

Introductory Training Guide
for
All New Students

At
Piscataway Martial Arts

[www. PiscatawayDojo. Org](http://www.PiscatawayDojo.Org)

Belongs to

Student Name

Training Started On

Date





Personal Progress Log



My Martial Arts Journey

Student Name

<u>Date</u>	<u>Age</u>	<u>Activity</u>
_____	_____	Joined Piscataway Martial Arts
_____	_____	Received my New Uniform and White Belt
_____	_____	Test for and Received my White Belt Stripe
_____	_____	Test for and Received my Yellow Belt

Other Training outside of PMA Dojo

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Introduction



Welcome to Piscataway Martial Arts and Maldog MMA

Quick Facts :

- o Program offered through Piscataway Township Department of Recreation
- o Established in 1994 as Piscataqua Dojo by Sensei George Maldonado
- o Piscataway Martial Arts is the dedicated children's program of the dojo
- o Maldog MMA is the High Belt group of Piscataway Martial Arts
- o 4 Dedicated Instructors, 2 Administrative Staff
- o All Unpaid Volunteers

Details :

- o Primary Dojo Location : Conackamack Middle School
- o Summer Dojo Location : Piscataway High School
- o Website : www.PiscatawayDojo.Org

- o Sensei George Maldonado, Founder and Instructor
- o Sensei Ray Buaron, Head Instructor
- o Sensei Tracy Buaron, Instructor
- o Sensei Felix Rivera, Instructor
- o Mrs. Tju Makmur, Administration
- o Mr. Hanz Makmur, Website, Technology, Video

Students accept and understand that Piscataway Martial Arts and Maldog MMA provide instruction and establish technical skills criteria according to its own training plan. Students advance in rank in direct relation to their own efforts, attendance, retention, development, and display of overall skill sets learned. The program is strongly focused on self-discipline and self-improvement. Students are provided guidance by instructors with over 75 years of combined experience. We are here to serve. Our vision is to have a positive impact on every child's life that attends our program.

***We are a free program,
but
We do not give anything away***



Introduction

(Continued)



What you can expect at PMA :

- o A martial arts program based on traditions, respect, focus, discipline, effort, confidence, determination, courage, self-improvement
- o Development of a whole person
 - * Behavior Control, Being Helpful to family and community, Do your Part
- o A student will be challenged to improve themselves from class to class, from lesson to lesson; physically, mentally, emotionally
- o An environment of Camaraderie and helpfulness between students, instructors, administration, and parents

What is expected from you at PMA :

- o Students are expected to come to class ready to start by 7:00 PM
- o Students are expected to maintain an attendance level which allows them to learn, participate, and understand, demonstrated techniques
- o Students are expected to strive for self-improvement
 - * Take the lessons from class and find time during the week to practice on their own. Remember, “Your dojo is always with you”
 - * Physical training, strengthening, stamina starts with 1 good push-up at a time, 1 good leg-lift at a time, 1 good stance at a time, etc
 - * Find a small piece of time during your day, to breath properly, and “empty your mind”
- o Students are expected to “Do Your Part” (See attached worksheet)
 - * Do your part at home
 - * Do your part in school
 - * Do your part in the community
 - * Do your part is an agreement between Student and Parent, Student and PMA, and Parent and PMA. In essence, a student is responsible for their words and actions wherever they may be. This allows the student to maintain their status and privileges in the dojo.
- o Students are expected to “Do Your Own Work”
 - * Be responsible for themselves
 - * Carry their own belt and equipment
 - * Know how to line up
 - * Know how to behave in the dojo
 - * Work on their techniques as shown by instructors, not as their friends and martial arts classmates appear to be doing

Piscataway Martial Arts Student Daily Checklist Name: _____ Month & Year: _____

Rank (circle one): White 1Y 2Y 3Y Yellow Belt 1P 2P 3P Purple 1B 2B 3B Blue Belt 1G 2G 3G Green Belt 1B 2B Brown

Martial Arts is not just about kicking and punching. The lessons learned in class include responsibility, obedience, and respect. Students must apply these lessons outside the dojo in order to become a better person, as well as being a better martial arts student. Please complete the following chart DAILY by placing a “check-mark” indicating that you have successfully completed the task. This checklist is part of the requirements in order to be invited for the next rank promotion test. If you already do all these things and more, then you should not have any worries about completing the chart every month

Task	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																										
Daily Routine																																																									
Be Respectful																																																									
Help with Chores																																																									
Push Ups / Sit Ups, etc																																																									
Stances, Blocks, Strikes, etc																																																									

Daily Routine includes, but not limited to : 1). Keep your room Neat and Clean; Clothes are in drawers or laundry basket, not on the floor; Toys, books, etc are put away when done being used; Bed is neat / tidy and “made”; Get yourself dressed quickly once you awake 2). Be considerate of others at all times; Help bring groceries into the house after shopping; Take out the garbage; Help tidy up the kitchen 3). Eat meals using proper etiquette. 4). At bedtime, do your bedtime routine and go to sleep without getting distracted and delaying; 5). Be responsible for your own activities such as School, Homework, Sports Practice, Music Practice, etc; be ready with all your gear and be ready to go to the car once mom or dad says they’re ready to go; 5). Do your homework without having to be reminded or prodded.

Students, this is your commitment to do your part as part of a family, as part of a community. We’ve said in class that you must do something to improve yourself everyday, and by doing so, you affect the lives of people around you. This daily/weekly/monthly tracking log is one of the criteria for being eligible to be invited to the next rank test promotion. This must be submitted at the last class of every month in order for you to earn your “credit” for the month.

Mom and Dad, this chart is your child’s daily progress tracking. Please print one for every month. This is their commitment to you that they will do their part as a member of the family and the community. This chart will clearly show on a daily basis if they are doing their part. If they do not adhere to their commitment as agreed to with you, then they should not be eligible to participate in promotion for rank testing at the next test opportunity. Please place your signature and date at the bottom of this page, at the end of the month, and circle either “Yes” or “NO” to indicate if your child has done their part for the month Yes / No _____



Terminology and Traditions



Terminology

Dojo : The hall in which we train

Tradition :

Before Entering the Dojo, Stop, and Properly Bow into the dojo when you arrive at the doorway before even stepping inside.

Before Leaving the Dojo, Stop, and Properly Bow INTO the dojo just before you step out of the doorway to leave. As you approach the doorway, you stop, you turn around so that you are facing the INSIDE OF THE DOJO, you bow properly, you take 1 step backward out of the doorway, you turn around, and can now proceed to leave.

The dojo is a place that is respected. It is a place for focus and training. It is not the place to be playing, or running around, or having loud casual conversations.

Sensei : a Japanese word that basically means "person born before another." In general usage, it means "master" or "teacher"

Tradition :

A student refers to their martial arts teacher as "sensei". It is customary, for a student to begin or end their sentences, questions, or conversations with the word "sensei"; as in "Sensei, I need your help understanding ...", or "Sensei, could you explain ...", or "Thank you, Sensei", etc

Uniform : consists of a "Gi" (the jacket and pants), and an "Obi" (the belt)

Tradition :

The Gi may be worn outside of the dojo; i.e. while going to and leaving from the dojo.

The Obi is worn only inside the dojo. A student is responsible for their obi at all times. The obi is carried to and from the dojo either in a carrying bag, or folded neatly in a person's hand. The obi is a representation of a student's hard work and status in a dojo.

Bow(ing) : the act of bowing is an indication of respect or trust; it is not a religious act

Tradition :

A student would bow when arriving at or before leaving the dojo. A student would bow prior to and after speaking with their sensei. A student would also bow to a higher rank student. Students bow to each other prior to and after working with each other.

If you need to speak to any instructor, you must wait at natural stance until the instructor acknowledges you. You then properly bow to the instructor. Only then do you begin speaking with the instructor. After finishing speaking with the instructor, you say "Thank you Sensei", properly bow, take a 1 step back, then turn around and walk away.

Belt Rank : Identifies a student's accomplishments and status in the dojo

Tradition :

Students respect each other regardless of rank. A lower rank is able to ask a higher rank for help with many topics regarding training and traditions

It is improper for students to ask to be tested for the next rank. Instructors will invite a student to test for the next rank when the instructor determines that the student is ready.



Your Training Begins



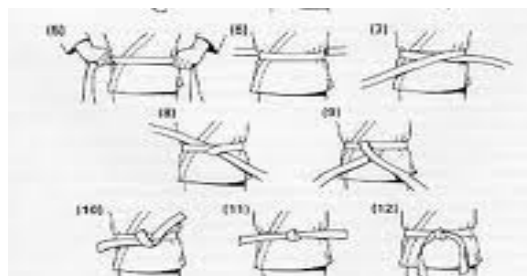
Tying your Gi (Uniform)

- 1). Take the tassel on the edge of the right flap of the jacket and tie it to the tassel located on the inside left seam of the jacket (Fig.1 and 2)
- 2). Overlap the left flap of the jacket over the right (Fig.3)
- 3). Take the tassel on the edge of the left flap of the jacket and tie it to the tassel located on the inside right seam of the jacket (Fig.3)



Tying your Obi (Belt)

- 1). Center your obi (belt) on your stomach
 - A). First fold the obi in half with both ends of the same length to locate its center
 - B). Place the center of the obi flat across your stomach with both ends hanging down toward the floor
- 2). Wrap your obi (belt) around your waist
 - A). Keep the center of your obi flat against your stomach with both ends of equal length
 - B). Wrap both ends around the sides of your waist from your front toward your back
- 3). Cross your obi (belt) behind your back.
 - A). Keep your obi flat against your stomach and sides
 - B). Take the end that's on your left side and cross it over the end from your right side in the middle of your back
 - C). After the ends cross in the middle of your back wrap them across to the opposite sides
 - D). Remember to keep the obi flat against your body without letting it twist anywhere
- 4). Come back to the front
 - A). Now wrap both ends of your obi around the sides of your waist to return to your front again.
- 5). Create a knot in the front
 - A). Wrap the end that originates on your right side under the other two layers, against your stomach, and pull it straight up and out the top of your obi.
 - B). Pull the two ends diagonally apart to tighten your obi around your waist.
 - C). Take the end of your obi that is coming out of the top left, and bend it down over to the right side.
 - D). Take the end of your obi that is coming out of the bottom right and pull it down to the center.
 - E). Take the end coming out the bottom and loop it under the other end, then up, over and back down through the loop it forms with the rest of the obi against your waist.
 - F). Adjust if necessary to make both ends the same length, then pull the ends to tighten the knot.





Your Training



- 0). Class begins promptly at 7:00 PM
 - A). Pre-Lineup starts at 6:55; Group Lineup starts at 6:59; In place by 7:00
 - B). If you are late,
 - 1). You are expected to perform 20 Jumping Jacks and 10 Push Ups on your own at the sidelines, before waiting to join the group
 - 2). You stand in Natural Stance at the sidelines and wait for an instructor to acknowledge you, and tell you where to join
 - 3). You bow to the instructor and run to your spot

- 1). Lining Up
 - A). Class begins when everyone has lined up
 - B). Students line up by rank at the pre-lineup location
 - * At PMA this pre-lineup location is the center black line of the basketball floor
 - C). The senior ranks establish the “Anchor Line”
 - * This anchor line determines the location of each following student thereafter
 - D). Students should be lined up in equal distances from front to back and side to side
 - 1). Follow the person in front of you in the pre-lineup to determine your position in the lineup
 - 2). Be sure that your body position directly in line with the student located to your left. The best way to accomplish this is by turning you head to the left, draw an imaginary line that connects your Left Shoulder to the other student’s right shoulder.
 - E). Once students have determined their individual positions, the student must face the front of the class, in Natural Stance position; (see Stance Section)
 - F). Stand still. No fidgeting, no squirming around, no rocking back and forth. Standing still in Natural Stance is training all on its own

Once Lining Up as been accomplished, the class performs

- 2). Bow(ing) In
 - A). We bow in as a group for a number of reasons
 - 1). We are recognizing and offering respect to the dojo
 - 2). We are recognizing and offering respect to the leaders and instructors
 - 3). We are recognizing and offering respect to each other

- 3). Warm Up / Strengthening / Stamina Exercises
 - A). Exercise is an integral part of Martial Arts. The mind, the body, and the spirit need to be in good condition in order to understand and perform the techniques and requirements of the discipline
 - B). Exercise and Conditioning can be, and should be done at home also. There is always some exercise that a student can do, even while listening to music, or watching television, or taking a break from studies. If you need a list of exercises to perform at home, please see a Sensei. Better yet, you make a list which you will follow, and check with sensei that the list is acceptable.



Your Training



3). Warm Up / Strengthening / Stamina Exercises (continued)

C). Exercises include (but not limited to) :

- 1). Jumping Jacks : Develops co-ordination, leg strength, stamina. Control your work space when jumping; Do not be bouncing all over the place, other students need their work space also.

Movement

- o Feet move out and in to the sides,
- o Arms move up and down, fingers touch above your head
- o As feet move out, hands go up,
- o As feet move in, hands come down.

- 2). Push Ups : Builds strength in arms, shoulders, chest, upper back. Strength is necessary in self-defense, opponent control, blocks and strikes, and execution of techniques.

Movement :

- o Kneel down on the floor and place your hands flat on the floor and slightly wider than shoulder width apart
- o With your shoulders directly over your hands, straighten your arms.
- o Move your feet back, placing your toes on the floor, so that your knees are off the floor and your legs are straight.
- o At this point, your body should form a straight line from your shoulders to your ankles.
- o Your body should remain straight throughout this exercise.
- o Keep your head and neck in line with your body so that you are looking down toward the floor.
- o This is the starting position.
- o In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor.
- o Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position.
- o If you need to reduce the intensity of this exercise you can perform the pushup from your knees.

- 3). Sit Ups : Builds strength in abdominal core muscles

Movement :

- o There are many variations of the “Sit Up” exercise which we will do in class. Following along is the best process for learning and practicing these exercises
- o Sit Ups include : Standard Sit Ups, Seated Leg Lift, Laying Leg Lift, Laying Leg Raiser, Seated Ab Crunch, Alternating Leg Extension