

# Kuk Sool Won™

Auckland | Pukekohe | Onewhero

## Merchandise orders

Orders need to be in by Friday 16th Sept. Payments can be in cash with your order form during classes this week or by emailing SBN Caroline on [kswmartialarts@xtra.co.nz](mailto:kswmartialarts@xtra.co.nz) and paying via internet banking. The Kuk Sool Won™ of Auckland Westpac bank account is 03 0156 0383175 000.

## Make up classes during the school holidays

### Monday 26<sup>th</sup> September 2016 at Glen Eden Intermediate School

Black belt - 5pm till 8pm

Kids and Adults - 6pm till 7pm

Adults - 6pm till 8pm

### Tuesday 27<sup>th</sup> September 2016 at Pukekohe High School

Kiwi Dragons - 5.15pm till 6pm

Kids and Adults - 6pm till 7pm

Adults - 6pm till 8pm

## Pukekohe classes

There will be no classes during week one of term 4 at Kuk Sool Won™ of Pukekohe, as we are in Houston at the World Championships. Classes at Pukekohe High School resume on **Tuesday 18th October**.

All Pukekohe students are welcome to attend classes at Kuk Sool Won™ of Onewhero on Saturday 15th and/or 22nd October to make up their training. Family class 10am-11am and Adults 11am-12pm. Unfortunately we do not have a Kiwi Dragon™ programme there, but we encourage the younger ones to come along to Pukekohe on the 27th Sept to make up their training.

## Grading Dates

When you are ready to grade, you will be given a grading slip by SBN Caroline. All students who are working hard to meet the syllabus requirements, consistently showing good etiquette and have a good attendance record can expect a grading slip every 2 to 3 months. If your progress is slower than others, don't worry, you will not be expected to grade unless you are ready.

## Focus on Etiquette

It is fantastic that we are regularly welcoming new students at all our schools. It is everyones responsibility to show the highest etiquette during classes, but also to do so outside the dojang. We are, after all, a Traditional Korean Martial Art. My expectation is that every black belt and longer serving student be exceptional role models to our newer students. I will be focusing on etiquette for all our new students to prepare for a senior master visiting early next year. I will also be addressing any student who is not demonstrating the etiquette expected of their rank.

## West Auckland Grading Dates

Grading slips will be given out to individual students by SBN Caroline, when syllabus requirements and etiquette standards are met.

## Pukekohe Grading Dates

All belts - 10th Nov or 8th Dec

## Onewhero Grading Date

All belts - 28th Jan 2017

## Pukekohe Christmas Parade 2016

Sunday 4th December, with a rain date of 11th December. The theme this year is "A Wheely Merry Christmas." All students are welcome to join us. We had a great time last year.



## ETIQUETTE

Is based on an upright mind and modest attitude. One should get rid of mean attitudes, showing only humble attitudes, which is an important part of etiquette. Decent and accurate speech, graceful conduct and humility are all the essentials of etiquette deserving a healthy modern life. Etiquette is also the source of maintaining harmony and solidarity for a community life.

Always show respect for others and take it upon yourself to help and encourage others. Be courteous to other people's time and space. During class, students must maintain a level of respect and seriousness. Unnecessary noise, talking or laughing from students practicing on their own is unfair to the students in class and the instructor. **Never disturb a class in progress.**

## CODE OF BEHAVIOUR

Be aware of your language: no profanity; do not speak negatively about others; use proper respect at all times, etc. Be humble and do not show arrogance, anger, or frustration with themselves and others. Carry yourself in a mature manner (NO MESSING OR JOKING AROUND IN THE DOJANG). Encourage your fellow martial artists, always be willing to go the extra mile. Encourage and help others around you.

## EXHIBIT RESPECT

The spirit of mutual respect is vital to the Martial Arts. So important is this idea that the first techniques taught are the bow and how to shake hands. The bow is the physical expression of the most important principles of Martial Arts, as is the hand shake. These two things show that we trust one another, value one another and have good will for one another.

When students are spoken to by an instructor, a verbal response is required at all time. Proper answers should always include Sir or Ma'am (Yes Sir, Yes ma'am, No ma'am, no sir)

## ATTITUDE AND MOTIVATION

Show courtesy, respect and honesty towards others. Develop confidence through knowledge, honesty and strength. Never use violence for personal gain. Seek perfection of character. Be committed to hard training, practice outside the class and consistent attendance.

## UNIFORM

Shoes should always be removed before entering the training area, unless you have permission to wear training shoes. Socks are dangerous, but if you have a medical reason to wear socks they must have anti-slip soles to make them safer. All students should help keep the dojang neat and tidy. Always observe the highest standard of personal cleanliness in class. Personal hygiene is important. Keep nails on both hands and feet trimmed back to protect both yourself and your partner. Uniforms should be kept clean and neat, do not leave them lying around. Traditionally, a student's belt should never touch the ground. And it should never be worn outside of the dojang. Never wash your belt but wash your uniform regularly. Before coming to class remove all jewellery, wedding bands must be taped.

## BEHAVIOUR IN THE DOJANG

Students should arrive to class on time. Students who are late need to ask permission to join class before participating in the class in session. Do not attempt to learn or practice anything you have not been shown directly by your Instructor. Students are responsible for their own equipment - take care of it.

Never tie your belt or straighten your uniform while facing the flags or other students, especially higher-ranking belts. In our dojang it is considered disrespectful to stand with your hands on your hips or with your arms crossed while in class. Highest rank exits first unless you have permission to leave beforehand.

During class, control is necessary. Therefore, loss of temper will be avoided at ALL times.