

**Some words we will be using
at the beginning of class.**

**Cha Ryut (cherriup) :
Come to attention**

Kyung: Bow

Muk Nyum: Meditation

Ba Ro (boro): Return

Joon Be: Ready Stance

**Basic: Gi Cho
Form: Hyung**

For more information please go to
our website

<http://www.damamartialarts.com>

Our style is mainly a Korean
style called, Moo Duk Kwan
Tang Soo Do but we also have
an Okinawan influence in our
school.

Students who have two or more katas are
welcome to participate in tournaments
throughout the year. It is not mandatory but
it is a great way to boost confidence and meet
new martial arts friends.

Please if you have any questions do not
hesitate to talk with us after class we want
this to be a great experience for everyone.

We have from time to time Demos, parades,
holiday events etc. We will hand out info in
class as well as posting the information on our
FB page.

[https://www.facebook.com/
deangelismartialarts](https://www.facebook.com/deangelismartialarts)



Phone: 717-612-2595

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DeAngelis Martial Arts Welcome to our Lil Dragons & Karate Tigers Classes



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Lil Dragons & Karate Tigers

Martial Arts Instruction forms a strong foundation for positive development. The class structure starts with curtesy, & respect for both teacher and student alike. Kids learn to pay attention and concentrate in class because training is fun and exciting. Through the traditional ranking of earning belts, the student will learn how to set achievable goals and experience the benefits of completing their goals. These tools will follow them throughout their lives, making them attentive students in class, while gaining better comprehension and better retention, giving them the opportunity to excel both in school and in life. The Lil Dragon curriculum was originally developed by Ernie Reyes Sr.

What to expect in class:

If your Lil Dragon or Karate Tiger needs a little support from you please feel free to come up in class and help them out. Gradually try to sit back down and let them go it alone. Parents are required to stay for the Lil Dragons students.

We bow before we enter the dojo (Class) Sign in at the table (with parents help if needed), Line up and wait for instructors. We will go over all skills.

Normally we do fun stretching exercises to start and then go into the more traditional martial arts skills throughout class.

The group will be lead by one instructor, while another instructor works with them on individual skills and levels (when available). If there is time we will play a martial arts game or work on life skills.

Please bring a water bottle! Thanks!

The uniform When you are ready to purchase a uniform, please talk to your instructor. We have a specific style uniform that must be used. After the first 4 week session is a good time to talk about the uniform. We normally do not wear shoes but you can wear socks with non skid dots on the bottom. We have school patches as well \$20 for the set. They do not have to purchase the patches until they purchase their uniform.

Belt System:

After the first month your Lil Dragon or Karate Tiger will receive their white belt as long as they have participated in class each week. We will be working with them on their beginning skills. Once they have their white belt we will work on their Orange white Belt Stripe, then Yellow White Belt Stripe then Green White Belt Stripe Then Blue White Belt Stripe. Their will be a \$15 Fee for the Color stripe Belt Tests.

Students will start working on kata (movements in a pattern that practice martial arts skills). Once they can perform the first two katas they will test for a yellow belt with white stripe. This is considered a solid belt and the Test Fee is \$25.

We also award the students skill stripes along the way and we have a star chart program.

Star Chart Program:

For each class the student participates in they are rewarded a star on their chart. After 5 full session (about 5 months) the student will receive a headband. This is to help students set and achieve goals at an early age.

Payments for class:

Payments & prices may be different per facility) Payment is due on or before the first day of the session.

Hershey Location: You may make payment with visa, MC or Disc or you can pay cash or check. Checks are made out to Derry Township

Trinity UCC: Please pay first night of session cash or check only. Checks are made out to DeAngelis Martial Arts

West Hanover Location: Please pay in class on the first night of the session. Cash or Check (made out to West Hanover Township)

Please fill out and place payment in the payment envelope in order to get credit for the class. Thank you
If you will be paying by check write the class name in the memo area of your check with the session dates.

Payment for Testing, Uniforms, patches etc. will be to DeAngelis Martial Arts (Testing for Derry Twp. Parks and Recreation will go through the Recreation Center)

**You may contact us at
damamartialarts@aol.com
<https://www.damamartialarts.com>
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