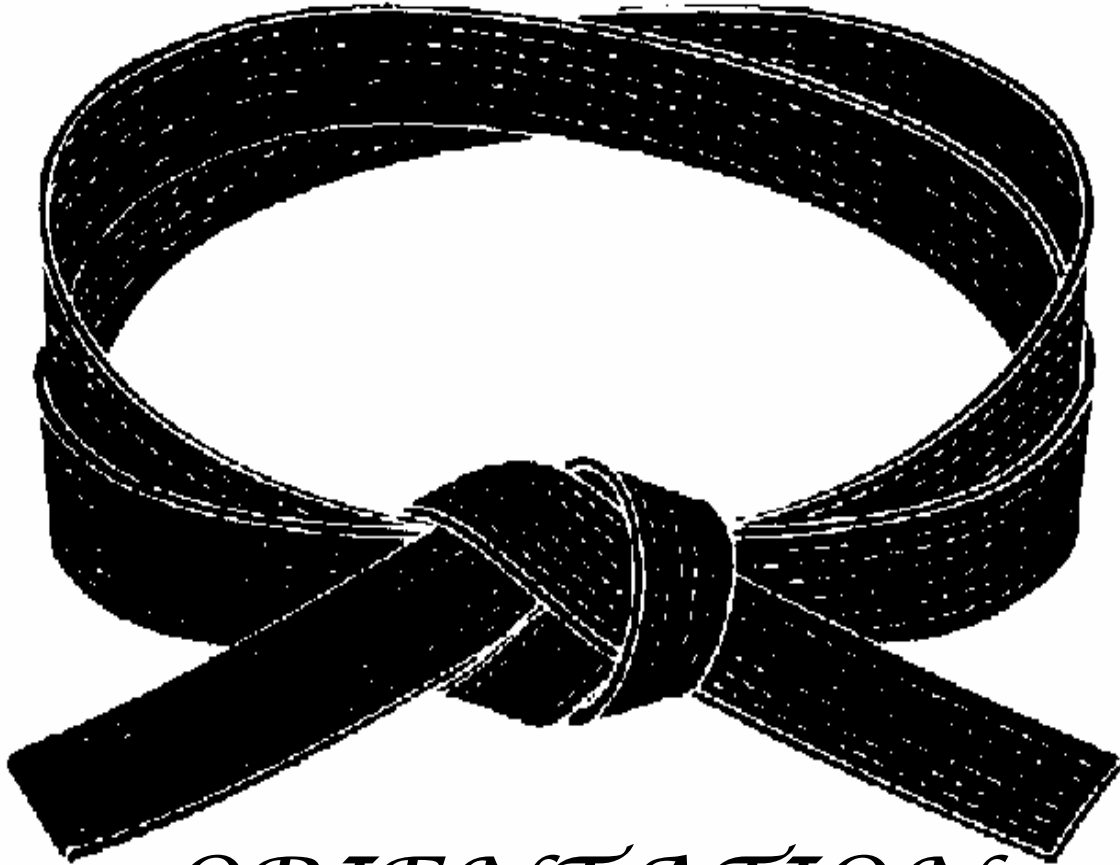


# MARTIAL ARTS

*(DTTS - Don't Talk To Strangers Self Defense Program)*



## ORIENTATION PACKAGE

*(For those serious about having fun while learning Martial Arts)*

Martial Arts' Website Address: <http://www.selfdefense4u.net>  
Master Instructor's Email: [Sensei@selfdefense4u.net](mailto:Sensei@selfdefense4u.net)

## OVERVIEW



Our DTTS (Don't Talk To Strangers) Self Defense program is directed by Master Sensei Mark Slocum who is highly recognized in the Martial Arts Arena.

The white belt of the beginner indicates he/she is without the knowledge and skill of Martial Arts. As these traits are acquired and learned the student progress through the belt colors of yellow, blue, green, purple, red, brown and finally black.

Master Sensei feels in Martial Arts, trying to advance to the next level is like building a house on a foundation of wet concrete that has not dried. Though the house may appear to be strong, the instability will surely fail if confronted with any normal tasks as the foundation will be weak, out of balance and unattractive.

Our certified class prices have been discounted as the focus is on the accomplishments of our students instead of financial empowerment.

Aside from his mastery of Martial Arts, Master Sensei's primary job function is in System/Network Engineering, Financial Management and Website Design. Due to such a demanding schedule, Master Sensei Mark communicates electronically quite regularly. If there are any questions concerning class schedules, events or inclement weather conditions, first please check your email or our website. This is typically updated in real time. If you are experiencing Internet or computer problems the option to receive a text message on your cellular is available.

Included in this package is information relevant to the DTTS training regimen. Please review and feel free to contact Master Sensei at anytime.



# Martial Arts Introduction

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## Introduction

Welcome to your child's first class in our DTTS Self Defense Program. Whatever your reasons for signing up to join our class, you will probably find it quite strange and unusual at first. Over the thousands of years in which Martial Arts developed, many procedures were developed to condition the student to certain patterns of behavior under stress.

Note the term "conditioning or "patterning". Our program actually patterns certain responses and actions so they become reflexive not preceded by thought.

At times, in order to learn this conditioned response, you will find the exercises monotonous but must remember that we are conditioning a response which requires much time and patience. Gradually your child will find new limits to style and physical ability.

Each student is asked to follow certain rules as part of the discipline of Martial Arts. You are, as a beginner, expected to wear a white uniform which is furnished with your Martial Arts Membership. We ask all females to wear a white t-shirt or body shirt - since the uniform jacket may at times be grabbed and torn open.

In addition you should know that the Martial Arts gym (DOJO) is regarded as a place where you bow before entering and leaving as a mark of respect.

## Secrets Of Karate

During your first few lessons you will learn that your Karate & Kungfu skills are a "secret". The only way to be proficient and to increase your skills is to practice every day, even briefly. You must practice a minimum of two to three days a week to make satisfactory progress. As soon as your instructor sees that you are able to progress, you will be advanced. One of the great benefits of karate is that each individual may advance at his own rate.

"The characteristic of a white belt is patience; of a black belt, perseverance..."

## Helpful Hints

Here are some points which might be helpful in your learning of the art....

1. The gym is your school. You will be judged by not only how you act in it, but how you conduct yourself when you leave, especially from feedback received via your parents.
2. No one has the same abilities in all things; the same applies to karate. But everyone starts off equally. How well you do depends on whether or not you practice daily apply yourself.
3. Remember that when you begin to learn karate, you have joined one of the most demanding sports in the world. Not everyone who joins is capable of continuing for one reason or another.
4. A karate-person would never **willingly** fight, no matter what the reason.
5. No one who is completely honest with himself will ever claim to be an "expert" in karate, nor is a few months learning ever enough. In other words, the more you learn, the more you need to learn.
6. Within the Martial Arts there are many different styles. All are equally valid and

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deserving of respect. The best one depends on both the skill of the individual Instructor and on each student.

## Rank Reviews

Rank reviews are held regularly throughout the year. Every student who has completed their requirements as shown in the Student testing information may review. Among the standards for promotion are the following:

1. Class participation
2. Attitude and desire to learn
3. Ability to follow direction and listen
4. Knowledge of what has been taught
5. Development of control, precision, speed and power
6. Evidence of practicing the fundamental stances, kicks, strikes and self defense

## Basic Class Level Specifications

*(Schedule posted on our website)*

### (Beginner)

- Understanding when and when not to use your Martial Art skills
- Introduce to our style of Martial Arts along with basic Self Defense techniques
- Focusing on body conditioning, strength, stamina and balance and flexibility
- Understanding “discipline” as well as what “respect” symbolizes
- Learning how to focus and pay attention

### (Beginner-Intermediate)

- Kata / Sparring
- Intermediate levels of Self Defense
- Basic Kungfu introduction
- Continued focus on body conditioning, strength, stamina, balance and flexibility
- Focus on techniques learned as well as new enhancements

### (Intermediate-Advanced)

- Continue Kata and Sparring Training
- Introduction to Weapon training (nunchaku/bo)
- Intermediate –advanced levels of Self Defense
- Intermediate levels of Kungfu & Karate Techniques
- Continued focus on body conditioning, strength, stamina, balance, flexibility and agility

### (Advanced)

- Advanced Sparring against multiple attackers
- Advanced Weapon training including nunchakus and bo staff and
- Advanced levels of Kungfu & Karate Techniques
- Continued focus on body conditioning, strength, stamina, balance, flexibility, agility, strength, energy focusing and preciseness

### (Adults) Women & Children Selfdefense *(based on enrollment)*

- Adult training focusing on personal and mental development
- Women Self Defense focusing on real live street techniques

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## DTTS Master Instructor



Mark Slocum, the Master Instructor of DTTS (Don't Talk To Strangers) Self Defense Program is an active 5<sup>th</sup> Degree Black Belt in Tae Kwon Do and Kungfu. As a former National Karate Champion in Kata, Weapons, and Competition Fighting, Sensei Mark has been honored as a Certified Board Member of the United Karate Federation (UKF), United States Junior Karate Circuit (USJKC), Sport Karate International (SKI), and the Dojo Organization (DOJO).

Sensei Mark was born in Long Island New York where he began training in the Martial Arts. Studying various Kungfu animal styles and Wing Chun Kungfu under Sifu Yung his abilities began to evolve into a unique form mastering weaponry and combining kickboxing techniques. Moving to North Carolina to attend College his training began in American Tae Kwon Do under Master Johnson who created his path to compete in local, regional and national competition where he acquired high recognition for his weapons, kata, and ultimately fighting skills and techniques.

As a husband and father, Master Sensei Mark's skills and experiences signify the ability to demonstrate proficiency as a high level Martial Artist having the specialty for training kids and adults in discipline, coordination, self-esteem and Self Defense. His focus is on developing children and women in preparation for Self Defense away from home in addition to real life situations dealing with street smarts. Not only are skills and abilities simply taught for Self Defense, but also training to condition the mind properly to understand each technique is very important. This unlocks the key of knowing **WHEN** to use your Self Defense and **HOW** to determine if the minimum or maximum skills that were taught are needed in a given situation.

Currently Master Sensei Mark works in the Information Technology field where he works as a Regional Microsoft Systems Engineer (MCSE)/Financial Trainer. Among his skill set, he holds a BS degree in Computer Science and is certified as a CNE, A+ and CCNA professional. With that in mind, feel free to discuss or ask advice on any computer and/or network problems you may have. His 15+ years of experience in the industry is sure to help even if you have website design or programming questions.

With a professional fun attitude, great skills and awesome abilities Sensei Mark's goal of teaching Self Defense, body conditioning, respect, stamina, street smarts and much much more is achieved with many positive results.

For More Info On Our DTTS Self Defense Classes Visit Us At:  
<http://www.selfdefense4u.com>

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## **DTTS Assistant Instructor**



"Gabe Valdes, an Assistant Instructor of DTTS Self Defense Program, is a 2nd Degree Black Belt in Tae Kwon Do from the American TKD Conference (ATC). Sensei Gabe has also trained in Aikido and Korean TDK and is also fluent in Spanish.

Gabe was born in Cuba and arrived in the US when he was four years old. He grew up in Miami and Tallahassee, Florida and went to school at the University of Florida (Go Gators!!!). Although he was always interested in the Martial Arts while growing up, it was not until college that he began his training in Moo Du Kwan TKD and Aikido, and was immediately hooked.

Upon graduation, Gabe moved to Fort Lauderdale, FL where he continued his training and received his black belt under the direction of Master Jin Sun Je of the ATC in Sunrise, FL. Gabe then took a hiatus from the Martial Arts as he married and began his family.

In the summer of 2000, Sensei Gabe moved to the Charlotte Area (Indian Trail) with his wife Diana, and they are very happy living in Charlotte with sons Nicholas (almost 8) and Michael (almost 5). In the Spring of 2006, son Nicholas decided to start Martial Arts at Master Sensei Mark's DTTS school located at the WAC. It was soon thereafter that Gabe started feeling Martial Arts withdrawal anxiety and decided it was time to dust off his old black belt. Sensei Gabe enjoys volunteering as assistant instructor and looks forward to the joy of watching the DTTS Martial Arts family grow and develop."

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## The DOJO Rules (Students)



- **NEVER PRACTICE KARATE IN SCHOOL!**
- Never wear shoes in the workout area
- Always wear FULL uniform to class (unless instructed otherwise)
- Respect the school by keeping it neat and clean
- Keep your uniform neat, clean, and odor free
- No sparring without full safety gear and proper supervision
- Always use the restroom before class to avoid distraction “if possible”
- No chewing gum in class
- No talking in class
- No profanity used
- No jewelry worn in class
- No horse playing with your Martial Art skills
- Always respect upper ranks
- Bow when a Black Belt enters the dojo (upon introduction)
- No sparring without Black Belt supervision
- Always ask questions when needed
- Always do your personal best
- Remember everyone is different, so your Martial Art skills will be different
- Never laugh when your classmate makes a mistake
- Never show off and/or brag about your Karate or Kungfu
- Pay close attention
- Respect each other with courtesy
- Never try to hurt your classmate
- Come to class with a clear and open mind

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## The Unspoken Rules (Students)



- Your belt is your rank. When you put it on all other relationships cease. Respect is shown to any person of higher rank regardless of age, personal feelings, race, religious origin or style differences.
- Your uniform is in good condition before every class, meeting, testing or demonstration
- Your feet, hands, body, fingernails, toenails are clean before entering the dojo
- You are encouraged to be on time. If you arrive late do not interrupt the class. You must stand at the door without speaking and raise your hand. Once acknowledged by your Master Sensei or a Black Belt, you must say, "May I have permission to enter class?"
- You perform every exercise to the best of your ability "without complaint". Do not leave the class unless you raise your hand and ask permission to do so.
- As a Student do not wear jewelry or metal of any sort anywhere on your body
- You are not to engage in laughter, horseplay, loud or unnecessary talking during class unless instructed. Do not lean against the walls. Maintain self-control at all times.
- Understand that everyone is different. It is strictly prohibited to make fun of, embarrass or make negative remarks based on an individual's race, religion, handicap, style, age or gender.
- Anyone under the influence of drugs or alcohol will not be allowed to enter class and will be given an opportunity to alleviate this problem. Under the second offense of arriving to the facility in this condition, you will be escorted away and asked not visit our facility in the future.

## The Unspoken Rules (Parents)

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- **Parents never interact with their children during class.** They realize that watching a martial arts class is just like observing their child in regular school, and the instructor is the only person in charge. Interrupting or interacting with their child would be disrespectful to the instructor and distracting to all of the students. Please refrain from all interaction unless asked by the instructor to do so.
- **Parents help to enforce all Martial Art policies.** They follow and enforce these rules with their children. When Mom and Dad follow the school rules and regulation, then their child is more likely to follow their example. This starts at the front door of the workout gym (dojo), where the student is to bow when entering and leaving.
- **Parents pay attention to what their children are learning in class and reinforce their positive behavior at home.** They realize that as parents, they are an important part of the class, and help their children to improve by working with the instructors and staying informed.
- **Know that your child is an individual who will progress at their own rate.** Never compare a child to their sibling or other students. Encourage and support each child's progress, and help them to set and achieve realistic goals.
- **Remember why you joined your child in the first place, not to just kick and punch, but to improve them as people.** Parents should never get harsh or pushy with instructors about how fast their child is learning. It should be understood that memorizing is not necessary or important. Make sure to take a moment to see how your child is improving as a whole person, realizing that rank graduation is just a part of the big picture.
- **If you have a concern about your child's training, progress, or about the school, you should go directly to the instructor, not to other parents.** Parents should never start or participate in gossip especially to demean the Instructor. In fact, they do their best to stamp it out. Understand that your child's Instructor is qualified to teach, but is definitely human and will make mistakes.
- **Parents should be encouraging to all of the students in the school during class, graduations, and demonstrations.** They know that through their example, their children will also learn to encourage and support everyone in the martial arts class.
- **Parents always make sure to show respect and courtesy when attending tournaments and other martial arts functions.** Especially avoid confrontations with judges and other parents. Showing respect and courtesy is a great way to teach their children to be good sports, whether they win or lose. If they do have a concern, they respectfully take it to the tournament director or to their instructor.
- **Parents should always help their children set goals both in and out of Martial Arts.** Parents should understand that goal setting will help their children develop the perseverance and self-discipline needed to stick to commitments and achieve great personal success.

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## Participation / Orientation Form Master Instructor - Mark Slocum



Student's Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Student's Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Student's Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Parent or Guardian \_\_\_\_\_

Address \_\_\_\_\_

Primary Phone No. \_\_\_\_\_ Emergency No. \_\_\_\_\_

Cellular Phone No. \_\_\_\_\_ E-mail \_\_\_\_\_

Our classes are designed to give all participants a chance to learn Martial Arts in real live scenarios. Monthly tuition for Federation classes at this level combining Karate "and" Kungfu with such an experienced Master in Martial Arts are valued at \$175 and up. However, the cost has been discounted to all of our DTTS Students.

All Instructors are certified and will exercise safety at all times. Nevertheless, you (the parent / student) must understand that Martial Arts just as any contact sport has unforeseen bumps and bruises which are free from all liabilities. It is recommended that you check with your physician prior to participating in any strenuous exercise. It is also necessary that you provide the necessary coverage if unforeseen bumps and bruises arise free from all liabilities.

If for any reason you (the parent or student) feel this has been compromised, please feel free to discuss this with your Master Sensei verbally or submit an email to [Sensei@selfdefense4u.net](mailto:Sensei@selfdefense4u.net).

\_\_\_\_\_  
(parent, guardian or self)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(Instructor)

\_\_\_\_\_  
(date)

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