

CRESCENT FANG

MARTIAL ARTS



MIKAZUKI NO KIBA

KEMPO KARATE

STUDENT HANDBOOK

1ST EDITION

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Crescent Fang Martial Arts

Master Instructor

Sensei Derrick Jones

Welcome to Crescent Fang Martial Arts!

This Student Handbook will help familiarize you in the practice and philosophy of this martial arts style. Please read the following pages carefully as it will help answer any questions that you may have regarding our system as you take your first steps. The purpose of this handbook is to underlay the expectations from Crescent Fang and identify the guidelines from which you will see.

It is the goal of Crescent Fang is to establish healthy values in martial arts by encouraging goal setting, practicing in a healthy environment, and building positive character qualities, such as responsibility and perseverance.

Please familiarize yourself with this handbook and become aware of all that it offers. This handbook is not only for the students, but for the parents and guardians of the students as well.

Enjoy your journey...

MISSION STATEMENT

Crescent Fang Martial Arts supports training in martial arts to help students in life by:

- Providing a learning opportunity that is aimed at allowing the student to learn skills that can protect them in real world scenarios
- Offering a safe environment to train
- Learning how to make healthy choices in life
- Becoming a positive role model for others in and out of the school

Student Pledge

- I will display the self-control and discipline required to not be pulled into a confrontation
- I will reveal the ability to stay calm during troubling times and not give into emotions, such as fury, hopelessness, and hostility
- I will only use what I learn from class in a professional manner and not use it to “bully” or “show off”
- I will show proper respect to all individuals not only in the dojo, but also at home, school and other public locations

DOJO RULES AND ETIQUETTE

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| <ul style="list-style-type: none">• Listen to all instructions carefully• Come to class with a positive attitude• The study of this martial art is meant to be used for only defense, practice or self-mastery• Respect must be shown to all students in the class. Making fun of others will not be tolerated• No horseplaying will be allowed in the dojo• All jewelry (rings, necklaces, watches, etc.) must be removed before participating in class• No food will be allowed during class. Water bottles are fine as long as they are firmly closed and left in your bag• Long hair must be tied back to prevent obstructed vision• Students must keep their fingernails and toenails short and clean• No student will teach a technique to another student without the instructors permission | <ul style="list-style-type: none">• All students will participate in class while properly dressed. No one will be allowed to train topless.• The instructor will be informed of any accidents or injuries that occur during training• Socks are not allowed during class to prevent injury from slipping• No leaning on walls• Good sportsmanship will be expected when competing against other students• Permission must be given before leaving the dojo for any reason• The dojo is a drug free area. No alcohol or drugs will be allowed• All instructors will be respectfully acknowledged with a proper title (Sensei, Sir, Master, etc.) |
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INSTRUCTION

- Students should follow all requests given by the instructor without question
- When an instructor is teaching, all talking should be silenced and full attention should be given to the instructor
- If a senior student is placed in charge of a lesson, they should be treated as if they were the main instructor
- All responses will be answered with either "Yes, Sir!" or "No, Sir!"

BOWING PROCEDURES

- We bow in class to pay respect. When the time comes during class, all students will be expected to show the proper bowing procedure
- A respectful bow should be given during these times:
 1. Entering and leaving the dojo
 2. Giving or receiving a piece of dojo equipment or weapon
 3. Starting and Ending of a class session
 4. Being taught a new concept or technique from a senior student
 5. Being placed in a group with other students
 6. Facing the testing board

When entering the dojo, a student should wait at the door in attention stance until the instructor allows the student to join the class by bowing them in to the dojo.

DRESS CODE

UNIFORM

- The student uniform includes a white gi jacket, black gi pants, belt, and cloth shin/instep pads
- The student's uniform needs to be kept clean for each class
- Students should only be wearing their uniforms when training in martial arts
- The belt is a highly honored part of the uniform and should be treated so by not eating or drinking with it on or dropping it to the floor. It is a symbol of all the hard work that the student has endured to obtain that rank. It should be properly folded and placed in their bags when not in use.
- The gi jacket should have the appropriate system patch sewn on close to the left shoulder. Any additional patches that a student earns during training must be sewn on to the correct location indicated by the instructor

ATTENDANCE AND SPECIAL EVENTS

Attendance is key for success! All students will be expected to attend classes on a regular basis. All effort should be given to informing the instructor if a student knows of an approaching day of absence.

Students should also be aware of being on time for class. Arriving five to ten minutes early will allow the student time to prepare for class. If a student shows up late for class, the student will have to line up at the back of the line and will also owe push-ups for being late to take responsibility for their actions.

CANCELLATIONS

Sometimes classes will have to be cancelled for weather related reasons or a conflict with the instructors time. We will normally not have a substitute instructor available so most cancellations in class will result in the complete closing of classes for the day. The instructor or the affiliated business will attempt to contact you in the case of cancellations. Please check our Facebook page or call the YMCA for any cancellation updates.

SPECIAL CLASS EVENTS

We will occasionally have different kinds of special classes that will reflect upon special times of the year. These special classes are placed in the normal curriculum to offer students a change of pace from the normal training that they commit to every week. Students are encouraged to attend these special events because of the benefits that can be gained from the content and the enjoyment that can be obtained from participating. **Any parents and/or guardians that would like to help run or participate in these events can contact the instructor for details.**

Some examples of the events that we have offered in the past:

Costume class

Christmas Party class

Outside class

Bring a Friend class

Tournaments

Special seminar classes

DEMO TEAM

Mikazuki No Kiba has a demo team that performs at fundraisers, festivals, and special events. Students may tryout at demo team tryouts or join the team by invitation. Students can be of any age, but must be of an orange belt rank or higher before being allowed to join. Students will be asked to come to special classes that are arranged to help them prepare for the demos. Requirement material will normally not be evaluated during demo practices. Good attitude and school spirit is a must! Ask your instructor for more information.

TOURNAMENTS

Training in class is not the only way for students to improve their martial arts skills. Competing in tournaments is an excellent way for students to use their martial arts training in a life-like situation. All students are encouraged to participate in these tournaments because of the martial lessons that are enforced from tournament fighting and because it promotes the learning of skills, such as building self-confidence and becoming a better individual.

Types of tournaments:

There are two main kinds of tournaments that we will offer in Mikazuki No Kiba. The first type is the local tournament. In this tournament, the students will face other students from the same system. These tournaments are generally smaller, but will allow the students to become more accustomed to the rules and nature of tournament fighting. The second kind is a regional tournament. These tournaments are less frequent but are offered by larger martial art schools and pull in several schools from a wider range of locations. These tournaments may have a different set of rules when competing and can be very large when it comes to competitors.

CLASS CONTENT

The curriculum for this system can be classified into different subcategories that are all equally important in the progress of students from a beginning level to a more advance level. The areas that we will focus on include, but not limited to:

- Basics
- Kata (or forms)
- Physical conditioning
- Striking drills
- Defenses from attacks
- Throwing techniques
- Joint Locking techniques (mainly age 14+)
- Sparring and Grappling
- Weapon training (mainly blue belt+)
- One-to-one training
- Martial Art Activities

BASICS:

The training of the basic martial art stances and movements are very vital to the success of the student overall. It is from these basic techniques that the student is allowed to progress to more advanced and difficult skills. With that in mind, students must realize that the repetition of these techniques are not only required, but necessary.

KATA:

Kata is a set of movements that can represent various offensive and defensive techniques by displaying them in a prearranged, dancing routine. This practice can help improve a student's flexibility, endurance, and balance. The great thing about kata is that it was created to help a student train without the need of a partner. Students will learn the meaning behind the movements and learn how to incorporate them into their defenses. (Bunkai)

PHYSICAL CONDITIONING:

Maintaining a strong and healthy body is one of the most important key factors in the successful learning of martial arts. We will begin all classes with warm-up stretches to keep our bodies safe from injury. As part of the curriculum for the attainment of higher ranks, students will need to show progress in the completion of basic conditioning methods, such as push-ups, sit-ups, horse-riding stance, and sparring time. The amount required will increase with rank.

STRIKING DRILLS:

Striking exercises are used to help student develop hand-eye coordination when executing different kinds of punches and kicks. The students will learn to use these strikes in many different scenarios and will be trained to correctly perform them as to not injure themselves.

DEFENSES:

Training to do a technique in the dojo is a little different than using it in an actual defensive situation. To fix this problem, we perform exercises in class called "Full Defenses". The students will offer life-like attacks and their partners will use techniques learned in class to stop the attack from occurring. This training exercise is used to simulate a real life attack, but are placed in a controlled setting where safety plays a primary role. As the student progresses through the ranks, the defenses will increase in difficulty and the student will be required to quickly come up with solutions to defend themselves.

JOINT LOCKING TECHNIQUES:

Concepts of jujutsu involve the use of locking the wrists and other joints of an opponent to deliver pain and discomfort to the attacker. These techniques are very effective and offer countless ways to successfully fend off an aggressive attacker. Although they can also be extremely dangerous to practice on partners in the dojo. With that said, students will only be required to learn the use of these techniques when they come of the age of fourteen to allow the time for their wrists and other joints to develop to the point where receiving these locks won't prematurely damage their bodies and to allow a sense of maturity to develop as to when to apply or use these techniques in a real combat situation.

SPARRING AND GRAPPLING:

Sparring and grappling allows students to come as close to a real fight as possible without causing injury. It develops skills that no other form of training covers. Through sparring and grappling, students develop speed, control, understanding of distance, and reflexes. The purpose of sparring and grappling is to develop your fighting skills. It is not a win/lose situation. It is about gaining experience and skill.

WEAPON TRAINING:

Weapons are taught at advanced levels after empty-hand skills are developed. Weapons are normally taught to students once they reach the rank of blue belt or higher. Weapons that are taught include hanbo, bo staff, and bokkan (wooden sword). Higher ranks will result in the understanding of higher level techniques with the said weapons.

ONE-TO-ONE TRAINING:

During certain times during your martial arts training, you will be given the opportunity to work with sensei in a one-to-one training session. These sessions could arise from the need to improve certain belt requirements, demo practice, or test preparation. Please take these opportunities seriously because the time given for them is an excellent time to have all of the instruction time to yourself.

MARTIAL ARTS ACTIVITIES:

Many times in class we will train with the use of different kinds of martial arts activities. These activities are meant to reinforce key concepts and methods, but place them in a fun, competitive nature for the students to enjoy as they progress in class. Some main points outside regular training that these activities reinforce include sportsmanship, endurance, cooperation, and respect. Activities are a great way to train, yet keep the students motivated and encouraged on their journey to black belt.



POINT SPARRING AND GRAPPLING

Sparring and grappling are important elements in our system that help foster our minds as martial artists. These methods of training are used to help our students understand how the techniques and concepts they learn in class can be used in a situation that mocks an actual case when they could be used effectively. They can also help students learn the values of competition and other life lessons.

GEAR AND EQUIPMENT:

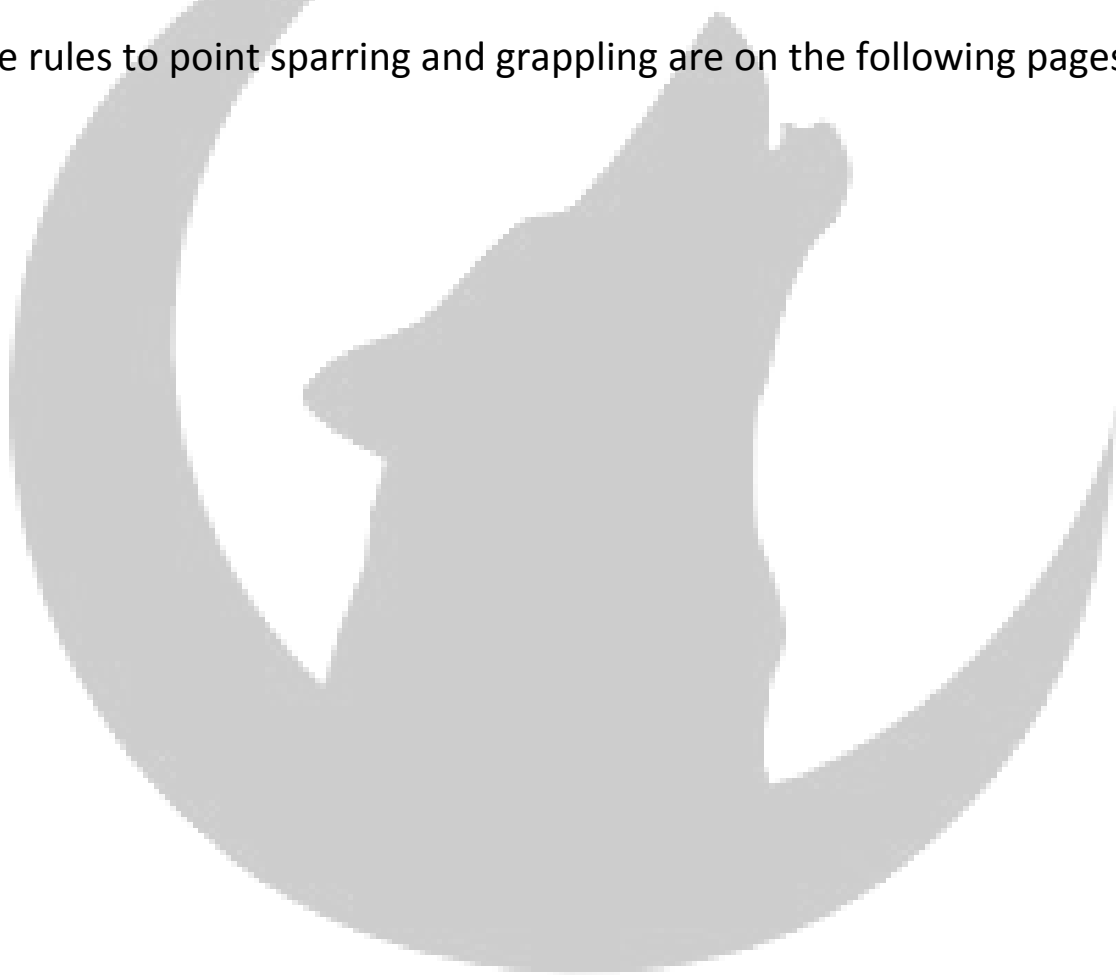
Point sparring and grappling require a similar set of equipment, but the amount of gear needed varies from one another. You will not be allowed to spar or grapple without the gear stated below for safety reasons. Gear can be purchased through the YMCA. Some gear is provided in the equipment closet in the dojo, but having your own gear is best way to have a set that fits properly and is readily available.

Point Sparring	Grappling
<ul style="list-style-type: none">• Padded Head Gear• Padded Gloves• Padded Boots• Cloth Instep / Shin Pads• Mouthpiece• Protective Cup (male fighters)	<ul style="list-style-type: none">• Padded Head Gear• Cloth Instep / Shin Pads• Mouthpiece• Protective Cup (male fighters)

MATCH RULES:

When it comes to these fighting events, there are many rules and procedures that the students will need to follow to make it a safe and productive experience. The fighters will be expected to know and follow these rules in class and at tournaments.

The rules to point sparring and grappling are on the following pages:



POINT SPARRING:

- All students must be wearing all gear that is mentioned above for point sparring. No fighter will be allowed to compete when missing any piece of the required gear.
- Matches require three judges: one main referee and two judges. When confirming a point, two of the three judges must agree on a point for the point to be given to a fighter. First fighter to three points wins the match.
- Fighters will score points by striking specific locations on their opponents. These locations are the helmet, chest, sides, and stomach. Proper technique is vital in receiving a point. Illegal striking areas include face, back and anything lower than the opponent's belt.
- Contact level of the strikes are to be light to medium power. Heavy contact is not allowed. A fighter's strength is power controlled and learning to control one's power is key developing one's self overall. The safety of all student's is also a key reason for this discussion.
- Warnings and penalties will be given out to fighters that break the rules of sparring. Some examples of times when warnings and penalties can be issued could arise from a fighter turning their back during a fight, striking an illegal location, stepping out of bounds continuously, and/or excess force in strikes. The judges will base the use of warnings and penalties at their own discretion.
- If a fighter shows poor sportsmanship through disrespecting another fighter or judge's calls, the fighter will be disqualified and will forfeit any tournament standing.

GRAPPLING:

- All students must be wearing all gear that is mentioned above for point sparring. No fighter will be allowed to compete when missing any piece of the required gear.
- Matches require three judges: one main referee and two judges. When confirming a point, two of the three judges must agree on a point for the point to be given to a fighter. First fighter to three points wins the match.
- Fighters will score points by successfully throwing their opponent to the ground or by pushing them out of the ring. Two points will be rewarded for throwing someone down inside the ring and one point is rewarded for throwing someone out of the ring. Proper technique is vital in receiving a point.
- Fighters must keep at least one hand on their opponent at all times, but they are allowed to move to a different hand positioning during the match. Smashing/Body slamming an opponent without regarding safety or throwing an opponent while releasing both hands is not allowed.
- Warnings and penalties will be given out to fighters that break the rules of grappling. Some examples of times when warnings and penalties can be issued could arise from a fighter striking another fighter, letting go of both hands, face contact, and/or excess force in throws. The judges will base the use of warnings and penalties at their own discretion.
- If a fighter shows poor sportsmanship through disrespecting another fighter or judge's calls, the fighter will be disqualified and will forfeit any tournament standing.

RANKING SYSTEM

A student's rank is based upon their knowledge, physical skill, length of time training, attitude, and overall quality of understanding. Being knowledgeable in skill is important in martial arts. While earning any particular rank is a great goal, it is a mistake to place too much focus on this as an end. Focus on your training, develop as much skill as possible, have a good attitude, and everything else will follow naturally.

The progression through the ranks of Mikazuki no Kiba will follow this ranking system:

Belt	Rank	Skill
White	10 th kyu	Beginner
Yellow	9 th kyu	-
Orange	8 th kyu	Novice
Red	7 th kyu	-
Green	6 th kyu	-
Blue	5 th kyu	Intermediate
Purple	4 th kyu	-
Brown (3 white stripes)	3 rd kyu	Advanced
Brown (2 white stripes)	2 nd kyu	-
Brown (1 white stripe)	1 st kyu	-
Black (1 red stripe)	1 st dan	Expert
Black (past 1 stripe)	2 nd dan and up	-

During the progress of each belt, the student will earn stripes that will indicate their current readiness for testing for the next belt color. These stripes will be the color of the next belt in line. The student will need to earn three stripes before being eligible for testing for the next belt. Stripes will be earned by showing proficiency in the skills and techniques outlined in this student handbook. (Belt Requirements) The stripe requirements will be organized by stripe number.

Each advancement takes longer to achieve than the previous level since you need to remember and keep improving your previous material as well as learn your new material. When first being introduced to a technique, we will focus on proper mechanics. The second stage will be working on smoothness of motion and the third stage will be to add speed and power to the technique. As you progress, there will be more focus on detail, sharpness, and deeper understanding of how the techniques are applied. As you advance, the expectations become higher!

BLACK BELT AND JUNIOR BLACK BELT:

EXPECTATIONS:

A student receiving black belt status will start as a “shodan” or “1st degree”. The student will be allowed at this point to further their studies in the martial arts to advance to higher degrees of black belt. A black belt student represents a standard of excellence. To obtain a black belt, students must show a level of mastery when it comes to the basic concepts and how these concepts can be manipulated into more advanced techniques and concepts used for self-defense and self-mastery. This displays that the student has a very strong foundation to build and improve upon which shows that black belt is truly just the beginning.

Being a Black Belt student comes with many responsibilities. Black belt students are expected to be patient, reliable, and helpful individuals. With this in mind, they will be expected to be key role models in the training of lower ranking students. These students must not only show skill in fighting, but also in life skills, such as being polite, generous, courteous, and honest. A black belt student shows that they are above the idea of conflict, yet has the training and skills to protect themselves if such a case would arise.

JUNIOR BLACK BELT

Students that are eligible for black belt testing that are under the age of 14 may test for the status of “Junior Black Belt”. The Junior Black Belt is an honorable rank and still requires great effort to achieve, but doesn’t require the knowledge of certain techniques and concepts that a student older than 14 would need to know to obtain a black belt. A junior black belt will still be expected to display the manner and commitment that an adult black belt needs to maintain. Once the student comes of the age of 14, they may test for an adult black belt.

