



THE LEBANON DOJO

Welcome to the Lebanon Dojo. We pride ourselves on building strong character students with emphasis on respect, determination, hard work and dedication. We work hard here, plain and simple. We ask this of our students because life is hard. It is our job as instructors to ask the students just a little more than we know they are capable, which is how we all grow. Do not expect this to be easy, but expect to feel very satisfied with your accomplishments.

We set goals, work toward them until achieved, and then set new ones. We believe physical training is only a part of your martial arts training. As you spend more time with us, you will see improvements in speed, flexibility, coordination, confidence, discipline, and your ability to stay focused. All of these can be applied to everything in life including education, career, relationships, and life in general. We want you to feel encouraged and challenged in a way that will build you both physically and mentally.

The success of our students depends heavily on the relationship between the instructor, the student and the student's parent(s). All three parties have important roles and responsibilities for enhancing the student's experience in martial arts, making it both enjoyable and fulfilling.

Student expectations / responsibilities:

- Talent is NOT required, but EFFORT is a requirement! You are expected to put out the EFFORT to improve. We are here to help you be the best you can be, but that cannot happen if you do not put forth the effort yourself.
- Homework - yes... homework is working on your kata, exercises, and stretching at home. Even a few minutes per day can make a vast improvement.
- Quickly prepare for class once you arrive in the dojo. Begin working on your katas on your own until an instructor can help you. If exercises have already begun, quickly and quietly prepare your uniform and belt and line up in the back of the class.
- Prepare your mind before class to allow focus and attention to the instructors.
- You as the student are responsible for bringing your uniform, sparring gear, and most importantly, your belt. If you do not bring your belt to class, one will be provided for you. It will NOT be the color you normally wear.
- Do not wear your belt outside the dojo. Your karate training is not something to advertise, as it may attract more than you have prepared for.
- Be respectful to all students, other parents, and instructors at ALL times. Yes Sir, No Sir, Yes Ma'am, and No Ma'am are the correct answers. Bad sportsmanship will not be tolerated and you will be asked to sit down or leave the dojo if you cannot comply.
- Courtesy bow when entering or leaving the dojo area, including the bathroom. You are showing respect to the knowledge being offered by your instructors.

Parent expectations / responsibilities:

- Bring your children to class as consistently and on time as possible.
- Encourage your child throughout their training.
- Be consistent. Your child will most likely become wary or lose interest at times. Encourage them to stick to their goals and help them achieve them.
- Working at home is a great way to move ahead more rapidly, so encourage them to practice at home, even if just a few minutes a day.
- We encourage you to be vocal from the sidelines at appropriate times, but only if in a positive manner.



THE LEBANON DOJO

- Please keep conversations between other parents to a low volume in respect to the instructors trying to conduct class.

Communication



- We use the Remind app to communicate between students, instructors and parents
- To sign up to receive texts, add TLDKids or TLDAdults to your app or text @TLDKids or @TLDAdults to 81010 (not case sensitive but must have @sign). You do not have to use the app to receive messages. If you do not have the app, your message will be sent to your phone via text
- We very rarely cancel class for weather, but if we do, we will communicate via facebook and remind. If you do not receive a message, you may assume class is on.
- You can find us on Facebook @TheLebanonDojo
- Our website is <http://thelebanondojo.com>
- Email is tony@thelebanondojo.com or phone at 615-444-0515



Equipment

- Although we do have some sparring gear in the dojo, it is recommended that all students have hand pads, feet pads, mouthpiece and headgear for sparring (Kumite). A full set of sparring gear is \$75. See Mr. Tony for details on ordering
- Male students are required to have a groin cup.
- All students must have a mouthpiece.
- A karate based T-shirt is acceptable as a uniform, but martial arts pants are required

Mats

- Our mats are a result of several generous parents as well as significant cost to the dojo.
- Please refrain from walking on the mats with shoes.
- We strive to keep these clean, but it is a very difficult task even with only bare feet.

Instructors

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|------------------------|-----------|-------------------------|
| • Master Tony Williams | Hachi-dan | (8th degree black belt) |
| • Master Sandra Strong | Hachi-dan | (8th degree) |
| • Master Jeff Lusk | Roku-dan | (6th degree) |
| • Lacey Patterson | Go-dan | (5th degree) |
| • Evan Lee | San-dan | (3rd degree) |
| • Cindy Downey | Ni-dan | (2nd degree) |
| • Jesse Stubblefield | Sho-dan | (1st degree) |
| • Logan Cowan | Sho-dan | (1st degree) |
| • Maverick Harris | Sho-dan | (1st degree) |
| • Olivia Torgeson | Sho-dan | (1st degree) |
| • Joseph Wilson | Sho-dan | (1st degree) |
| • Lucas Freeman | Sho-dan | (1st degree) |



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Belt Testing / Rank

- We do not charge a testing “fee” for belt promotions. The cost for belt promotions is \$10, which covers the cost of the belt and certificate
- We have rank requirement standards, but these are only guidelines and are at the discretion of instructors. **Consistent attendance is a key factor, but there is no fixed time schedule.** The amount of time working at home, focus and progress in class, and other factors will be considered for belt promotion.
- Belt progression: (kyu = under black belt, dan = black belt degrees)

Under Black Belt Rank (kyu)	Black Belt Rank (Dan)
White - 8th kyu	Sho-dan - 1st (1 stripe)
Yellow - 7th kyu	Ni-dan - 2nd degree black belt (2 stripes)
Orange - 6th kyu	San-dan - 3rd degree black belt (3 stripes)
Green - 5th kyu	Yo-dan - 4th degree (4 stripes)
Blue - 4th kyu	Go-dan - 5th degree (5 stripes)
Brown - 3rd kyu (1 yellow stripe)	Roku-dan - 6th degree (red/white, wide white section)
Brown - 2nd kyu (2 yellow stripes)	Shichi-dan - 7th degree (red/white, wide white section)
Brown - 1st kyu (3 yellow stripes)	Hachi-dan - 8th degree (red/white, very narrow white section)
	Ku-dan - 9th degree (solid red belt)

Tournaments

- We attend between 3 and 5 tournaments per year and encourage all students to attend if possible
- The cost for these ranges from \$25 to \$65 for all competition areas (kata, kumite, weapons)
- Although not required, we encourage students to compete, as it is a great way to test your skills and gain true life lessons in the process
- **The Lebanon Dojo hosts a tournament during the spring/summer every year. Your attendance and support for our tournament is always encouraged**



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Lining up for class

We line up in class with our highest rank to the left of the instructor (closest to the dojo door). Each new row starts with the highest rank in the same direction.

We do this to allow the lower rank students to be able to see and watch higher ranking (more experienced) students during class.

If you are the same color belt, then your promotion date determines your position in line. If you have been at that belt longer than another student, you will be to their right in line.

