



Dear Students, Parents, and Family Members

Welcome to McCoy's Action Karate (MAK), the parent company of MAK Karate, BestAfterSchoolProgramInAuburn.com, BestSummerCampInAuburn.com, BestDayCampInAuburn.com, TaiChiAcrossAmerica.com, and ActionStrongKickBoxing.com.

Each of our brands is part of the MAK family and family culture, and we are glad that you chose MAK to part of your family. MAK is looking forward to participating in your Journey, and the MAK staff and teaching team is vested in building your steps to success for your personalized journey. You are encouraged to keep the communications lines open so that we can alter the plan whenever your needs or conditions change.

Sincerely

Barbi McCoy
Owner

Anne McCoy
Owner

Attendance

Purpose of Attendance Records

Participation is the key to progress. In the martial arts programs, where there are belts awarded for improvement, MAK requires a minimum of 8 classes a month or two a week, though we recommend three classes a week when possible. In the ActionStrongKickBoxing.com programs, we recommend a minimum of 3 classes a week as well but discourage more than 5, to prevent fatigue and injury.

Attendance Recording Procedure

At the beginning of each of these classes, you should locate your student ID card and scan it into the attendance computer located at the front of the school. At the beginning of the 4th month of each cycle, mentioned below, MAK posts the attendance for each period for your information at the front desk. You can also check your attendance records at <https://www.myasfaccount.com/> at any time.

Attendance Workshop

MAK Karate Programs have a special class every four months titled Attendance Workshop, which was designed to allow students to earn up to 6 class credits on a single Saturday, in the last month of each testing cycle: January, May, September. You can sign up for the attendance workshop from the app, at the front desk, or through www.MActionkarate.com.

Class Times

Please refer to your schedule for class times, which can be found on the MAK app online at www.ClassTimes.Ninja or text “schedule” (no quotation marks) to 87365, and we will send your phone the link. We highly recommend you attend class at a rate of two to three times per week. We also recognize that life, family, school, work, and family obligations are increasingly

complex, so we have no limitation on the number of classes you can attend each week. Come as often as you can, but rest assured that when life gets in the way, we have a path to recovery.

MAK Communication Systems

Smart Signs

MAK has three sets of smart-signs® displayed at the school, including Student News, Pro Shop News, and Staff News. Students can access the student news signs from any connected device at www.TheShow.Ninja, and view the then-current news precisely as it is shown at School on the four screens dedicated to Student News: over the front desk, in the front window for the outside world, in the corner over the homework desk, and in between the two floors in the viewing area. Also, the Pro Shop has its own monitor, which shows any equipment, uniform, or current clothing specials. The pro shop monitor can be viewed on any connected device by visiting www.MAKProshop.Ninja.

IT Communication Options

MAK Newsletter. MAK has an Email newsletter used from time to time that can be subscribed to by visiting www.MActionKarate.com and clicking Newsletter. The newsletter is used for planned events and announcements.

MAK Text Messaging. MAK uses a free text messaging service for unplanned announcements as well as current events including though not limited to:

- Weather Cancellations
- Events
- Emergency announcements.

MAK Social Media. MAK has a fan page on Facebook®, which can be accessed even if you do not belong to Facebook®. The page not only has hundreds of thousands of pictures of

past events at MAK, but it also is the primary platform for announcing school events occurring now and, in the future, and is tied into our student website for times where registration is either suggested or required. This social media platform can be accessed through the MAK APP or from www.MActionKarate.com.

Additional social media platforms can be accessed through our website mentioned above, including Instagram®, LinkedIn®, Flickr®, Twitter®, and YouTube®, all of which can be accessed from our student website.

MAK “More than Just Karate” App. You can download the free MAK student at from either Google® Play or Apple’s® App Store by searching for “More than Just Karate” without the quote signs, or a direct link found at www.MActionKarate.com. Typically, the APP and the text service are the two most used by our students.

Watching Class

MAK is an open school with an open, raised viewing area for family and friends to watch class, and at times participate in classes. Many martial arts schools consider parents, families, or friends a distraction, while MAK considers them the most crucial element in any student's life, adult or child, so if you have family that wants to watch, or participate, come on down.

Parents Dropping Off Their Children

Parents dropping off children should do so 5-10 minutes before class and pick them up within 10 minutes of class ending. The school becomes very busy, and we cannot be responsible for watching unattended children. We also request that parents watch classes as often as possible. We will never leave the school when there are still minors in the building, but we ask that you leave a contact number if you are going to leave in case of an emergency.

Viewing Classes

Parents are encouraged to watch classes. We only ask that you respect the students by remaining quiet and that if you are bringing younger children with you that you keep them quiet and under control. Loud noises and distractions can disrupt the class and make it hard for the instructors to maintain the lessons they are teaching. It is also common for the instructors to interact visually, verbally, and physically with the observers to enhance the student’s enjoyment and understanding of class.

Karate Ranking System


Students in karate show their progress in the art by the color of the belt they wear. Each color of karate belt and each color stripe on the belt is a step toward Black Belt or an advanced degree of black belt, both in children’s classes and in adult classes. Requirements for each belt differ by the program, age, brand, and student. We caution non-students not to judge one student’s performance against another’s. MAK constructs expectations individually for each student, with the only common goal being the requirements for a black belt. You can view a detailed explanation of the ranks in the program section of www.MActionKarate.com, and a brief listing of the belt ranks for each karate program is listed below.

Power Turtles



POWER TURTLES
AGE 2 1/2 - 3
ADJUSTED BY MATURATION

** Earliest Rank that an athlete can test for Master Turtle*

	White
	Purple White
	Purple Yellow
	Purple Blue *
	Purple Green
	Purple Black
	Master Turtle










Tiny Tigers

TINY TIGERS

Age 4 - 5
Adjusted by Maturation

** Earliest Rank that an athlete can test for Golden Tiger*



-  White
-  Neon Yellow
-  Gold
-  Neon Orange
-  Dark Orange
-  Blue *
-  Green
-  Red
-  Golden Tiger

Dragons

BEGINNER & ADVANCED DRAGONS



Age 6 - 7
Adjusted by Maturation

** Earliest Rank that an athlete can test for Black Dragon*

*** Belts Can be added for additional maturation*

-  White
-  Dragon White
-  Dragon Yellow
-  Dragon Tan **
-  Dragon Orange
-  Dragon Blue *
-  Dragon Green
-  Dragon Red
-  Dragon Belt
-  Black Dragon

Karate Kids

BEGINNER KARATE KIDS



-  White
-  Blue White
-  Blue Orange
-  Blue Green

INTERMEDIATE KARATE KIDS



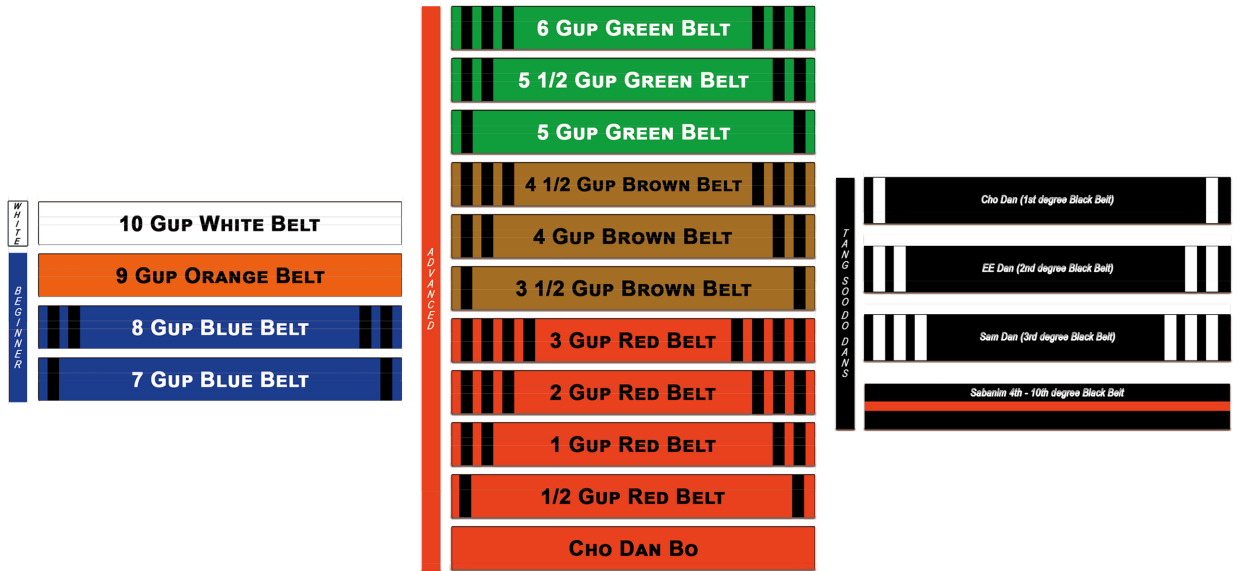
-  Green White
-  Green Orange
-  Green Blue
-  Green Red

ADVANCED KARATE KIDS



-  Red White
-  Red Blue
-  Red Brown
-  Red Black
-  Black Belt

Teens and Adults Tang Soo Do



Teen and Adult Krav Maga

The teen program teaches the entirety of Krav Maga during 20 to 30 minutes of once class a week though there is no requirement to test for Krav Maga Belts. The adult program teaches the entirety of Krav Maga, dovetailed with the teen program, and the adult Tang Soo Do black-belt program, also with no requirement to test for belts in Krav Maga.

Teen Ed Parker Kenpo

Just as the Teen Tang Soo (TSD) Program has one 20 to 30-minute Krav Maga segment each week, the teens also have a similar section each week of Ed Parker Kenpo, even with no requirement to test. Ed Parker Kenpo is already integrated into the Adult TSD program.

Rank Requirements Summary

MAK’s rank philosophy is explained in detail on the student website, www.MActionKarate.com under programs, and is summarized below. MAK has designed its curriculum in coordination with developmental stages based on age and maturation and is broken into four necessary delegation stages, to transition a student from taking primary responsibility

for effort and attitude when they begin to taking primary responsibility for performance, effectiveness, and learning by the time they test for their first black belt. MAK DOES NOT HAVE A CHILDREN'S BLACK BELT, choosing instead to take the more laborious and higher road to have the children take the same test the adults take, at the same time, with their own curriculum, being tested on ability, performance, and strength after having spent years being tested on integrity, concentration, perseverance, respect & obedience, self-control, humility, and indomitable spirit. At MAK, you are a Black Belt rather than a junior, youth, or child black belt.

STRIPE Testing

Stripe testing is conducted on or near the 4th week of every month, and there are six colors of stripes, representing the 6 Qualities of a Champion in the Martial Arts. A complete explanation of the STRIPE testing meaning and purposed can be accessed through the MAK student site or at www.MActionKarate.com/programs/karate/quality_of_a_champion. The six qualities of a champion, which are not exclusive to martial artists, are:

- Red Stripe – Intensity
- Blue Stripe – Power
- White Stripe – Speed
- Green Stripe – Accuracy
- Black Stripe – Focus
- Gold Stripe – Excellence

All of these are taught in coordination with the STARS lessons in all MAK programs and classes for all ages.

STARS program. STARS is an acronym for Students Taking A Responsible Stand and is an optional element in the Dragons Program but a REQUIRED element in the Karate Kids

Program. STARS worksheets can be downloaded from www.STARS.Ninja or off the MAK student website, www.MActionKarate.com. Please make sure to download the correct month and year.

The STARS program helps parents and students bring the lessons being taught each month home and to school. When a student successfully returns 12 STARS worksheets on-time, a requirement for stripe testing, they will be awarded a STAR to be worn on their uniform lapel. STARS worksheets should be brought to the stripe test and will be collected by the instructors.

Training Programs

Black Belt Training

The Black Belt Training Program is the basic course for students with medium to long-term goals and is the program of all students when they first join. It is the core curriculum required to earn rank through the Black Belt and is the program that the owners trained under to get their black belts (Students are also given opportunities to train with weapons and other activities such as Board Breaking). Black Belt Training uniforms for karate kids and up consist of White Pants, and Black Tops if BBT members in the Little Dragon Class.

Master's Training

The Master's Training Course was designed for those students with long term goals and a desire to take themselves to the next level in their training. Students who have joined the Master's Training Course (MTC), wear black pants in Karate Kids, Teens, and adults. MTC members receive access to:

1. Advanced Weapons Training (based on rank)
2. Boot Camp & Candidate Class (Red belts and up) to prepare for Black Belt
3. Ability to try out for Maximum Edge (Demonstration Team)

4. Ability to try out for Wave Riders (Sport Karate Team)
5. Ability to join Zenith Leadership Class
6. Ability to Hyper Fight Club (advanced sparing class)
7. Karate Kids Pro-Tech Class (Advanced Group Weapons Training)
8. XMA Class (Xtreme Martial Arts Class)

Leadership Training

MAK has three leadership programs for three different levels of leadership education that are also roughly equivalent to age and life experience: Team Zenith, Fuego, and FIST. Each of these program areas explained below with the procedures for gaining membership in each one. MTC is a required element for all Leadership Team memberships, except for students in the Dragon Program, which requires BTC membership. Tigers are permitted to assist in Power Turtle class by invitation but are not eligible for membership on Team Zenith until they are BTC members in the Dragon Program.

Team Zenith. Membership in team Zenith requires the permission of the Team Zenith



Instructor or a Senior Instructor and is limited to Dragons, Karate Kids, and Teens in the Karate Programs. The primary requirement, once they are MTC students, is to be teachable and have a heart for helping others. These two requirements are core elements of all of MAK's leadership teams. Team Zenith teaches technique enhancement, teamwork, and introductory demonstration skills in parallel with the necessary leadership and teaching skills, making it a training program for more advanced leadership programs and the demonstration team for children. Membership is also dependent on attendance to the Saturday Team Zenith training class, as published on the MAK class schedule posted at

www.ClassTimes.Ninja. If you can not attend the training class, please notify your Team Zenith instructor on the Facebook® team page, found at www.facebook.com/groups/MAKZenith/.

(Please do not allow minors to have exclusive membership in ANY MAK groups or pages – if you are a parent or guardian, we request that you also join the group.) If you have three unexplained absent classes, you may be removed from the team by the team instructor.

Team members are taught how to assist in classes but are not required to assist in classes. For advancement through team Zenith ranks, Delta and Storm, supporting in classes is required and should be recorded on team tracking cards to receive credit for promotion within the Zenith Program. WE STRONGLY ENCOURAGE HELPING OUT AT TWO CLASSES A WEEK, or more, for without facing the needs of another human, and overcoming the fear, difficulty, and risk involved in any service activity. Without personal sacrifice, leadership skills will not advance nor will the advancement or one's skill set occur. MAK's teaching team members have all been trained in assisting our Zenith members in overcoming these difficulties.

Fuego. Fuego's name is emblematic of the Fire of Passion the members bring to the school and are empowered to bring to our students. Membership in Fuego is BY INVITATION ONLY and is generally limited to older Karate Kids, Black Belt Karate Kids, and Teens. There is no procedural justice offered for membership selection on either FIST or FUEGO, and the management team makes the only team member selections available. This attitude toward membership exists because of the importance of Fuego team members to the atmosphere and culture of MAK and their responsibility level in teaching tasks at MAK. There is little that MAK considers more important than the advancement and wellbeing of their students, and Fuego members have the



same or nearly the same impact on student abilities as do instructors. If you have an interest in Fuego, you should speak to an instructor, to let them know you wish to be considered for membership, but there is NO PROCEDURE for assuring membership selection. You should also strongly consider membership in Team Zenith and advancement to Delta and Storm ranks.

FUEGO team members can be identified, as can FIST members, by their red jackets, assuring you that they are qualified and personally selected in leadership and teaching skills.

FIST. FIST is an acronym for Future Instructor and Student Teachers, and its



Membership is also BY INVITATION ONLY and is generally limited to Adults and Fuego members who are also at the Sensei rank or higher. The class is exclusively dedicated to leadership and teaching techniques that MAK uses to teach students at any level, brand, or program within MAK's system. If you are interested in FIST membership, please speak to a management team member or senior instructor (www.MActionKarate.com) but bear in mind that MAK's FIST and Fuego teams are limited in size, purpose, need, and time.

FIST members wear a RED top, which can be easily distinguished, guaranteeing for the students and their families that the person assisting, or teaching parts of your class are both qualified and individual trained and selected by the MAK management team.

Performance Training Teams and Classes

Sport Karate - Tournament Competition

Periodically we will hold competitions at the school, generally in the spring and in October. We also support Regional Tournaments sanctioned by IPPONE, KRANE, NASKA, in that order of recommendation. Members of MAK who are not Wave Riders, our sport karate

team, should not attend any tournaments except our own and IPPONE events, and should not participate in any without a black belt coach. Any student wishing more information or having questions on requirements to enter tournaments should see his or her instructor, and if they are MTC members, they should attend the Wave Rider weekly class. No student should attend a tournament without the permission of their instructor.

Wave Riders. MAK's sport karate team members are titled wave riders, calling on the

Ride the Wave



MAK Sport Karate & Sparring

skill, power, and grace it takes to master the power of the ocean. Attending wave rider classes is limited to MTC members, but membership on the Wave Rider team is subject to both tryouts and invitation after the auditions. For more information on MAK's Wave Riders, please visit www.WaveRiders.com, or ask an instructor. Better yet, come to a wave rider class, and catch the competition bug.

Maximum Edge, MAK's demonstration team. Sport karate is an opportunity for individual performance at the competitive level with the support of fellow athletes while



Maximum Edge
The Sharpest Edge
in Performance Karate
www.MAKonKarate.com/maximum_edge/

Maximum Edge provides the opportunity for small group, large group, team, and individual performances at the community level, where you become the outward representation, the face of MAK, to the public and to the school. Maximum Edge is dedicated to representing the martial arts in general and MAK in specific to the broader community around us, and does so through group instruction, individual development, and team member support, pushing the performance edge as far toward the spectacular as we can.

Maximum Edge is a challenge team, where if you want to be a member, and you are

already an MTC member (BTC for dragons and no course requirement for tigers and turtles), you can challenge the tryout any year. The coaches of Maximum Edge, in cooperation with the Management Team, have final authority for the annual selection of team members. Though the Sensei teaching rank relieves teachers from the requirement of trying out, you will notice that their commitment to team demands that they show up at every tryout and compete alongside all other team members. That is Maximum Edge's culture. Excellence achieved every day.

Maximum Edge also performs MAK birthday parties and Graduations MAK's way of demonstrating the upper end of competitive and performance martial artist.

Pro-Tech. Pro-Tech is a course designed for karate kids in the MTC program, and AK Black Belt teens, to learn and refine weapon handling skills. The lower-ranking students learn fundamental skills using advanced class weapons. The higher-ranking students and black belts polish their skills and help the younger students prepare performances for belt graduations.

XMA. As the students know, the whole point of the XMA class is "to be cool!" This class is designed for MTC students of all ages to learn and practice performance skills and teamwork. Students learn both open hand and weapon forms and exciting kicking combinations. These skills are used at graduation demonstration and often integrated into MaxEdge performances.

Hyper Fight Club. THE WORKOUT YOU HAVE BEEN LOOKING FOR!! Hyper



Fight Club members learn the most relevant sparring combinations, drills, counters, tactical strategies, and philosophies from top fighters and coaches

worldwide. A fun training experience every member wants to come back for each week. This program is included in MTC training, (BTC for Dragons and Tigers), and is held once a week.

Sparing is the most misunderstood segment of martial arts training and one that brings the most fear to children through adult athletes until they have mastered it. This class is designed to bring them to mastery through innovative teaching, conditioning, and fun, and is more than strongly suggested. We talk about this fight club. View the class times at www.ClassTimes.Ninja. If you want to participate in the worldwide Hyper Fight Club social community, visit <http://TheHyperFightclub.com/>.

Want to start training? Show up to class. It's that simple. Acquire the gear, if you do not already have it, at the pro-shop.

Private lessons or extra help. Private lessons are 1/2 Hour classes with a FIST, Jr. Instructor, Sr. Instructor, Master Instructor, or Owner. We cover whatever level of increased knowledge and performance that a student is looking for and typically include:

- Curriculum Review - for Testing.
- Black Belt Testing Preparation.
- Make up classes for missed Curriculum or time; each private is equal to one class.
- Self Defense - outside of our standard curriculum or in a review.
- Tune Up for Tournaments.

The tuition level for each instructor level is different and can be found at www.MActionKarate.com/privates/, and private lessons can be purchased individually or in discounted packages online or at the front desk. If you have questions, see a Senior Instructor.

MAK Non-Karate Brands

www.ActionStrongKickboxing.com

Action Strong is the creation of Barbi McCoy and is loosely based on Krav Maga, kickboxing, karate, fitness concepts, and women's empowerment. The program's emphasis is

building confidence while conditioning the body and empower women to live lives without fear of taking a walk alone at night. MAK's program is every day of the week, with some morning and evening classes, (see www.ClassTimes.Ninja), and is composed of three different types of workouts. An Action Strong Members can attend all three for no additional cost, and we are already ½ the cost of similar but less personally sculpted programs.

www.BestAfterSchoolProgramInAuburn.com

MAK has always been known for caring and constructive outcomes in all our children's programs, and TheBestAfterSchoolProgramInAuburn.com is no different in character and caring for your child. MAK's staff not only provides help with homework, but we also teach leadership and constructive helping behaviors and strategies for all ages and karate. We play constructive games, ensure snacks and fluid intake, and give your child the best of care. We are not like other programs. We walk the walk. And they take a Karate Class. Click on the title of this section of the handbook or visit the address of this section for more information. MAK also conducts Summer and Day Camp for school-age children.

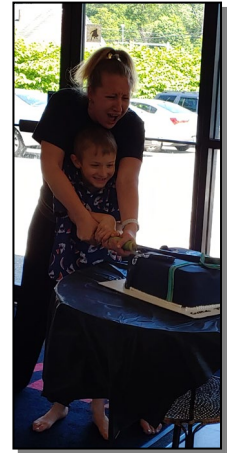
www.BestDayCampInAuburn.com. During the school year, the Auburn and Oxford schools have days off and ½ days off nearly once a month. During those times, and during many school vacations times, MAK conducts day camps with the same safety, joy, exercise, challenge, and fun as we do during our after-school program and our summer camps. Click or visit the title of this section for more information.

www.BestSummerCampInAuburn.com. MAK host the best prices and the best-constructed summer camp in the area, bar none. We not only execute camps for school-age children, but we incorporate leadership training, teamwork, crafts, karate, nature, and conflict management without the students even thinking they are learning. It's that fun. We are that

different. Plus, we have fantastic filed trips. And our price is VERY reasonable. Click the title of this section or visit that address for more information.

Birthday Parties

Ever been to a birthday party where they rent you a room and maybe equipment, monitored by a young teen? We don't do that. You have a certified team member and support staff at each of our parties, AND WE DO IT ALL. I mean, it all. Run games, establish report, alter the plan for individual needs. But we don't provide the cake. You bring the cake, and we help minor children cut it with a samurai sword. No. Really. All our parties are 1 & 1/2 Hours long, and all of them include the following:



1. Games appropriate for the age of the group;
2. 1/2 Hour Karate class based on the party type;
3. Karate Demonstration;
4. Pizza and Punch Party;
5. Gift Game - We run it and even give you a list of who gave what gifts;
6. Samurai Sword Cake Cutting;
7. We Set Up, Clean Up, and run the games.
8. We provide all Party Supplies, Goodie Bags, and Invitations.

And we have four parties for children as well as parties for teens and adults. Want more information? Want the best birthday party in the area? Want it for a reasonable price? Get more details at www.BirthdayParties.Ninja.

www.TaiChiAcrossAmerica.com

Do you want to experience the mental and health benefits of our Tai Chi Quan Program?

Tai Chi Quan, known as Tai Chi, is an ancient Chinese martial art that means "Supreme Ultimate Boxing." This martial art was created as a self-defense system, and our version still maintains many of these useful features; however, it has gained wide popularity throughout the world for its health benefits and calming effect, including:



- Increased Strength
- Improved Flexibility
- More Vitality
- Enhanced Circulation
- Inner Peace
- Focus
- Mobility

MAK teaches private lessons, corporate programs, rest homes, Alzheimer's homes, rehab centers, and veterans' centers. Want to enjoy the benefits or get more information, visit www.TaiChiAcrossAmerica.com or speak to the person at MAK's front desk. We have what you need.

Uniform and Workout Clothing Policies for MAK's Programs

Karate

MAK is a traditional karate school teaching its students in conventional, modern, and innovative ways, rather than a fixed pattern applied to all students. Uniforms are part of the leveling process in karate, removing personal expressions of style and external resources from the picture. Each program has a uniform standard, and some of the brands have several uniforms

that indicate advancement, proficiency, training level, and curriculum level, and they are outlined below.

No Contact Injury Uniform. MAK takes head injury seriously. If a student, adult, teen, or child, has or is suspected of having a head injury, please obtain the **MAK Blue Injury T-Shirt** from the Pro-Shop. This shirt can be worn to any class except for testing and graduations and reminds students, participants, and instructors to use injury protocols.

Power Turtles uniforms. The power turtle uniform is white karate pants and a MAK power turtle t-shirt, along with a belt, once earned. The belts are explained on the MAK student website at www.MActionKarate.com/programs/karate/children/. MAK has both a short-sleeve Power Turtle Uniform T-Shirt and a long-sleeve Power Turtle Uniform T-Shirt. We ask that they wear the uniform whenever possible, though we realize that life with toddlers can be demanding. We would rather have them in class without a uniform than not because part or all of it is missing.

Tiny Tiger uniforms. There are two Tiny Tigers uniforms, like every class in the MAK karate program system: formal and informal. The official uniform, which is the traditional V-Neck karate “gi” top and white karate pants, can be worn at anytime but is REQUIRED for stripe testing and graduations. The informal uniform, which consists of white gi pants and the Tiny Tiger Uniform T-Shirt, may be worn to any classes except stripe test classes.

Dragon and Advanced Dragon uniforms. All dragon students wear white gi pants and have both an informal, Dragon Uniform T-Shirts, and a formal or V-Neck gi top. BTC dragon student’s tops and uniform t-shirts are black, and all other dragon everyday t-shirt uniforms are white. FORMAL DRAGON UNIFORMS MUST BE WORN TO GRADUATIONS AND STRIPE TESTS and may be worn at any time while informal uniforms may be worn to regular

classes.

Karate Kid uniforms. All karate kids gi or uniforms come in two styles, formal and informal. The informal gi consists of a Karate Kid class T-Shirt, and the formal gi consists of a traditional V-Neck uniform top for their level or phase. BTC students wear white pants, and MTC students wear black pants. Each level of karate kids, beginner, intermediate, and advanced has a different color top. Please DO NOT wear other program or event t-shirts to class, such as maximum edge, hyper, summer camp, or former uniforms unless it complies with one of the many events or recognitions announced through MAK communications or event, or is explicitly allowed by a teams rules (www.MActionKarate.com/communication/).

Beginner Karate Kids. The V-Neck formal gi is white for phase 1 or beginners, and the informal Uniform T-Shirt is Grey. Please DO NOT wear Dragon tops to Karate Kids, unless they have earned Black Dragon, and then they are encouraged to wear the BTC black top in recognition of this singular honor.

Intermediate Karate Kids. The V-Neck formal gi is Blue for phase 2 or intermediate Karate Kid students, and the informal Uniform T-Shirt is also Blue. Please DO NOT wear beginner or dragon tops to Karate Kid intermediate classes.

Advanced Karate Kids. The V-Neck formal gi is Black for phase 3 or advanced Karate Kid students, and the informal Uniform T-Shirt is also Black. Please DO NOT wear beginner, intermediate, or dragon tops to Karate Kid intermediate classes.

Teen and Adult Tang Soo Do Classes. The uniform in TSD is called a DoBak, and there are three levels of uniforms as well as informal and formal uniforms. Formal dobaks are required for stripe testing, belt testing, and graduations, while either uniform may be worn at regular classes. MTC members wear black pants while all other students wear white pants. BTC

students in the teen and adult classes have the option of wearing camouflage karate pants as part of the informal uniform.

10 Gup to 7 Gup Beginners. Beginner TSD students wear white pants and fold over white tops with an informal uniform T-Shirt that is grey.

6 Gup and up wear Black Tops. All non-beginner students wear black fold-over tops with an informal uniform T-Shirt that is black.

TSD Dans (Black Belts). TSD black belts may wear traditional TSD white fold-over tops with black trim. Only 4th Dan and up may wear a Traditional TSD top with black pants.

www.ActionStrongKickBoxing.com

MAK has official Action Strong clothing but none of the workout clothing is required. You may wear whatever you want. We ask that you have workout shoes if at all possible, to prevent dirt from being brought to the workout floor.

Holiday Schedule

The schedule will be modified for the holidays. Notifications of all holiday schedule changes are posted in MAK communications and social media, which can be found at www.MActionKarate.com.

Patches

American Flag

The American Flag is awarded when any student recited the Tenets of MAK, and is worn on the left sleeve immediately below the left sleeve seam on the traditional uniform.

The Tenets of MAK. The Tenets are listed below and must be recited from memory to earn the American Flag patch. Any student from any karate program can both earn the patch and wear the patch on their formal uniform.

- Integrity
- Concentration
- Perseverance
- Respect and Obedience
- Self Control
- Humility
- Indomitable Spirit

Korean Flag

The Korean Flag, an emblem of the country of origin of the Code of TSD, part of MAK's core values, is awarded when the student can recite the Codes from memory and is worn under the seam on the right sleeve.

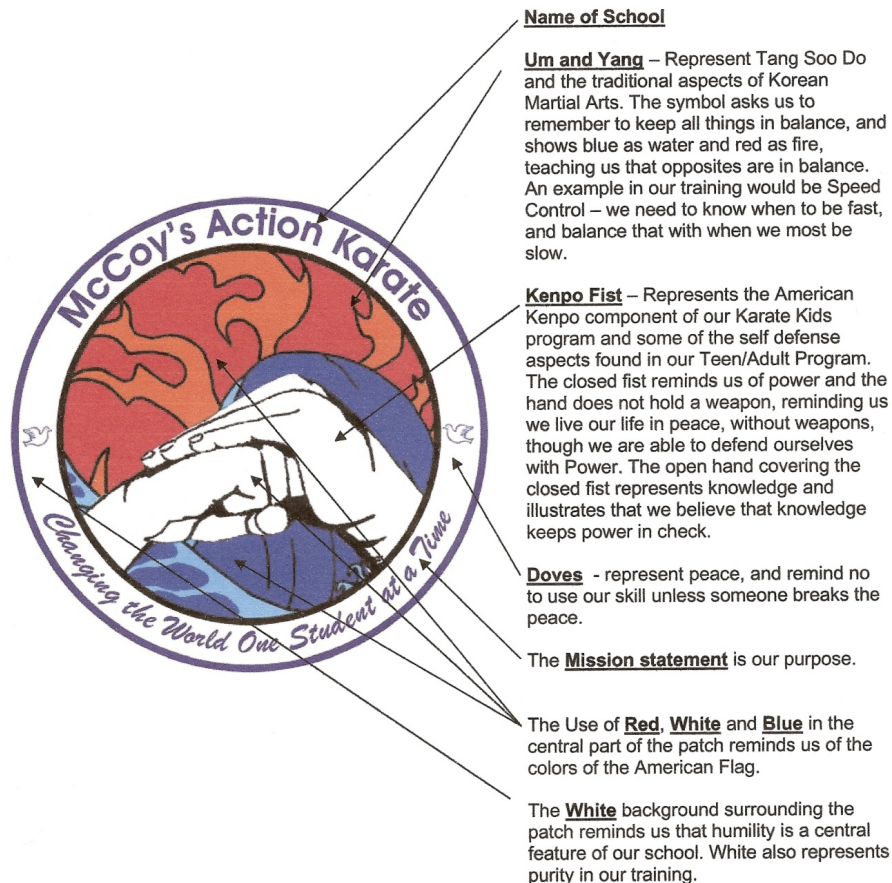
The Codes of Tang Soo Do. The five codes are listed below and must be recited from memory to earn the Korean Flag patch. Any student from any karate program can both earn the patch and wear the patch on their formal uniform. Though these codes are part of the Tang Soo Do program, they are also part of MAK's core values, so we honor the country of origin, South Korea, by awarding that patch to any student who earns the right.

- Be loyal to one's country.
- Be obedient to parents and elders.
- Honor friendships.
- Never retreat in battle.
- In fighting, choose with sense and honor.

Student Patch

Once a student has recited the Student Creed, they earn the right to wear the MAK student patch, and it is worn over the heart on the left breast of the formal uniform.

McCoy's Action Karate School Patch



Zenith Patch

Once the Team Zenith instructor has awarded the Team Zenith Patch, it is worn directly under the American Flag on the left sleeve.

Fuego and FIST Patch

Once the FIST or FUEGO patch is earned, it is worn on the left breast of the formal uniform. If you have received both, you can either wear the FIST patch or both patches

Silver TSD Patch

If you have passed the random 10-word Korean language test for TSD, taken orally from any McCoy, you may wear the Silver TSD patch immediately above the student patch.



Cumulative STARS Patch



Once you are awarded a cumulative STARS Patch, they are attached to the lapel of the formal uniform. Students either sew them on the lapel or patch glue them onto the lapel. They serve both as a reward for continuous service and a recognition for years of uninterrupted service. As an example, if you have been training for ten years, you might have one of these with a ten on it, indicating your seniority and perseverance.

Lost & Found

If you leave something behind, we have a lost and found cubby in the center section between the floors, or if it is jewelry or technology, it is at the front desk. Please see the front office and they will try to help you locate your lost item. Items are held for approximately two weeks and will be discarded or donated to the Salvation Army® on a rotating basis.

Family Memberships

Substantial discounts are available for additional family members who live in the same household and are interested in classes. Please see your enrollment director for details.

Payments

Students who budget their programs will have their billing managed by ASF International. If you have concerns about your account, please contact ASF directly (1-800-525-8967).