

**WELCOME
TO
OLYMPIA
CHUNG DO KWAN**

**6487 CANTON CENTER
CANTON, MICHIGAN 48187**

(734) 844-8299

2075 East West Maple Road - Ste. B-201

Commerce Township, MI 48390

(248) 896-2198

www.olympiataekwondo.net

Welcome to the Olympia Chung Do Kwan Martial Arts School. This brochure was written to assist new students and their families become acquainted with the customs and courtesies of our school.

MISSION STATEMENT

This program is designed to help individual students develop the basic theme of a martial arts program, self-esteem, self-discipline, self-respect, self-confidence and self-defense.

HISTORY

Olympia Chung Do Kwan, Inc. was founded on May 6, 1983. The owner and head instructor is 8th Degree Black Belt Grandmaster Christopher S. Covert. Grandmaster Covert has over thirty years of martial arts experience. His talents include Tae Kwon Do, Aikido, Judo, Grappling and the art of weaponry.

Grandmaster Covert is a certified AAU National Referee, Chung Do Kwan tournament referee and head coach of the Michigan Chung Do Kwan Tournament Team. He has personally coached hundreds of State and National Tae Kwon Do Champions. *His son Alex is a member of the 2008 AAU Olympic Team.*

The Olympia Chung Do Kwan is a family owned business with a family theme running throughout the studio. Mrs. Covert (Master Laura) runs the day to day business operations. She will be the first face you see to greet you when you enter the school. She is the head instructor for the Mini Ranger 3-5 year old program. Senior Master Alexander is a 6th degree black belt, certified instructor and head coach of the Olympia Competition Team. Our motto is "Families that train together stay together"!

CLASS OUTLINE

Each class session will consist of the basic principles of Tae Kwon Do Chung Do Kwan. These elements are basic fundamentals, one-steps (the art of self-defense), forms, and Olympic free sparring.

BOWING PROCEDURES

ENTERING TRAINING FLOOR

Once the student arrives at the studio they place their shoes in a cubby and hang up their jacket, record their attendance, then they should bow onto the floor. Stand at the doorway feet together hands placed at their sides and bow from the waist. You will repeat this same procedure when you leave the training area. **SHOES ARE NEVER TO BE WORN ON THE TRAINING FLOOR!**

ADDRESSING A BLACK BELT

If a black belt comes up to speak with you the proper procedure would be to either shake their hand or bow. This shows respect for your higher ranking student.

WHAT IF I AM LATE FOR CLASS?

If a student is late for class they should proceed to the outside studio floor with their hand raised and wait for one of the instructors to invite them to join class.

TEACHING STAFF

All classes at Olympia Chung Do Kwan are instructed by certified Black Belts. The staff is headed by Grandmaster Covert, Professor Raunilio Galang, Senior Master Alexander Covert, Master Laura, Master Piper, William Cothron, 3rd Dan, & Michael deMesa, 3rd Dan.

ATTENDANCE

Each student will be given an ID number to keep track of his/her training time. This will help us determine whether the student has enough time and grade in order to test. This attendance is done electronically. The computer is kept on the front table on the training floor. It is the student's responsibility to log in to each class they attend.

UNIFORM & BELT CARE

UNIFORM: Students are required to keep their uniform & equipment clean at all times. Do not wash your uniform with bleach. Bleach will cause the patches to fade. Olympia T-shirts may be purchased to wear instead of your uniform top, however, you should always have a uniform top in your tae kwon do bag.

IMPORTANT: T-shirts are not accepted at testings, seminars, demonstrations or an official Olympia function.

BELT: Do not wash your belt. An ancient philosophy says "to wash one's belt would be to wash one's knowledge".

BELT TESTINGS

WHAT IS TESTING?

Testing is the time when students perform in front of the Olympia Chung Do Kwan testing board; consisting of Grandmaster Covert and his black belt instructors to achieve their next tae kwon do belt rank. Rank is a personal goal setting achievement and the pathway to the ultimate rank of black belt. A student cannot progress to the next belt without testing in front of the testing board.

The student will be tested on their ability, talent & memorization of all classroom procedures and curriculum. A student will not be asked to test if his/her instructor does not feel the student is not ready for the responsibility that goes with that gup rank.

Gup testings are usually held on the last Saturday of the month. Students will be informed if they have enough time and grade in order to test. Pre-testing will take place a week before testing. Once you pass pre-testing you will receive a testing form to be filled out and returned with your testing fee.

TESTING REQUIREMENT & TESTING FEES

All requirements and classroom procedures are outlined in the Olympia Chung Do Kwan, Inc. Gup Testing Booklet. Each rank has specific requirements that need to be fulfilled before the student will be allowed to test.

SPARRING-WHEN WILL I NEED EQUIPMENT?

Students will be eligible to start sparring after achieving the rank of 8th guep. Our school requires the following sparring equipment: headgear, arm & leg pads, supporter for all male students, female optional, mouth guard and chest protectors. For safety reasons:

ALL SPARRING EQUIPMENT MUST BE PURCHASED FROM THE OLYMPIA PRO-SHOP; NO OTHER EQUIPMENT WILL BE PERMITTED ON THE TRAINING FLOOR.

STUDENT PORTFOLIO

Students are required to keep an updated portfolio once they reach the rank of . The portfolio is computer friendly and is a fun activity to do with your son/daughter. The portfolio is a scrapbook of your martial arts training. Portfolios are available for purchase at the Olympia Pro-Shop. It is a good idea to purchase this portfolio as soon as they start training so you can keep an accurate account from the first day of training.

MONTHLY CALENDAR

Each month there will be a new calendar outlining the studios activities for that month. This information can be found on the table as soon as you come into the school. We also email calendars out to the accounts we have on file.

SCHOOL CLOSINGS

BAD WEATHER

Olympia Chung Do Kwan, Inc. will be closed due to poor weather. The Canton location will follow the Plymouth Canton School website and the Commerce Township location will follow the Commerce School website. We will remain closed for the entire day even if the weather clears up before class time.

SUNDAYS

Olympia Chung Do Kwan, Inc. is closed on Sundays unless otherwise noted on the monthly calendar.

PAYMENT SCHEDULE

Your monthly due date is located on the front of your contract. You have the option of paying by Cash, Check or Charge Card. If you know you are going to be late, please contact Master Laura (734) 844-8299, and let her know so you are not penalized with the \$30 late fee. There is a secure safe payment box located (canton location) in front of Master Laura's Office, please drop payment in this box.

OLYMPIA PRO-SHOP

We have a fully stocked pro-shop at all locations. All uniforms, sparring equipment, portfolios and weaponry **MUST** be purchased here. This helps us to ensure that safety requirements are met and our student's uniform code is unanimous.

CLOSING NOTE

Make sure that you participate in all Olympia functions. We have a lot of exciting activities throughout the year. Make sure you come and see a black belt testing, participate in all the seminars and demonstrations put on by Olympia. Become a part of our family and most of all have a great time.

Thank you for choosing Olympia as your martial arts school. On behalf of myself, my family and the entire Olympia staff-WELCOME to our family.

If you have any questions please feel free to knock on my door at any time.

Sincerely,

GRANDMASTER CHRISTOPER COVERT & SENIOR MASTER ALEXANDER



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KOREAN TERMINOLOGY

TAE: TO STRIKE WITH THE FOOT

KWON: TO STRIKE WITH THE HAND

DO: THE WAY, THE CONFIDENCE, TO NEVER MISUSE YOUR KNOWLEDGE

CHE-DEE-YET: ATTENTION

KYOUNG-YET: BOW

CHIM BEE: READY POSITION

PA-DOE: RETURN TO READY POSITION

TOL-DAH-SAULT: ABOUT FACE-TURN AROUND

SHULT: AT EASE

AHN-JO: PLEASE SIT DOWN

EDEN-NULT: PLEASE STAND UP

TORO: TURN TOWARD THE INSTRUCTOR

COM-MULT: LINE UP AND ADJUST

TOE-BALK: UNIFORM

TOE CHONG: TRAINING AREA

NUMBERS:

#1= HONA

#2 = DUL

#3 = SANT (SET)

#4 = NAHT (NET)

#5 = TUL SHULT (TUL SET)

#6 = YUL SULT (YUL SET)

#7 = EEL GUP

#8 = YUL DUL

#9 = AH HOOP

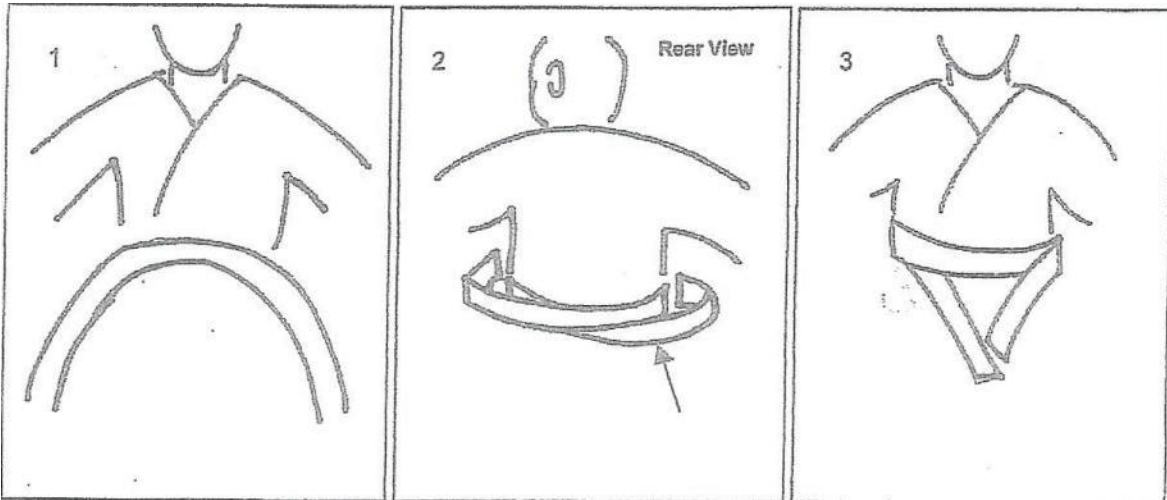
#10 = YUL

OLYMPIA CHUNG DO KWAN GUP TESTING FEES 2020

9th gup.....	\$50
8th gup.....	\$50
7th gup.....	\$50+40
Portfolio -needed For 6th gup requirements.	
6th gup: \$20 for a pair nunchucks	\$55+20
5th gup.....	\$55
4th gup.....	\$60+35
\$35 for a bo staff requirement	
3rd gup.....	\$60
2nd gup.....	\$65
1st gup.....	\$65

**NOTE:
STUDENTS TESTING FOR 6TH GUP AND HIGHER MUST
HAVE A GUP PORTFOLIO.**

How to Properly Tie a Tae Kwon Do Belt:



Fold Belt in half, Start at center Tuck right side completely underneath Rank stripe on right, if you have one

