever and AGREES NOT TO SUE them on account of or in connection with any claims, causes of action, injuries, damages, cost or expenses arising out of STUDENT'S use of or presence upon Christian Karate School's property and facilities, including without limitation, those based on death, bodily injury, property damage, including consequential damages, except if the damages are caused by the direct, willful and wanton negligence of Christian Karate School.
4. STUDENT agrees to indemnify and defend Manager against, and hold it harmless from, any and all claims, causes of action, damages, judgments, cost or expenses, including attorney's fees, which in any way arise from the Student's use of or presence upon the Manager's property and facilities.
5. STUDENT agrees to waive the protection of any applicable statutes in this jurisdiction whose purpose, substance and/or effect is to provide that a general release shall not extend to claims, material or otherwise, which the person giving the release does not know or suspect to exist at the time of executing said release.

I understand the waiver.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/ Guardian Printed name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature

I understand the above rules and class instruction guidelines to the best of my abilities.

STUDENT SIGNTURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending class at KICKS and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 at KICKS may result from the actions, omissions, or negligence of myself and others, including, but not limited to, instructors, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at KICKS or participation in KICKS programming. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless claim to the KICKS program of and from the claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the KICKS whether a COVID-19 infection occurs before, during, or after participation in any KICKS program.

Participant's Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian’s name if Under 18 yrs Old \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print Name

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature