

# STUDENT HANDBOOK





*What lies behind us and what lies before us are small matters compared to what lies within us. ~Emerson*

## Thank you for becoming members

It is our honor that you have chosen us to implement life-long skills into your child's future. We are fully committed and dedicated to providing our students with the highest level of service. Elite Freestyle Karate has been dedicated and committed to providing the martial arts to the Greater Boston area for over 30 years. It is with great appreciation that we welcome you into our martial arts community and family. We look forward to seeing your child benefit and grow from our Elite Freestyle Karate program.

Sincerely,  
Shihan Gary R. Meyer

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# The Philosophy of ELITE FREESTYLE KARATE

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Elite Freestyle Karate (EFK) is dedicated to the highest quality of martial arts training. We are committed to consistently enhancing our program to address life skills, exercise, safety tips, positive values, and a realistic approach to self-defense situations. We “Build Confidence Through Achievement” and provide an environment conducive to promoting self-discipline, self-esteem, self-respect, and positive relationships.

Martial arts can be taught in many ways. We honor martial arts traditions that go back centuries. However, we are constantly seeking new and innovative ways to enthuse and excite our students. In other words, EFK is a modernized school. Children learn goal-setting skills, how to deal with bullies, and situational awareness skills such as “stranger danger” and much more.

At EFK, we aim to assist in enriching the lives of the students in our schools. We believe failure to prepare is preparing for failure. Our goal is to help guide our students to the path of future success. We will use the martial arts as a way to drive home the timeless and invaluable life lessons.

EFK does not believe in using scare tactics. Instead, we believe in educating our youth by using positive reinforcement.



## What Is ELITE FREESTYLE KARATE

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Elite Freestyle Karate is a unique, realistic, and complete system based on Kickboxing, Kyokushin, Tae Kwondo and Kali/JKD concepts. You will learn practical ways to defend yourself using various methods such as kicking, punching, intercepting, blocking, trapping, grappling, throws, sweeps, wrestling, pressure points and weapons. You will develop the balance, coordination, self-confidence, body mechanics, speed, agility, and energy flow that result from Elite Freestyle Karate training.

EFK's unique approach to instructing martial arts combines teachings from each style and extracts key principles into a fluid and progressive freestyle system.

The style offers benefits for both beginners and expert martial artists alike. Beginners will learn the skills and attributes needed to

effectively protect themselves in dangerous situations. For more experienced students, you will enhance your current knowledge and elevate your skills to the next level.

Men, women, and children can learn from the EFK program. The program is adapted to the students age and individual characteristics.

EFK's program of training stresses physical as well as emotional development through self-discipline. Happiness in life is based on a balance of knowledge, academics, respect, achievement, truth, and ultimately an elite level of excellence.

We are what we repeatedly do. Excellence, therefore, is not an act but a habit.

~Aristotle

# The Role of the Karate Student

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- 1** Bare feet (only) are to be on the dojo.
- 2** All Students are required to wear a clean white uniform with an EFK patch. (alternative colored uniforms for Black Belt Club, Leadership, EIT, or Black Belts are optional.)
- 3** Absolutely no talking or horseplay while waiting for your class to begin.
- 4** Students must bow in and out of the dojo.
- 5** No entering the dojo without permission.
- 6** Do not enter the dojo until an instructor tells you to do so.
- 7** Students must address the instructors by their specific title: Senpai, Sensei, Shihan,
- 8** Be on time for your class (once class begins you must wait for an instructor to bow you in).
- 9** Come to class prepared with your belt, sparring gear, and equipment (if required).
- 10** Students must complete the required number of classes in order to test.
- 11** Every student must have the correct number of stripes on their belt before they are eligible to test.

## Attendance Procedure

Without good attendance, it is impossible for you to advance. When you come into EFK for your class, you must check in at the front desk by giving your full name. Please be sure to check-in before each class or you will not receive credit for attending. Checking in is the student's responsibility and should not become the parent's job to complete.





## Testing Schedule

White belt through brown belt exams are held weekly at each school. When testing, it is mandatory you wear a traditional white uniform including an EFK patch and bring sparring equipment with you if applicable.

If you are eligible to test, you will receive a testing notice in class upon completion of your 6th stripe. The test date must be confirmed at least one week prior to the testing date. Testing packages must be paid for one week prior to the exam date.



Please remember that all exams are scheduled with the student's best interest in mind. There are situations when EFK may delay a student to fully prepare them for their promotion. Rank testing is not a race and is self-paced. NEVER compare your child's progress, rank, and skill level to another student.

Private exams are available (white/yellow-purple) if you are unable to make it to your test.

### PRIVATE LESSONS

Private Testing – \$35.00

Private Lesson – \$50.00

## Holiday Schedule

If EFK plans on closing, it will be posted in the waiting area, on the web site/Facebook, and in class handouts.

## Vacations & Extended Absences

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If you will be missing more than 2 weeks of class due to an illness or vacation, please contact EFK so that we can credit your membership for the missed time. All notices must be given in written form and in person. Failure to do so will result in a loss of time. All credited time



is added on to the end of the membership or applied to future tuition in open statuses. Hold time credit may also be used towards boot camps or private lessons but, may NOT be used for testing fees or merchandise purchases.

## Birthday Parties

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### INCLUDED for up to 20 Guests:

- Basic Karate Lesson
- Black Belt instructor
- Karate Style Fun and Games
- Life Skill Lessons
- Two free weeks of karate for each guest
- Custom EFK Headbands
- Samurai Sword Cake Cutting
- Tables and Chairs
- After-Party Clean-up

(Each party is 1 ¾ hours, Food and drink are provided by host)



## Sparring & Grappling

Students may begin sparring and grappling at the rank of orange belt. However, it is not required until the rank of blue belt. Adult students may begin sparring at any time, but must have appropriate gear and must begin by no later than blue belt. Exclusive sparring and grappling classes are held on alternating Saturdays and one, rotating weekday. To participate, each student must have a full set of sparring gear (head, hand, foot, mouth guard) which can be ordered on our website. By using the safety gear, students will safely engage in self-defense application under strict supervision of the EFK staff.



Perseverance is not a long race; it is many short races one after another.

~Walter Elliot



# The Role of the Parent

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Once again, thank you for choosing our karate program. To assist us in maintaining the highest level of satisfaction, there must be communication between parents, students, and instructors. To help your child develop self-control, discipline and respect, our instructors will need your full support.

- 1.** Always refer to the instructors by their titles in front of your children. Example: greeting an instructor as “Sensei Sean” or “Senpai Steph”.
- 2.** Please do not attempt to “discipline” your child when they are in class. Recognize that the instructors take the place of the disciplinarian while at the dojo.
- 3.** Talk with your children about karate, show interest in their progress and go over the lesson of the week when at home.
- 4.** Parents must make sure that their children come to class prepared and on time.
- 5.** The instructors are professionals and expect to be treated as professionals. If you have a problem, please refrain from an outburst (there is no problem that cannot be handled calmly).
- 6.** If you need to talk to an instructor, please make an appointment, so that they can give you their full attention (this should not be done during class time).
- 7.** We take every precaution to prevent injuries. However, injuries do occur and we ask that you refrain from stepping onto the dojo.
- 8.** Eligibility for testing is at the discretion of the instructors.
- 9.** Both the parents and the instructor should work as a team. It is the instructors’ job to teach your child, and it is the parents’ job to bring them to class. It is MANDATORY to have the required number of classes to test.
- 10.** Please keep noise and distractions to a minimum in the waiting area. Keep little siblings quiet and please limit cell phone conversations.

1. Every student must set an example and accept the responsibility that comes with their rank.
2. Each student must make a sincere effort to do his or her best.
3. Students must always give 100% effort when in the dojo.
4. Students must offer assistance to fellow students who could benefit from their help.
5. Students must be pleasant and respectful to all other students, parents, and visitors who come into our school.
6. Accept responsibility for his or her own actions.
7. Respect the rights of all others.
8. Students must keep up on all requirements for previous belts.

## DISCIPLINE

### Code

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#### **AUTOMATIC DISMISSAL FROM EFK WITHOUT REFUND WILL RESULT FROM THE FOLLOWING**

1. Physical and deliberate harm to a fellow student.
2. Misuse of your training by using your skills to take advantage of others.
3. Showing disrespect to the instructors, fellow students, and/or parents.
4. Misuse of karate. Using karate for something other than self-defense.
5. Misrepresenting Elite Freestyle Karate.
6. Unacceptable grades (As directed from parents)
7. Refusing to obey instruction from an instructor.
8. Excessive disruption of class.
9. Picking on or gossiping about a fellow student.

## Lessons of the Week & Month

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Here at EFK, we have a lesson of the month, then lessons of the week that fall under that category. The lessons are designed to do much more than teach karate. They teach respect, self-esteem, confidence, and many other character building lessons. We encourage our students to discuss the lessons with their families.

### Mat Chat

Our mat chat is another innovative way we help our students to understand some of life's important lessons. The stories are not just for children, but for adults as well. These stories help us to show the benefits of honesty, respect, work ethic, friendship, positive attitude, and other values.

## Star Patches

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At Elite Freestyle Karate, we have an extra incentive star program for those who act like black belts outside of the studio. There are many ways to earn star patches. The following is a list of all the possible ways to earn stars.

1. Being recognized for an outstanding "good deed".
2. Getting good grades on your report card.
3. Having perfect attendance at school (bring in your report card each quarter).
4. Having perfect attendance at EFK (you must bring it to our attention every month).
5. Completing a weekly job list.
6. Instructors may hand out stars for an exceptional performance.
7. BBC members may earn special theme life lesson star patches as well.



# Elite Freestyle Karate

## Ranking System

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The ranking system is a necessary vehicle to give students positive reinforcement in the form of colored belts. This reward is used to pinpoint their abilities, progress, and achievement. Our system is designed to promote motivation and teaches our students how to set both short and long-term goals. Each student learns that they can achieve these objectives at their own pace. This system creates the proper foundation, determination, and self-discipline that is essential in the pursuit to overcome life's many challenges and obstacles.

### Adult and Youth Ranks

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White to Yellow	Minimum of 6 Weeks and 18 classes
Yellow to Orange	Minimum of 8 Weeks and 24 classes
Orange to Blue	Minimum of 10 Weeks and 24 classes
Blue to Green	Minimum of 12 Weeks and 36 classes (5 Sparring)
Green to Purple	Minimum of 14 Weeks and 42 classes (7 Sparring)
Purple to Purple/Red	Minimum of 14 Weeks and 42 classes (8 Sparring)
Purple/Red to Red	Minimum of 14 Weeks and 48 classes (8 Sparring)
Red to Red/Brown	Minimum of 14 Weeks and 48 classes (8 Sparring)
Red/Brown to Brown	Minimum of 14 Weeks and 48 classes (8 Sparring)
Brown to Black	Minimum of 1 year and 120 classes (20 Sparring)

### Tiger and Dragon Ranks

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White to Yellow (or White/Yellow)	Minimum of 6 Weeks and 18 classes
White/Yellow to Yellow (Dragons)	Minimum of 6 Weeks and 18 classes
Yellow to Yellow/Orange	Minimum of 8 Weeks and 24 classes
Yellow/Orange to Orange	Minimum of 8 Weeks and 24 classes
Orange to Orange/Blue	Minimum of 10 Weeks and 24 classes
Orange/Blue to Blue	Minimum of 10 Weeks and 24 classes
Blue to Blue/Green	Minimum of 12 Weeks and 36 classes (5 Sparring)
Blue/Green to Green	Minimum of 12 Weeks and 36 classes (5 Sparring)
Green to Green/Purple	Minimum of 14 Weeks and 42 classes (7 Sparring)
Green/Purple to Purple	Minimum of 14 Weeks and 42 classes (7 Sparring)
Purple to Purple/Red	Minimum of 14 Weeks and 42 classes (8 Sparring)
Purple/Red to Red	Minimum of 14 Weeks and 48 classes (8 Sparring)
Red to Red/Brown	Minimum of 14 Weeks and 48 classes (8 Sparring)
Red/Brown to Brown	Minimum of 14 Weeks and 48 classes (8 Sparring)
Brown to Black	Minimum of 1 year and 120 classes (20 Sparring)



## Pre-Testing Requirements

Before each student can advance in rank, they must receive 6 black curriculum stripes (8 on brown). They receive these 6 stripes by testing for them at the end of a class. To be eligible for a stripe test, the following requirements must be met: Each student must complete the required number of classes between stripes, and must know all the required techniques for the level that they are on (and all previous levels). Students will be asked to review their stances, hand strikes, kicking techniques, self-defenses, kata, and Jiu-jitsu techniques.

After the student has received all 6 black stripes they are now eligible to test for their next belt. All belts must attend a formal graduation. The following requirements must be met before a student is given the opportunity to test.

1. Student tuition must be paid up to date.
2. Student must have the correct number of classes completed.
3. Student must have proper uniform, patch, and equipment
4. All school aged students must maintain acceptable grades in classes.
5. Students must show outstanding behavior for their parents at home.
6. Student must show desire to test.

# Belt Requirements

## (White- Orange/Blue)

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### **Hand Techniques**

Palm Heel  
Jab  
Cross  
Hammer Fist  
Back Fist  
Blocking Sets (All blocks)

### **Kicking Techniques**

Front Kick Snap/Ball Kick  
Side Kick  
Roundhouse Kick

### **Self-Defense**

**White Belt** - Pluck  
**Yellow Belt** - Weave  
**Orange Belt** - Rotational

### **Kata**

**White Belt**- Form 1, Section 1  
**Yellow Belt**- Form 1, Section 2  
**Orange Belt**- Form 1, Section 3

### **Jiu-Jitsu**

Full Mount  
Side Control  
Full Guard

# Belt Requirements

## (Blue- Purple)

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### **ALL PREVIOUS TECHNIQUES PLUS:**

#### **Hand Techniques**

Back two Knuckle Punch  
Hook Punch  
Combination Work (Jab/cross)

#### **Kicking Techniques**

Hook Kick  
Back Kick  
Inside Crescent Kick  
Outside Crescent Kick

#### **Self-Defense**

**Blue Belt-** Double Gi Grab  
**Green Belt-** Single Shoulder Grab  
**Purple Belt-** Wild Punch Defense

#### **Kata**

**Blue Belt-** Form 2, Section 1  
**Green Belt-** Form 2, Section 2  
**Purple Belt-** Form 2, Section 3

#### **Jiu-Jitsu**

Buck and roll escape  
Guard Escape  
Pull Guard Escape

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# Belt Requirements

## (Purple/Red - Brown)

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### ALL PREVIOUS TECHNIQUES PLUS:

#### Hand Techniques

Upper Cut  
Knife/Ridge hand  
Spear Hand  
Elbow Set 1-5  
Combination (Jab/Cross/Hook/Upper)

#### Kicking Techniques

Spinning Crescent Kick  
Driving and Roundhouse Knee  
Spinning Hook Kick

#### Self-Defense

**Purple/Red Belt-** Back Wrap  
**Red Belt-** Rear Bear Hug  
**Brown/Red Belt-** Side Headlock

#### Kata

**Purple/Red Belt-** Form 3, Section 1  
**Red Belt-** Form 3, Section 2  
**Red/Brown Belt-** Form 3, Section 3

#### Jiu- Jitsu

Arm bar  
Triangle  
Kimora  
Key Lock

The Elite Freestyle Karate Black Belt Club is for students committed to the goal of earning their black belt. These students are not yet black belts, but instead represent “future black belts”. The Black Belt Club is the inner core of the school and represents what the school stands for. 99% of all students who reach Black Belt at Elite Freestyle Karate are members of the Black Belt Club. The following is a list of the qualities that we look for in a student before recommending the Black Belt Club. Be advised, that a black belt club membership does not guarantee a black belt.

1. Display the qualities of “Black Belt Excellence” both inside and outside of the school.
2. Have a set goal of Black Belt.
3. Positive attitude in karate, school (work), and at home.
4. The student must demonstrate dedication to the martial arts.
5. Students that are school-age must maintain a healthy and strong relationship with both parents and school teachers.
6. Students must support school functions.
7. Students must have a good attendance record.
8. The student must have full support from his/her family.

## THE BENEFITS Of Black Belt Club

1. Discounts on special events.
2. Participation in the Elite Life Skills Program (Mandatory for all students under 15 years old).
3. Participation in the Achievement Program (Mandatory for all students under 15 years old).
4. Special Black Belt Club classes.
5. Option of wearing a white or black uniform.
6. Black Belt Club patch.
7. Unlimited classes to help you reach your short and long-term goals with confidence.
8. Increased confidence in handling problems and pressures at school, home, and work.
9. Knowing that one day, with hard work and dedication, you will be wearing an Elite Freestyle Karate Black Belt!
10. Having your future Black Belt displayed on the wall for everyone to see.



## Leadership Team

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The EFK Leadership Team is a group of students who seek to better themselves not only as a martial artist, but also as a leader. Leadership members will receive special additional training and will be permitted to assist in classes. Students who show great promise may also apply into the Elite Instructor Training (EIT) program. In the EIT program, students are prepped to one day become an instructor and potentially, the opportunity to become a Sensei at EFK.

