



MAX MARTIAL ARTS
STUDENT INFORMATION HANDBOOK

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WHY MAX MARTIAL ARTS?

MAX Martial Arts instills respect and discipline, while teaching self-defense through a mixture of traditional martial arts. Students will learn to show respect to the dojo, their instructors, and fellow students. Students will also learn discipline over time through focused training and accountability. Students will be held accountable by both instructors and fellow students as at MAX Martial Arts we encourage a team aspect in training. This team aspect is achieved by encouraging everyone to work together in training activities, help fellow students, and team discipline.

ABOUT THE PROGRAM

MAX delivers a hybrid program with roots in the traditional arts of taekwondo, kenpo and influences from many others. As part of this mixed style at MAX, students receive the most varied traditional martial arts program possible and an overall balanced learning experience. With a varied approach, the lessons of martial arts shine through with a strong focus on self-defense and self-control teachings.

PRINCIPLES

Our defining principles are on our crest and guide everything we do, and want to instill in students:

- **Courtesy** – Being polite and showing respect to others.
- **Integrity** – Knowing the difference between right and wrong, and being honest.
- **Self-Control** – Both physically and mentally, not hurting others and not wanting to inflict harm.
- **Perseverance** – To show patience in the face of difficulty.
- **Enduring Spirit** – Never giving up and never wanting to give up.

DOJO RULES

The following rules form the basis for a positive learning experience every visit to MAX:

- Students are to wear gis or a MAX Martial Arts t-shirt in place of the gi top while in class.
- No gum or food are allowed in the dojo. Water must be in a leak-proof container.
- No jewelry is permitted in the dojo unless for medical reasons.
- Socks or footwear are not to be worn in the dojo.
- Please do not take photos or videos of students or instructors during class without express consent.

NEW STUDENTS

To foster a team and collaborative atmosphere, new students of MAX Martial Arts receive a gi, crest and t-shirt once enrolled in the program. Additional uniforms or belts can be purchased through our supplier at [Hatashita](#). Purchased belts must be the same rank as current belt, as new belt ranks can only be received by successfully completing a belt test.

MARTIAL ARTS PROGRAM LEAD

Ben Crane

A highly trained martial artist and instructor, with a background in a variety of styles, Ben is a 4th degree black belt in taekwondo under Grandmaster Hee Il Cho. He started training in martial arts at the age of 8, when he and his father enrolled in taekwondo together. Mr. Crane is now a five time taekwondo world champion, with over 15 years of teaching experience, and is excited to bring his knowledge and insight to MAX Martial Arts.

WHAT HAPPENS IN CLASS?

All classes at MAX have an instructional purpose, and begin with an introduction and 10-20 minute warmup to help the students prepare. To provide a balanced learning experience across classes each week, and to ensure students are continually growing and learning new skills, each class has a theme. A class will typically focus on one of the following three areas:

Patterns

Students will practice and learn new MAX Martial Arts patterns.

Sparring/Pads

Students will take part in different pad drills and/or some form of sparring with or without contact.

Fundamentals

Students run through a mix of kick, blocks, strikes, stances and/or combos along with other basic techniques.

At times, the instructor will use their discretion to teach a 'free' class. This will include a blend of the above areas. As a group, the MAX Martial Arts team plans each week and closely collaborates to create a consistent and quality learning experience.

CLASS OPTIONS

BEGINNER/LITTLE DRAGONS

AGES 3-5, 6-7

Our Dragons classes are the starting point for our martial arts program and focus on introducing children to the basic concepts of martial arts. Students are taught respect and discipline in a fun, yet structured environment.

JUNIOR/YOUTH/ADULT

AGES 8-9, 10-15 & 16+

Our core martial arts program is based on a hybrid style of taekwondo and kenpo karate created specifically for MAX. Students are taught self-defense, traditional patterns, sport karate and taekwondo as well as the core values of MAX Martial Arts

KICKBOXING

AGES 10+

Our kickboxing program is geared towards youth and adults interested in the standing and striking sports. This program teaches students the fundamentals of movement, and striking, with a generous helping of calisthenics and conditioning training thrown in for good measure.



FREQUENTLY ASKED QUESTIONS

Does MAX Martial Arts offer a trial period?

MAX Martial Arts offers a free 7 day trial. You can sign up for this by completing a membership form found at the front desk of any MAX location or at yourmax.ca/martial-arts and submitting it to a customer service representative.

How many classes per week may a student attend?

Students are able to attend as many classes as they wish at both locations, as long as they are enrolled (i.e. Beginner Dragons cannot attend Junior Martial Arts).

What happens if a student does not pass a belt test?

Students who are unsuccessful in passing a belt test will receive an evaluation form from the Program Lead. This will highlight what elements they need to improve upon to successfully obtain this belt in the future. Students will be able to try again at the next belt test.

Does Martial Arts lead to aggressive behavior?

Unlike other styles of martial arts, at MAX, we teach that martial arts can be defensive and should be used to defend yourself, not to harm others.

Can a membership be placed on hold?

During the summer, students can place their memberships on hold for July and August. The summer hold automatically ends August 31 without the need for additional forms.

How does a student move from one class group into another?

Once a student fits the qualifications to move to a new class (e.g. age or belt rank), a new membership form will need to be completed for the new class. If you are unsure when to make the change to a new class you can ask an instructor or contact us at martialarts@yourmax.ca.

I currently have a belt in another style/program, would I be able to keep my belt rank when joining MAX Martial Arts?

If you currently have a belt rank in either taekwondo or karate, then you can keep your rank when joining MAX and hold it until you are ready to test.

When should I get sparring gear for myself/my child, and what do I need to purchase?

For most adults, sparring gear can be purchased at either a yellow or orange belt. For children, it is best to ask an instructor if you aren't sure, however, in most cases children ages 8+ and purple belt or higher are able to start training with sparring gear on. You should purchase the following gear:

- Sparring helmet
- Chest pad
- Sparring gloves
- Shin/instep guards
- Mouth guard (top only)
- Jock (male/female)

What are the key differences between the martial arts and kickboxing programs?

MAX Kickboxing has a stronger focus on fitness while learning the skills to defend yourself through kickboxing, while MAX Martial Arts puts more focus on finely tuned skill and discipline through traditional practice.

When do I get my first uniform?

Students enrolled in the traditional martial arts program (Little Dragons, Junior Martial Arts, Youth Martial Arts, and Adult Martial Arts) will receive a gi once their free trial comes to an end. Students in Beginner Dragons and Kickboxing don't require any uniforms, they instead should wear comfortable athletics clothing. Additional uniforms can be purchased through our wholesaler.

MAX MARTIAL ARTS BELT TESTING

Belt testing is a great way for students to track their progress in MAX Martial Arts. Details of belt progression can be found in Appendix A.

BEST TEST SCORING AND PROGRESSION

Belt testings will occur three times a year and students will be tested on eight categories:

- **Basics** – Students are marked on respect, listing skills, and effort.
- **Stances** – Students are marked on understanding, execution, and skill of all stances.
- **Blocks** – Students are marked on understanding, execution, and skill of all blocks.
- **Strikes** – Students are marked on understanding, execution, and skill of all strikes.
- **Kicks** – Students are marked on understanding, execution, and skill of all kicks.
- **Combos** – Students are marked on understanding, execution, speed, and skill of all combos.
- **Sparring/Pad Work** – Students are marked on movement, speed, skill, self-control, and ring control.
- **Patterns** – Students are marked on understanding, control, speed, effort, and skill.

Each category is worth up to five points. One being poor, three being average, and five being excellent with half marks awarded when appropriate. With this scoring system, students being tested for a coloured belt need at least 20/40 points to pass or 50%, while students testing for a black belt need a score of at least 30/40 points to pass or 75%. Upon completion of a successful belt test, students will be awarded with a new belt and certificate of achievement after the date of the testing once student scores have been calculated. The rate at which students are tested for a new belt rank is based off what rank they currently have, and their knowledge of the content needed for the next belt rank. The table below shows the average training time needed from students before a test (minimum one martial arts class per week):

NEXT BELT RANK	AVERAGE TIME IN RANK	COST FOR TESTING
Yellow Belt	Three months	\$20.00
Orange Belt	Four months	\$30.00
Purple Belt	Six months	\$40.00
Green Belt	Six months	\$50.00
Blue Belt	Eight months	\$60.00
Brown Belt	Eight months	\$70.00
Red Belt	Ten months	\$80.00
1st Black Recommended	Ten months	\$90.00
1st Black Belt	One year	\$100.00

Belt testings will occur approximately every four months. They will be expected to occur in March, July, and November.

MAX MARTIAL ARTS BELT TESTING

The below descriptions outline the necessary skills and techniques an individual must learn to be ready for the next belt rank.



RANK 0 (WHITE)

Basics	Respect Listening skills Showing effort
Stances	Front stance Horse/sitting stance Fighting stance Side stance
Blocks	High block Low block Middle/outside forearm
Kicks	Axe kick Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front leg)
Strikes	Palm strike Straight punch
Combos	2
Pattern	Chon-ji
Sparring	Partner Pad work

RANK 1 (YELLOW)

Basics	Respect Listening skills Backwards break fall Safe getup
Stances	Front stance Horse/sitting stance Fighting stance Side stance Back stance
Blocks	High Block Low Block Middle/outside forearm Parry
Kicks	Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front leg) Axe kick Snap kick
Strikes	Palm strike Straight punch Elbow strike
Combos	2-3
Pattern	1st kenpo
Sparring	Partner Pad work

RANK 2 (ORANGE)

Basics	Respect Listening skills Backwards break fall Safe getup Sprawl Movement
Stances	Front stance Back stance Horse/sitting stance Fighting stance Side stance
Blocks	High block Low block Middle/outside forearm Parry X-Block (high/low) Wedging block
Kicks	Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front/back leg) Axe kick Snap kick Step in sidekick Knees
Strikes	Palm strike Straight punch Elbow strike Reverse punch Back fist Knife hand strike
Combos	2-3
Pattern	Dan gun
Sparring	Partner Pad work

RANK 3 (PURPLE)

Basics	Respect Listening skills Backwards break fall Safe getup Sprawl Movement Forward break fall C-stepping
Stances	Front stance Back stance Horse/sitting stance Fighting stance Side stance Cat stance (Forward/L)
Blocks	High block Low block Middle/outside forearm Parry X-Block (high/low) Wedging block Inside forearm block Knife hand guarding block
Kicks	Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front/back leg) Axe kick Snap kick Step in sidekick Knees Crescent kicks (inside/outside)
Strikes	Palm strike Straight punch Elbow strike Reverse punch Back fist Knife hand strike Hammer fist (inside) Spinning back fist
Combos	3-4
Pattern	2nd kenpo
Sparring	Shadow sparring (no contact)

RANK 4 (GREEN)

Basics

Respect
Listening skills
Backwards break fall
Safe getup
Sprawl
Movement
Forward break fall
C-stepping
Forward shoulder roll

Stances

Front stance
Back stance
Horse/sitting stance
Fighting stance
Side stance
Cat stance (Forward/L)

Blocks

High block
Low block
Middle/outside forearm
Parry
X-Block (high/low)
Wedging block
Inside forearm block
Knife hand guarding block
Circle block

Kicks

Front kick (front/back leg)
Roundhouse (front/back leg)
Sidekick (front/back leg)
Axe kick
Snap kick
Step in sidekick
Knees
Crescent kicks (inside/outside)
Back kick
Jump snap kick
Jump front Kick

Strikes

Palm strike
Straight punch
Elbow strike
Reverse punch
Back fist
Knife hand strike
Hammer fist (inside)
Spinning back fist
Spear hand thrust

Combos

3-4

Pattern

Joung-Gun

Sparring

Point sparring (3 point)

RANK 5 (BLUE)

Basics	Respect Listening skills Backwards break fall Safe getup Sprawl Movement Forward break fall C-stepping Forward shoulder roll
Stances	Front stance Back stance Horse/sitting stance Fighting stance Side stance Cat stance (Forward/L)
Blocks	High block Low block Middle/outside forearm Parry X-Block (high/low) Wedging block Inside forearm block Knife hand guarding block Circle block Twin forearm guarding block Twin knife hand guarding block
Kicks	Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front/back leg) Axe kick Snap kick Step in sidekick Knees Crescent kicks (inside/outside) Back kick Jump snap kick Jump front kick Hook kick (front/back leg) Weaving kick Jump Side kick
Strikes	Palm strike Straight punch Elbow pstrike Reverse punch Back fist Knife hand strike Hammer fist (inside/downward) Spinning back fist Spear hand thrust
Combos	3-5
Pattern	3rd kenpo
Sparring	Point sparring (5 point)

RANK 6 (BROWN)

Basics	Respect Listening skills Backwards break fall Safe getup Sprawl Movement Forward break fall C-stepping Forward shoulder roll	
Stances	Front stance Back stance Horse/sitting stance Fighting stance Side stance Cat stance (Forward/L)	
Blocks	High block Low block Middle/outside forearm Parry X-Block (high/low) Wedging block Inside forearm block	Knife hand guarding block Circle block Twin forearm guarding block Twin knife hand guarding block Double inside forearm block Double outside forearm block
Kicks	Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front/back leg) Axe kick Snap kick Step in sidekick/slip sidekick Knees Crescent kicks (inside/outside)	Back kick Jump snap kick Jump front kick Hook kick (front/back leg) Weaving kick Jump side kick Spinning hook kick Jump roundhouse
Strikes	Palm strike Straight punch Elbow pstrike Reverse punch Back fist	Knife hand strike Hammer fist (inside/downward) Spinning back fist Spear hand thrust
Combos	4-5	
Pattern	Toi Gye	
Sparring	Continuous sparring	

RANK 7 (RED)

Basics	Respect Listening skills Backwards break fall Safe getup Sprawl Movement Forward break fall C-stepping Forward shoulder roll Evasion and counterstrike	
Stances	Front stance Back stance Horse/sitting stance Fighting stance Side stance Cat stance (Forward/L)	
Blocks	High block Low block Middle/outside forearm Parry X-Block (high/low) Wedging block Inside forearm block	Knife hand guarding block Circle block Twin forearm guarding block Twin knife hand guarding block Double inside forearm block Double outside forearm block
Kicks	Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front/back leg) Axe kick Snap kick Step in sidekick/slip sidekick Knees Crescent kicks (inside/outside) Back kick Jump snap kick	Jump front kick Hook kick (front/back leg) Weaving kick Jump side kick Spinning hook kick Jump roundhouse Scissors kick Jump hook kick Turnover roundhouse
Strikes	Palm strike Straight punch Elbow pstrike Reverse punch Back fist	Hammer fist (inside/downward) Spinning back fist Spear hand thrust Ridge hand strike Knife hand strike
Combos	4-5	
Pattern	Choong-Moo	
Sparring	Continuous sparring	

RANK 8 (1ST BLACK RECOMMENDED)

Basics	Respect Listening skills Backwards break fall Safe getup Sprawl Movement Forward break fall C-stepping Forward shoulder roll Evasion and counterstrike	
Stances	Front stance Back stance Horse/sitting stance Fighting stance Side stance Cat stance (Forward/L)	
Blocks	High block Low block Middle/outside forearm Parry X-Block (high/low) Wedging block Inside forearm block	Knife hand guarding block Circle block Twin forearm guarding block Twin knife hand guarding block Double inside forearm block Double outside forearm block
Kicks	Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front/back leg) Axe kick Snap kick Step in sidekick/slip sidekick Knees Crescent kicks (inside/outside) Back kick Jump snap kick Jump front kick	Hook kick (front/back leg) Weaving kick Jump side kick Spinning hook kick Jump roundhouse Scissors kick Jump hook kick Turnover roundhouse Tornado kick Jump back kick
Strikes	Palm strike Straight punch Elbow pstrike Reverse punch Back fist Hammer fist (inside/downward)	Spinning back fist Spear hand thrust Ridge hand strike Knife hand strike Self-defense takedowns (3)
Combos	4-6	
Pattern	6th kenpo	
Sparring	Continuous sparring (2 on 1)	

RANK 9 (1ST DAN BLACK)

Basics	Respect Listening skills Backwards break fall Safe getup Sprawl	Movement Forward break fall C-stepping Forward shoulder roll Evasion and counterstrike
Stances	Front stance Back stance Horse/sitting stance Fighting stance Side stance Cat stance (Forward/L)	
Blocks	High block Low block Middle/outside forearm Parry X-Block (high/low) Wedging block Inside forearm block	Knife hand guarding block Circle block Twin forearm guarding block Twin knife hand guarding block Double inside forearm block Double outside forearm block
Kicks	Front kick (front/back leg) Roundhouse (front/back leg) Sidekick (front/back leg) Axe kick Snap kick Step in sidekick/slip sidekick Knees Crescent kicks (inside/outside) Back kick Jump snap kick Jump front kick Hook kick (front/back leg) Weaving kick	Jump side kick Spinning hook kick Jump roundhouse Scissors kick Jump hook kick Turnover roundhouse Tornado kick Jump back kick Jump spinning hook Backwards jump back kick Slip double front kick (low/high) Slip double side kick (low/high)
Strikes	Palm strike Straight punch Elbow pstrike Reverse punch Back fist Hammer fist (inside/downward)	Spinning back fist Spear hand thrust Ridge hand strike Knife hand strike Self-defense takedowns (3)
Combos	5-6	
Pattern	Kwang-Gae	
Sparring	Continuous sparring (3 on 1)	