

Parent's:

We truly enjoy having you stay and support your martial artist. We ask you not to go on the floor or yell to your child during class, this may cause them to get injured. If your child is in the Lil Dragons program you may be on the floor to help but please do not call from the sidelines during class. Always remember that you are an observer. If you have any questions or concerns please talk to instructors after class. We truly appreciate your support and ideas! If you feel your child needs more one on one we do offer private lessons. These are more intense lessons and may help your child if they are having a problem with a specific technique or form.

What will we learn in class?

Self Defense, Traditional Martial Arts, Martial Arts Weapons.

What Will We Gain?

Confidence, Self Control, Respect, Comradery and Friendships

Lady Dragons

We also have a Beginning Self Defense Training Program Please if interested talk to us in class.



We are a group of female martial artists who dedicate their time and energy to self defense training. Our beginning course teaches quick and easy to remember self-defense strategies and safe living practices to adults and children of all ages. Our goal is to make our community feel safe & be safe.



Head Instructors DeAngelis Martial Arts:

Master Robert DeAngelis Co-Owner and Co-Head instructor has been involved in the martial arts since 1980. He started his training in Isshin-Ryu Karate, boxing and Kendo. He is a Certified Chanbara Instructor through Shihan Dana Abbot and The United State Chanbara Association. He is a Fourth Degree Black Belt in Moo Duk Kwan Tang Soo Do and a member of the PA Referee Association. He has given his time to judge many tournaments over the years and is the creator of the Battle in Hershey Open Martial Arts Tournament. He along with Master Jan DeAngelis held Martial Arts Summer Camps for the Milton Hershey YRE Program, Derry Township Parks and Recreation and the Indian Town Gap Summer Camp Program. He received 2013 Excellence in Teaching Award, 2014 Promoting the Martial Arts Award, through Action Martial Arts Magazines Hall of Honors, He also was awarded 2011 School of the Year Award through World Karate Union. The Martial Arts Award, 2014, 2015, 2016, 2017 Goodwill Ambassador of the Martial Arts Through Action Martial Arts Magazines Hall of Honors.

Master Jan DeAngelis Co-Owners of DeAngelis Martial Arts and Co-head instructor began her journey in the martial arts in 1973 as an Isshinryu practitioner. She has been connected with the martial arts for over 49 years. She currently holds a fifth degree black belt. She is a member of the PA. Referee Association, an Agent for the National Alliance Kids Safe Network and a Certified Chanbara Instructor through Shihan Dana Abbot and United State Chanbara Association. She created 3 new bo katas and sai katas. She instituted the Lil Dragons program into the DeAngelis Martial Arts curriculum. Creates and designs all DeAngelis Martial Arts products. Master Jan and Master Robert DeAngelis have also held many self defense seminars for local businesses, day cares and girl scout troops. 2016 Certified through the CDC Bully Prevention Program, and FEMA Active Shooter program "what you can do". Awarded 2015 Golden Lifetime Achievement and 2016, 2017 and 2020 Ambassador of Goodwill by Action Martial Arts Magazine Hall of Honors

Honored with 5th Degree Black Belt by Grand Master John Null Dec. 23, 2019. President of Lady Dragon Association

Master Robert and Master Jan have had the honor of training as well with Shihan Don Monosmith in the Art of Kendo, Sifu Richard Gamboa Master in Tai Kwon Do and Praying Mantis Style Kung Fu and the honor of attending several seminars by martial arts self defense and weapons expert Master Nick Hughes. They have attended the Karate College, World Karate Union Hall of Honors and Action Martial Arts Hall of Fame Seminars for many years. Master Robert and Master Jan feel extremely fortunate to be able to share the Martial Arts with all ages.

Master Tom DeAngelis 5th degree in Moo Duk Kwan and an essential part of our school. He has been involved in the martial arts since the 70's and is always looking deeply into the body mind and spirit of the arts. His dedication makes it possible to continue the history of our school. We thank him for his dedication to the school and to the students. He is a certified AWSDA rape prevention instructor. He is truly a master of the Nun Chaku as well.



DeAngelis Martial Arts Handbook

Contact us: 717-612-2595
Email: damamartialarts@aol.com
<https://www.damamartialarts.com>

717-612-2595

<https://www.facebook.com/deangelismartialarts>

Welcome to DeAngelis Martial Arts

Our Style is Moo Duk Kwan Tang Soo Do

We at DeAngelis Martial Arts, believe martial arts should be traditional and fun.

We believe and have seen how important the martial arts are for children, teens and adults.

We have dedicated over 21 years growing the martial arts in Central Pennsylvania. Our goal is to grow the martial arts for the next generation by keeping students active and involved in the martial arts inside and outside of class.

Why do we practice martial arts?

A true martial artist strives to have peace and calm not conflict in their lives. They practice hard so they will not have to fight instead they show beauty in their techniques as martial artists. "This is why we call it Martial ARTS".

Why do we bow?

We bow when we enter the dojo to show respect for the facility and for the opportunity to learn. We bow when we leave the dojo remembering to work hard throughout the week on our skills. We bow to black belts when they enter the room and we bow to black belts and instructors before and at the end of class to thank them for their instruction and to show respect.

Why do we meditate (Mukyum) at the beginning and end of class?

We come into class from a very busy world. We use Mukyum to rest and clear our minds for a few seconds before we start our martial arts training. We also end class using Mukyum to prepare ourselves for the world outside.

What is Sensei/Sabom-nim?

We use Sensei ("one who has gone before") in our schools because we have a Japanese and Korean background. We also use Master for 4th degree and above. Sabom-nim is the Korean version of instructor or Sensei. Kwanjang-nim would be 4th degree and higher and a school owner. Always remember to bow when you talk to or are introduced to a martial arts instructor or master. Masters, Senseis and Instructors have worked many years on their skills in order to share those traditions with you.

Payments and Registration:

Please sign up and pay for classes on or before the first class of the session. Sessions are normally four weeks (1 to 2 classes per wk). Signing up even a few days before the class begins, helps us to know just how many students will be participating in each class. All students must be registered before they enter the class. Please keep your phone records and email current with our front desk staff or Head Instructor.

Testing Fees:

Under Black Belt \$25 per belt test (student will receive belt and certificate)

Hershey Location: Payments should be made to Derry Township for Testing and Class

West Hanover Location: Make checks payable to west Hanover Twp. For Class. *Payments should be made to DeAngelis Martial Arts for Testing.*

Trinity UCC Location: Payment should be made out to DeAngelis Martial Arts for Class and Testing

Black Belt Test 1st Dan \$160 Please contact us for Payment Instructions.
(certificate, black belt, and embroidered Gi Jacket.)
2nd Dan on up Black Belt Degree Tests are free
Students under 18 years of age are considered Jr. Black Belts, however they are still part of our Black Belt Board. If you are 16 years and a current active Jr. Instructor you may be considered for your 2nd degree.

Our Belt System:

White, Yellow stripe, Yellow, Green Stripe, Green, Blue Stripe, Blue, Brown (1 yr. wait), Red, Black 1st Dan / Black Belt Degrees after

Students must preform forms, one-step sparring, one on one sparring and multiple sparring (solid yellow on up) Brown belt to Red belt must also preform a weapons kata. Red belt to Black belt must also preform weapons kata and knife and club.

Black Belt Board Seating: Board will sit as follows for testing per side of seating. Head Instructor will sit in the center, School owners will sit next to head instructor, instructors from the school will sit next to head instructors by rank, visiting belts from other schools under master rank will follow by rank.

Dojo Rules:

What is a dojo/dojang?

A dojo ("a place to learn and do") is the Japanese name and dojang ("Do Means, Way or Art and Jang Means Place") is the Korean name for martial arts school. Wherever you study the martial arts is considered your martial arts school. Our instructors will use the word dojo when they refer to our school. The reason for this is the word dojo is normally used in the US and our history in the martial arts again is in the Japanese Arts and Korean Arts.

What to wear:

If you are a new student you may wear long shorts or sweat pants and a t-shirt. You will need a mouth guard for sparring (*Lil Dragons and Tigers do not need a mouth guard unless instructor requires it please talk to your instructor*). *Advanced Tigers and Dragons must wear a mouth guard for sparring.*

Current Students wear your uniform and belt
Please wear a t-shirt under your uniform

In the Summer you may wear a current DeAngelis Martial Arts T-shirt without your gi top. Please do not wear any jewelry, earrings, wrist bands etc. All students must have and wear a mouth guard during sparring. All male students must wear an athletic cup during sparring. After one month new students must purchase a uniform. After two months **New Students** must purchase sparring equipment. *Lil Dragons and Tigers do not need sparring equipment until they graduate to Adv. Tigers or Dragons classes.*

How to address Black Belts & Instructors:

You should address Black Belt instructors as Sr., Miss, Mam, Sensei or Master. Under Black Belt instructors you should address as Sr., Miss or Mam. Always bow before you initiate a conversation with a black belt or instructor, never interrupt unless it is an emergency.

Entering the Dojo:

Make sure you bow as you enter the dojo. Place your equipment neatly against the wall. Please do not block the doorways. Please make sure you sign in before the class begins. If the instructor has not called line up please use this time to practice. When line up is called you will line up 7 to a line highest belt to the right of the line (easiest way to do this is line up behind the person in front of you). If you are late and line up is in session you must wait to be asked by the head instructor to enter the dojo.