

# **Omega Martial Arts**

## **Information Booklet**



**Rules & Protocol  
April, 2006**

# Forward

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The Omega Introduction Booklet is designed as an aid to help students learn about the basic workings and philosophy of our school. It also explains the protocol expectations for every student.

Feel free to ask any Senior Instructor at Omega questions you may have about the Omega system.

This Introduction Booklet becomes the basis for your required Martial Arts Reference Notebook.

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# Background

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## **Owner: Dr. Bob Davis, 10th degree Black Belt**

Dr. Davis earned his Ph. D. in Martial Arts Science in 2001 and he is the founder of the Omega Tao system. He began martial arts in 1967 out of a need for self-defense. He holds high-ranking degrees of black belt in the styles that make up Omega Tao: Tae Kwon Do, Isshinru, Judo, Taihojitsu and Jujitsu. Combining these arts with American boxing and training in several different weapons, convinced the World Congress of Martial Arts to declare Omega a free standing system and promoted Dr. Davis to 10th Degree in 2002. Dr. Davis was a full-contact fighter for several years before retiring to point fighting and forms competition at all levels. He coaches and referees at national and international levels. Omega Tao is Dr. Davis' full time passion and work. He is currently northwest regional director of the World Congress of Martial Arts.

## **Shihan Pano M. Perdaris, Ph.D., 7th Degree Black Belt**

Mr. Perdaris' love for martial arts started while he was in college in 1970. He earned his first degree black belt in a combination system similar to Omega in 1975 and his 2nd degree in 1978. In the 1980's, he switched to Shin GoJu Ryu, accomplishing 1st and 2nd degree black belt there. He earned a 3rd degree black belt in Shorei Goju Ryu before coming to Omega in 1986. Mr. Perdaris learned the Omega system and earned his 4th degree in 1989, 5th degree in 1993, 6th degree in 1998, and 7th degree in 2002. He has been a top national competitor and respected referee. He brings charisma and gives confidence to all his students. He is an accomplished self defense teacher, and has been a certified Tai Chi Chih instructor since 1994. Mr. Perdaris works for United Airlines.

## **Shihan Jan Davis 6<sup>th</sup> degree.**

Master Davis began her martial arts training with Omega in 1983. She runs the Omega program in Utah and has developed a large organization teaching the Omega system. She is in charge of the Utah state games and runs an event every year. She received her 1<sup>st</sup> degree at Omega in 1987, 2<sup>nd</sup> degree in 1991, Third degree in 1993, 4<sup>th</sup> degree in 1995, 5<sup>th</sup> degree in 1999, and 6<sup>th</sup> degree in 2004. She is a strong leader and cares deeply for the students. Ms. Davis works for Elk Ridge city.



**Dr. Bob Davis PH.D.**



**Shihan Pano Perdaris**



**Shihan Jan Davis**

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**Master Cheryl Volesky, 5th Degree Black Belt**

Mrs. Volesky came to Omega in 1985 and instantly fell in love with martial arts. Her natural abilities and thirst for knowledge motivated her to achieve her 1st degree black belt in 1988. In 1990, she tested for 2nd degree, her 3rd degree in 1995, her 4th degree in 1999, and earned her 5th degree in 2002. Mrs. Volesky is the President of our Castle Rock school. Her enthusiasm and encouragement is contagious. She has mastered her favorite weapon, the Tonfa, in addition to others, and has competed nationally and internationally as well. She enjoys her work with the Douglas County school district.

**Master Diana Rotenbury-Melton, 5th Degree Black Belt**

In 1985, Mrs. Rotenbury-Melton joined Omega Martial Arts. With characteristic tenacity, she constantly challenged herself to reach 1st degree black belt in 1989. Her 2nd degree came in 1991, 3rd degree in 1995, 4th degree in 1999, and 5<sup>th</sup> degree in 2003. Her love for the martial arts has earned her a brown belt in Okinawan weapons and has served her in national and international competition. Mrs. Rotenbury-Melton is the President of our Parker school where she encourages students to challenge themselves and succeed. In addition to being a certified Homeopathic practitioner, she continues to work at the Department of Defense.

**Kwon Jon Nim, Gordon Wells, 4th Degree Black Belt**

Mr. Wells began his training in martial arts in 1970 with When Hop Kwon Do and Judo. In 1984, he began his education in Omega Martial Arts system and persevered through to his first degree black belt in 1992. Omega was proud to see him test and achieve his 4th degree in 2001. Though knowledgeable about several weapons, Mr. Wells' expertise is with a short stick called the Jo. Mr. Wells is the Co-President of our Elizabeth school where students enjoy his gentle style. Mr. Wells has been employed as a senior compiler at Jeppeson Sanderson for 23 years.

**Kwon Jon Nim Ryan Davis 4<sup>th</sup> Degree Black Belt**

Mr. Davis began Martial Arts in 1978. He received 1<sup>st</sup> degree in 1995, 2<sup>nd</sup> degree in 1998, 3<sup>rd</sup> degree in 2001, and 4<sup>th</sup> degree in 2004. Ryan is very energetic and brings new life to the younger students. He help pilot Omega's Kid Kicker program for 4-8 year old students. He is very accomplished with the Bo. He heads up Omega's XMA program.



**Master Cheryl  
Volesky**



**KwonJonNim D.  
Rotenbury-Melton**



**KwonJonNim Gordon  
Wells**



**KwonJonNim  
Ryan Davis**



**Master Bill  
Sandberg  
5<sup>th</sup> degree  
South Carolina**



**Master Jason Davis  
5<sup>th</sup> degree  
Utah**



**Professor Page  
Alcorta 4<sup>th</sup> degree  
Colo**



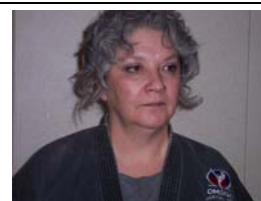
**Sabumnim Charles  
Arnt 3<sup>rd</sup> degree  
Colo**



**Sabumnim Kathy Davis  
3<sup>rd</sup> Degree Black Belt  
Colo**



**Sabumnim Greg Parmely  
3<sup>rd</sup> Degree Black Belt  
Colo**



**Sabumnim Natalie Young  
3<sup>rd</sup> Degree Black Belt  
Colo**



**Kwon Jon Nim**  
**Nathan Lott**  
**3rd degree**  
**Louisiana**



**Master Jack Buck**  
**Jujitsu**  
**5<sup>th</sup> Degree**  
**Colo**



**Richard Davis**  
**3<sup>RD</sup> Degree**  
**Utah**

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**Kwon Jon Nim**  
**Jenny Jarvis**  
**3<sup>RD</sup> Degree**  
**Utah**

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# About Omega

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Omega Martial Arts was founded by Dr. Bob Davis, 10th Degree, and Master Instructor. Omega is known for its legacy of quality instruction in the martial arts. Omega's roots are TaeKwonDo/TangSooDo with Isshinryu influence. Members of Omega have an opportunity to learn many different styles including Okinawan weapons, Judo, and Jujitsu. Omega has added aerobic cardio kickboxing and women's self-defense as well.

Omega is dedicated to not only physical instruction, but also mental discipline, along with emotional and spiritual balance. Come and explore the Arts that have survived the centuries of the past, and the Martial Arts spirit that will endure the centuries to come.

Omega Martial Arts' main objective is to teach a student self-defense. However, many positive benefits go along with this process such as:

- **Exercise with a Purpose** - Each class spends approximately 15 minutes stretching and warm-up exercises, increasing aerobic capacity, endurance, balance, and coordination.
- **Street Awareness** - Teaches a student how to be more aware of his/her environment and how to make their life safer. The 5 T's (mind of a mugger) is taught.
  1. **Target:** This is usually someone who is not paying attention, or looks like they are unsure about the area or looks afraid. The attacker will also look for someone whose patterns can be followed.
  2. **Test:** This is when the attacker will find out how alert someone is with something like a simple question. (Do you know the time?) If the person acts unsure or surprised, they make a better target than the person who moves away and reacts quickly.
  3. **Threat:** This is when the attacker will take action. (Give me your wallet.)
  4. **Touch:** This is when the attacker will physically grab the items you offer or will go after them himself.
  5. **Takeoff:** This is the time when the attacker will leave the scene of the crime. It is also the most dangerous. The attacker may decide that since you can identify him you should be hurt or even killed.
- **Discipline and Respect** - Students are taught to respect their instructors, each other, and the "DoJang" (School). This also reflects on the student's attitude in school and at home.
- **Self-Confidence** - Students learn to work together. They learn they can set goals and achieve them through a series of testings and practice. Shy students learn to participate in leading classes, formal testings, and in school demonstrations.

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### Omega's Goal:

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To teach Quality martial Arts without the use of Eastern religious overtones in a fun, family and safe environment...

# Philosophy

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Omega stands for family and keeping the family together. We not only teach martial arts but we give families a place to get together, slow down and enjoy a sense of community that seems to be missing in our fast-paced world.

Omega is focused toward providing the highest quality. Omega's martial arts program is a fun, safe, exciting atmosphere. Omega Martial Arts philosophy for teaching belt ranks is divided into eight ranking levels: white, yellow, green, purple, blue, red, brown, black.

The primary objective is to enforce the formal aspect of the martial art: blocks, kicks, strikes, stances, kata, self-defense, one-steps, sparring, martial art protocol, and discipline. Our secondary objective is to teach safety awareness. Trying to make black belts is not our objective, but to have the students obtain aspect of the martial arts techniques and their related bunkai (hidden motions).

All instructors are volunteers and love sharing their martial arts with others. It is recommended that a student's attendance should be at a minimum of twice a week to obtain the most Omega has to offer.

## **Beginning / Intermediate Levels (White, Yellow, Green, Purple)**

Each student is encouraged to attend a minimum of two classes per week. Missed classes can be made up. Students are learning that they belong to the whole Omega family at these levels, so we all share the responsibility to keep our school clean and looking neat. All students are required to keep track of all personal items.

## **Advanced Student Levels (Blue, Red, Brown)**

Students in these levels learn not only in their classes, but also by assisting Black Belt instructors in other classes. It is gratifying to share your knowledge! They also help in other school activities - tournaments, demonstrations, and the brown belts help control testings. Students in these levels make sure to set a good example for all students through use of proper protocol and keeping the school neat.

## **Black Belts**

Black belt students help teach classes, give help to individual students, participate in and judge at testings and tournaments. We have great black belt support at Omega. The Black Belts are always willing to help, and most importantly, willing to keep learning. Some of our high-ranking black belts have gained knowledge in specialty areas such as weapons, or other martial arts styles, and give seminars from time to time. Instructors also help keep the school clean.

# Programs Offered

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## **TaeKwonDo Program**

Our Omega system is unique. It is a combination of Aikido, Hapkido, Isshinryu, and JuJitsu on a strong TaeKwonDo base. This program has been developed for over 30 years, encouraging students toward respect and excellence. Omega's regular program is open to students 8 years old and older. It stresses martial arts basics, self-defense, street awareness, and sport-oriented sparring.

## **Kid Kicker - TaeKwonDo Program**

This special program is designed with your 4-7 year old in mind. It teaches children martial arts skills improving balance, coordination, focus, and memory. Our interactive coloring book helps parents teach about strangers and dangers. Structured time is balanced with martial arts games that make learning fun.

## **Jujitsu**

A combined art of kicks, punches, throws, and wrestling that is soon to be an Olympic Sport. Omega Martial Arts School is one of the first Colorado schools to be certified to teach, train and send people to national and international tournaments by the USJJIF governing body for JuJitsu.

## **Tai Chi (Parker Only)**

The most famous of the Chinese "internal" arts. It is a slow-moving form of exercise, which stresses meditation, proper breathing, and balance. The slow motion techniques can be turned into fast applications for self-defense purposes.

## **Cardio Kickboxing (Parker Only)**

Cardio Karate combines martial arts and boxing movements set to music for a fun way to get and stay fit. Make no mistake, fitness kickboxing burns serious calories (800 per hour) and teaches you practical self defense at the same time. The techniques can be modified for any fitness or skill level.

## **Women's Self-Defense (Parker Only)**

Women's Self-Defense provides women with the opportunity to learn basic and advanced self-defense techniques. It offers classes that heighten one's awareness of their surroundings, people, and situations. It also instructs women on how to make decisions about avoidance and self-defense.

## **Kobudo - Okinawan Weapons (Parker Only)**

Kobudo is the "ancient martial way". This art introduces the student to 4 basic Okinawan weapons: bo, sai, tonfa, and nunchaku. Kobudo students work with weapons forms. They are expected to have knowledge of martial arts basics.

# Uniform/Equipment

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The dobok uniform allows the martial artist to perform techniques comfortably and without restriction. The traditional dobok consists of a dobok top, pant, and belt. Traditionally the martial artist should never wash their belt, since Asian believes the belt contains all their martial art knowledge. In a practical sense, the belt tends to shrink when washed. Wash dobok in warm or cold water (never hot). Do NOT use liquid bleach on a white dobok. It will turn yellow. All-fabric bleach is recommended.

## Students - White through Brown Belt

White or black student uniforms are required. Black Belt Club members may wear blue tops. Colors may be mixed in class, but MUST be all white or all black at testings. Students observing Black Belt testing may wear black uniform or street clothes. USA Team uniforms or Jr. Black belt uniform are allowed in the Jr. Black Belt class and Demo Practices.

## Black Belt

White heavy weight uniforms are required for testers at the Black belt testing. Black Belts may wear black trimmed tops. Black belts must wear heavy weight uniforms when teaching. They may wear any color they like to class. At Color Belt testing, the Black Belts wear white. For Black Belt testing, the non-testing Black Belts wear black.

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### How to Put on DoBok

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1. Put on dobok top and pants.
  - T-shirt option for men, required for females. (shirt same color as belt)
2. Cross right side over to the left.
3. The strings located on the top are used to tie the top in place.
4. Cross left side over and tie.
  - Traditionally the left side is always crossed over the right.
5. The front & back of the dobok should be pulled down flat.
6. The belt is then tied around the dobok.

## How to Tie the Belt



1. Center the belt with ends held off the ground.
2. Place the center of the belt around the waist.
3. Cross the belt around the back.
4. Pull the ends around to the front.
5. Fold the right side (end 1) over to the left hip.
6. Fold the left side (end 2) over to the right hip.
7. Pull end 2 under the double wrap of the belt.
8. Cross end 2 over end 1.
9. Pull end 2 through the middle circle.
10. Pull both ends tightly to the sides.
11. Both ends of the belt should be the same length.

### **T-Shirts**

Omega T-shirts can be worn without the dobok top form June 1st to Labor Day. T-shirts can be purchased at the Parker store.

## How to Fold the DoBok



1. Lay dobok top flat with left lapel over right lapel.
2. Place dobok pant in center of the top.
3. Fold right sleeve to the left.
4. Fold the top half of the right sleeve back to the right.
5. Fold left sleeve to the right.
6. Fold the top half of the left sleeve back to the left.
7. Fold dobok pant up to bottom of top.
8. Fold dobok lengthwise in half.
9. Fold dobok in half, again, top to bottom.
10. Attach Belt - Tie belt around the folded dobok.

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## Sparring Equipment

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Sparring is light contact controlled fighting, which is highly recommended for students advancing in Omega. Students will learn how to use their techniques in actual self-defense and sport scenarios. Actual self-defense scenarios include how to defend against a multi-person attack. Sport sparring includes competition rules and regulations, and sportsmanship. Students participating in sparring class must purchase proper safety gear, which includes hand pads, foot pads, head gear, mouth piece, and cup/support for males.

All martial art equipment is available through the school. Students should have a full set of sparring pads about the time they become Green Belts. The front desk has a complete listing catalog to order equipment.



# Belt Ranking System

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Martial art ranking system is shown by different color belts and stripes. Colored stripes are used to show different rank levels on each belt. Black progress stripes are used to show knowledge of each of the four martial arts areas for each sheet: basics, sport combinations, kata, and self defense. Progress stripes are earned when a student knows the technique(s) well enough to practice them. Below is the belt and rank stripe system:

- White
- White with 1 pair of Yellow Stripes
- White with 2 pairs of Yellow Stripes
- Yellow
- Yellow with Green Stripe
- Green
- Green with Purple Stripe
- Purple
- Purple with Blue Stripe
- Blue
- Blue with Red Stripe
- Red
- Red with Black Stripe
- Brown
- Brown with Yellow Stripe
- Brown with Green Stripe
- Brown with Purple Stripe
- Brown with Blue Stripe
- Brown with Red Stripe
- Brown with Black Stripe
- Black Belt (temporary)

Progression from one rank to the next will take a minimum of two months along with the student's ability to demonstrate his/her knowledge of the required sheet's techniques, and positive attitude. Once the student earns their Brown with Black Stripe, they must prepare and wait to be asked to attend the twice a year Black Belt testing. Temporary Black Belts must present themselves to the Black Belt testing board after one year to obtain their Permanent Black Belt ranking (1st Dan).

Once a student has earned a black belt, there are an additional nine levels (Dan). These levels are shown with stripes on the black belt. As black belts wear, they fray around the edges and expose white underneath. An old tattered black belt is highly honored, since it shows age and history. One of the highest honors is to be given a personal black belt from an Instructor, which is to be passed down to the next generation.

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## What do all those Stripes on the White Belt Mean?!

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6. Test for Yellow Belt at Saturday Testing
- ⌋— 5. Stripes for each area from Yellow Sheet
- ←— 4. Test for 2nd pair of Yellow Stripes in Class
- ⌋— 3. Stripes for each area from 2nd White Sheet
- ←— 2. Test for 1st pair of Yellow Stripes in Class
- ⌋— 1. Stripes for each area from 1st White Sheet

### Technique Areas of a Training Sheet

Self-defense

Sport Combinations

Basics

Kata (Form)

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## Meanings - Colors

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**White Belt** represents a seed planted in the ground. There are three levels of white, which the student is taught the basic concepts of katas [forms], movement, blocks, punches and kicks. The white belt is introduced to escape motions and introduced how to use action-reaction in self defense.

**Yellow Belt** represents a new sprout coming out of the ground. There are two levels of yellow. The student is taught more new kata [forms], basic stances, kicks, blocks, and punches. They are introduced to kick sport combinations and introduced how to cover distance for basic sparring. We introduce how to understand the way an attacker thinks. More escape motions and avoiding dangerous situations are covered.

**Green Belt** represents the new plant reaching for the sky. There are two levels of green. The student continues to work on basics. New escapes, new kata [forms] and understanding how to control their environment to avoid confrontation are taught. We introduce timing, angles, balance and proper body positions.

**Purple Belt** represents the flower of the plant. There are two levels of purple. The student continues to learn new kata [forms], kicks, punches, blocks, and stances, and the student is introduced to traditional martial art weaponry. Endurance training, mental discipline and rhythm for sparring are introduced. We introduce dealing with threats and keeping them from escalating to violence.

**Blue Belt** represents the sky. New Kata [forms], kicks, punches, blocks, and stances are taught. There are two levels of blue. The student is introduced to self-defense on the floor and against two people. Concepts that enable a student to persevere and survive in a real life situation are taught.

**Red Belt** represents the sun. The student shares knowledge, giving growth to lower belt students. New Kata [forms], kicks, punches, blocks, and stances are taught. There are two levels of red. The student works on their knowledge of history, philosophy, demonstration, and instruction of the arts. More advanced self defense, one and two step sparring are introduced.

**Brown Belt** represents a return to the earth, a period of transition, review, and preparation for black belt. New Kata [forms], kicks, punches, blocks, and stances are taught. There are seven levels of brown. The student perfects their sparring, weapons, self-defense, kata, basics, stances, theory, step sparring, and philosophy are reviewed in preparation for that awaited goal of black belt.

**Black Belt** represents the universe in which all the other belts exist. There are 10 levels of black, which take a lifetime to accomplish. Preparation for black belt includes a series of pre-tests before the final practical exam. Black belt promotion tests are held twice a year and are open to the public. Black belt candidates are promoted by invitation only.

# Testings

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Promotion to the next belt rank is accomplished via testings. We use the testing process to help the student see their progress and gain the confidence needed to go on to the next level of practice. We want the test to be a positive experience, thus the pre-test policy.

Students are required to submit a written paper, pay a testing fee, and to pass a pre-test given during class time, the week before test day. No student can test, if their tuition is in arrears. Testing fee is in addition to your contract fee. This fee is used to pay for boards, belts, and certificates.

The first 2 yellow pairs of stripes on their white belt can be obtained in a regular class when the student is told by their instructor he/she is ready to test. All other belt testings will be done at a formal test, usually on a Saturday, every 2 months or so.

Testing averages between 3 to 4 hours, depending on the number of students testing. Test check-in is at 8:30 and testing starts at 9:00. Students should check-in at the front desk and then start stretching and practicing until Line-Up is called. All testings are open to the public, even black belt. We encourage family and friends to attend. On test day, the student must **wear solid white or solid black dobok**. No mixed colors or tournament doboks allowed. **Tester's doboks must be washed and ironed.**

Kid Kickers belt rank testings are held usually in regular class following the Saturday Regular belt testings. They follow the same requirements as regular program, except they do not need to turn in written papers.

Jujitsu rank promotion testing in the Jujitsu program is similar to that of the regular TaeKwondo class. A student earns progress stripes in class and then the student is tested for their next belt. Although there is no board breaking or kata (forms) to do, there are specific techniques taught and tested (i.e. Rendari sparring ). **A student can not test for Tae Kwon Do and Jujitsu during the same testing.** Jujitsu black belt tests are held annually and are open to the public.

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## Test Day

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A typical test day starts at 8:30 with check-in at the secretary's desk. The student then has a half hour to stretch and practice. At 9:00, the class lines up and a quick stretch and warm-up commences. The black belts enter the testing room and bow-in occurs. The testers are assigned to one of the four rings to test their basics, sport combinations, self defense, and oral questions from their associated ranking sheet. When all levels have completed that portion, the room is rearranged and kata are tested. The students are called and lined up with a brown belt between each student to help guide the students timing. Demonstrations created by the high-belts are intermixed throughout the kata testing. Sparring commences next with one minute sparring rounds. High-belt sparring test occurs the night before testing. The last testing area is board breaking. The students return to their original rings and break boards. Testing is completed with class lineup, announcements, and when school clean up is accomplished. Every student is responsible for cleaning the school, putting away tables and chairs, sweeping the mats.

Belt ceremony and group student conferences are held the following Monday. It gives the Black Belts an opportunity to express the student's accomplishments and parents to take those memorable pictures. Student conferences follow belt ceremony, discussing the requirements, expectations, and goals for the coming rank level. Private conferences, if requested, must be arranged with a black belt prior to Monday's conference.

# Tournaments

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**Students are required to participate in one tournament prior to black belt.** However, they are so much fun, you will want to do more! You will learn and grow in your martial art each time. There are divisions for all ages, and abilities. The Omega instructors help promote and judge tournaments. We host well run WCMA, World Congress Martial Arts, tournaments. The cost varies. Tournament Information will be passed on by your instructor. Students interested in attending a tournament should inform their instructor.

For the last 19 years, Omega students have competed locally, nationally and internationally. Omega students hold titles at all levels of competition. Students and instructors work hard to bring their very best to each student.

## **WCMA/American Academy of the Martial Arts Team**

WCMA, World Congress Martial Arts and American Academy of the Martial Arts Team were founded by Dr. Mayle, 10th degree Black Belt in Yi Tsung Chaun Fa. It provides a viable, non-political organization to hold state, regional, national and international martial arts competitions, which would benefit all martial artists, thereby providing a legitimate, wholesome arena for Martial Athletes of every nation and all styles to represent their nation in a safe, fair, and non-political atmosphere.



**Dr. Mayle, 10th Degree Black Belt**

# Protocol

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## School Rules

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1. Bow when entering or leaving training area.
2. Always bow to instructors and stand in ready position when talking.
3. Always call instructors sir/ma'am or
  - “Shihan” Master over many schools and over system
  - “Master” for 5th or higher Black Belts
  - “KwonJonNim” for our Head Instructor
  - “SaBumNim” for Striped Black Belts
  - “ChoKyoNim” for Temporary Black Belts
  - “HokSim” for Brown Belt Assistants
4. No smoking in the School.
5. No eating, drinking, or gum in the training area. (Water is okay on the side of the room)
6. No sparring without instructor's permission. (A licensed black belt adult must be present in the room).
7. No sparring without proper equipment, (cup, mouth guard, headgear, foot pads, and hand pads)
8. No weapon practice without permission. (Green and above only.)
9. No practice in street clothes is allowed in the training area except Cardio. Proper dobok only.
10. Keep your uniform clean and body clean. (toenails and fingernails short).
11. You must participate in class if you are in the school
12. You must wait for your ride home inside of the school (No going outside to play or wait).
13. You must remain in training area during class.
14. You must ask permission to enter or leave classes in progress.
15. Students are responsible to keep the school clean and picked up.
16. Do not leave valuables in locker room. We are not responsible for lost items.
17. If you do not understand an instructor, please ask them to explain.
18. No horse play or loud conduct in the training area.
19. Do not lean on walls or mirrors; cross legs when sitting.
20. Please keep hands off all mirrors and glass.
21. No jewelry (necklaces, earrings, friendship bracelets, navel, nose rings etc.) are to be worn during class. (Wedding bands without large stones are permitted and taping over earrings is permitted).
22. No unnecessary talking during class from students in class.
23. T-shirt under dobok must be color of your belt, or the official Omega T-shirt.
24. T-shirt worn without dobok top, must be the official Omega T-shirt. Omega T-shirts can be worn without the uniform top from June 1 to Labor Day.
25. All testing doboks must be all white or all black; washed and ironed.

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## Student Creed

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**1. I will avoid anything that could harm my mind or body.**

This could mean any number of things. The most obvious are Drugs, and any substances that harm the body. This could also mean not getting into fights, or being careful and not taking unreasonable chances, like speeding etc.

**2. I will practice honesty and integrity in all my doings.**

Honesty is simply telling the truth about any subject. Integrity means to tell the whole truth. No telling just part of what happened.

**3. I will show respect to my instructors, my parents, my fellow students, and my dojang.**

This is saying yes sir/ma'am when an instructor asks or tells you to do something. Bowing in and out of the Do Jang and to Black Belts when they enter and leave. Following the School Rules. (if you do not have a copy, see the Secretary). This also includes outside the Do Jang. Be respectful at home and at school. You should also follow your parent's directions without arguing.

**4. I will always honor my word and my commitments.**

Your word: If you say you are going to do something, do it. Your commitment: If you tell someone you will be somewhere, be there.

**5. I will see all my tasks to the end.**

If you start something finish it. Do not let other things because you to forget or get distracted from what you started to do until you finish the task.

**6. I will use karate for defense only.**

You can use your karate for defense at any time. However you can only use it in an aggressive & threatening manner in the four following instances.

a. In defense of your country. If we are at war you can use it against the enemy that is attacking us.

b. In defense of your family. If your mother, father, sister, brother, etc. are being attacked you can use your karate to help them get out of danger.

c. In defense of others. If a fellow student or friend or even a stranger is being attacked then you can use your karate to help them.

d. In defense of your self, in a life or death situation. If you are in a real danger of being hurt, (a knife attack etc.) you can use your Karate to get out of danger. If someone just pushes you can defend yourself in a non-aggressive, non-threatening manner.

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## Tenets of Tae Kwon Do

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1. **Courtesy**  
Say yes sir/ma'am to all fellow students. Keep the Do Jang clean.
2. **Perseverance**  
Keep going, keep trying.
3. **Integrity**  
Do what you say you are going to do. Do not tell half-truths.
4. **Indomitable Spirit**  
Do not give up on what you are doing.
5. **Self Control**  
When you work with your fellow students, remember to be careful when practicing.  
Control your body and words.
6. **Honesty**  
Tell the truth about what you do. Do not do something that is dishonest, (such as stealing)

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## Class Line-Up

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Students entering the DoJang are required to bow when entering and when leaving, as a sign of respect. This is done by standing at the edge of the workout floor area and bowing toward the flags or front of the room. It is tradition that the student bow to the Head Instructor and to other higher ranking Instructors. Students must remove shoes before walking on the workout floor area.

Students line up facing the front wall starting on the right side continuing to the left. The students line up by rank with the highest ranking student lining up first and lowest ranking student lining up last. When everyone is lined up the highest ranked student will command the students to bow to the dojang and instructors.

The practice sessions vary but usually begin with stretching and general calisthenics. The Instructor will then usually teach the basic martial art techniques relating to the student's belt rank, followed by applying the basics in sparring or martial arts activities. At the end of the session, the students will bow again and state the traditional closing words. Upon leaving the DoJang, the student should always remove their belt.

### **Proper Bowing**

Always bow when entering and leaving the DoJang. To bow properly, bend at the waist hands at the sides. Bow lower than all higher rank belts.

# Training Requirements

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Omega's Martial Art Training Technique Sheets are comprised of four sections. Students are taught self defense, basics, sport combinations, and forms. The basics on each sheet prepare you to master the forms, and the forms themselves help you put the moves together for improved self defense. The sport combinations, aside from being a fun, great workout, prepare the student to use proven combination techniques for sparring. They rest on solid basics (good stances, proper body mechanics) which reinforce the whole process.

Each belt rank has a relating technique sheet. Although it is not possible to learn from these sheets, they are useful for review once you have been shown the techniques. The form, a choreographed fight scene, is printed out so you can see how to move.

At the bottom of each sheet, other rank requirements are listed. Knowledge of the Theory and Sparring is required. The other information listed there prepares the student for testing. You will be asked questions by a black belt at testing relating to your rank. A student's attitude can positively or negatively affect the outcome of the test! Class attendance, test fee, and written paper requirements are there also. Future rank sheets include information on board breaking as well.

Keep each sheet you get, as you will be making a reference notebook for yourself. Students find it helpful to make notes either on the rank sheets or on separate papers for specific techniques. That makes review easier, especially when helping in class. Copies of your written papers, class attendance and helper logs, seminar notes, research notes for advanced written papers, and a personal log of classes you have attended prove most helpful.

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## **Additional Programs**

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### **OXMA**

Omega Extreme Martial arts program is open to everyone green belt and above. It combines Martial Arts and gymnastics in a truly exciting experience. Students have the opportunity to be involved in demonstrations locally and nationally.

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### **Instructor Class**

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Open to everyone brown belt and above. This is a college level class going into the history, correct positioning and application of the Omega system.

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## Brown Belt Procedures and Protocol

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### Everyday In the DoJang (during your class or assisting)

1. **You must be loud.**  
You must show Black Belt Excellence in the school - You must be heard! This means that all your “YES SIRs” and “YES MA’AM”, must be heard by all the students on the dojang floor. In order to teach your students, they must be able to hear you, so be loud. As a brown belt, you are teaching now, if the lower ranks notice you being quiet with your responses, then they will also be quiet. Encourage them to be loud also, it is your job and responsibility.
2. **You are required to be at all sparring classes (the Friday night before testing).**  
This is your time for one-on-one training with the Black Belts. **You must set up the room (chairs, tables, etc.) for testing after sparring.**
3. **Bow in the Black Belts.**  
The highest-ranking Brown Belt is required to bow in the Black Belts at all testings.
4. **Show respect to the Do-Jang.**  
In Black Belt Excellence and the Student creed, you are required to show respect to our dojang. This means making sure the restrooms have the necessary supplies in them, also any trash you see on the floors pick up. If supplies are needed, tell the secretary. After the last class or before the first class, ask to use the vacuum.
5. **Be a role model.**  
As a Brown Belt, you must be a good role model to the other students and the visitors. Be friendly and helpful.
6. **You are required to take at least one class per week under a 3rd Dan or above instructor.**
7. **Your uniform must be clean and ironed.**  
Please wear appropriate underwear (no red underwear with a white uniform). Just one patch on your uniform. Solid colors are to be worn during testings. Must be traditional uniform only.

### At A Testing

1. **You are required to be at all Testings at your school!**  
This means even though you are not testing, you are still required to be there in uniform to help. It is strongly suggested that you come to the other school testings.
2. **All Brown Belts are helping, even those testing.**  
They are required to move the tables after basics, sport and self-defense testing, also to get the boards when time, and to put the boards away.
3. **The highest-ranking Adult Brown Belt is the head controller.**  
As head controller, you should be there at 8:30 am. They are in charge of:
  - a. **Assigning the helping brown belts to the rings.**  
Make sure that no family members are put together. Also, assign the belts to the appropriate rings.
  - b. **Assigning brown belts to watch the dressing rooms.**
  - c. **Making sure that all the brown belts helping know their jobs and responsibilities!**

- d. **Make sure someone does the music.**  
Someone that knows how to work the equipment.
  - e. **Bow the Black Belts in.**  
If you are busy making sure that the other brown belts know their job, then assign the honor to next ranking brown belts.
4. **All brown belts controlling a ring are to be in Jhoon Bee, when they are announcing the moves.** Otherwise, they are to be at Military rest. You are not permitted to sit!
- a. **When controlling be loud,** encourage the testers to be loud also.
  - b. **You are not permitted to show the testers the moves,** unless instructed by a Black Belt, during the test.
  - c. **You are in charge of safety.** Don't wait till asked to move weapons or books if they are in the way. Space the testers appropriately, so that no one is interfering with each other, and that they can be seen.
  - d. **When controlling the rings, line up the testers, then bow them in** (do not wait to be told), then look to the table for further directions. The Black Belts may need to reposition the testers after they are bowed in. In the lower rings the commands may need to be repeated, then repeat the moves and say MOVE. Other wise, just say HUP or MOVE after each command.
5. **You are required to call the forms,** unless otherwise assigned by the head controller. The procedure is as follows:
- a. **Line up on the right side of the Do-Jang.**
  - b. **The first in line is to be in Jhoon Bee,** this person will call the forms (be very loud so that everyone can hear you). The next is to be at Military Rest and will position the testers in their proper place. The rest of the brown belts will be sitting, waiting their turn. When the form is done, change positions.
  - c. **When the testers are all lined up, Bow them in,** look to Black Belts for the form to announce. To announce the form, say the form then HUP. When the form is done, call BaRo. Wait for the Black Belt to nod, then Bow them out. The Bo form and KuSanKu are in Japanese commands! (Ki-O-Tsuke - attention, Rei - bow, Yoi - ready stance, Hajime - begin, Yame - stop).
6. **The brown belts in charge of the dressing rooms must:**
- a. **Promote speediness, no lingering.** All pads are to be put on outside the dressing rooms. this is not a place to talk with each other.
  - b. **Be alert for anyone that is hurt or upset,** and tell a Black Belt, so that they may help.
  - c. **Be aware of security.**

# Glossary

Korean	English	Japanese
Cha Ryoth (cha re et)	Attention	Ki O Tsuke (key o skay)
Kyung Nae (kin ya)	Bow	Rei
Jhoon Bee	Ready Stance	Yoi
Shi Jak	Begin - Start	Hajime
Ahn-Jo	Sit Down	
Moon Yum	Clear the Mind	
Ba Ro (bar row)	End or Return	Yame
Poomse	Form	Kata
Turo-Torah	About Face	
Ko Man (come on)	Stop	
Shi Yo (sha)	At Ease	
Ki Hop	Yell or Scream	Kiai
Do Jang	Training Hall	Do Jo
Do Bok	TaeKwonDo Uniform	Gi
Shihan	Owner of many Schools	Shihan
KwanJonNim	Head of School	
Master	5th Dan or Above	Hanshi
SaBumNim	Black Belt Instructor	Sensei
ChoKyoNim	Temporary Black Belt Asst Instructor	
Hok Sin (hawk sim)	Senior (not blk belt) Student Instructor	
Hu Bay (who bay)	High Senior Student	
Je-Ja	Student	Mudansha
Dee (tee)	Belt	Obi
Dan	Degree (Black Belt Rank)	Dani
Gup	Grade (Student Rank)	Kyu
C'amn Sa Hamin Da	Thank You	Domo Arigato Gozaimashita
Chun Man Nee Yo	You're Welcome	
Hana	1	Ichi
Dool	2	Ni
Set	3	San
Net	4	Shi
Da Sut	5	Go
Yo Sut	6	Roku
Il Kop	7	Shichi
Yo Dol	8	Hachi
A Hop	9	Kyo
Yol	10	Ju
Bunkai	Hidden techniques or motions	Kakushi Waza
	I welcome you to train with me	Onegai Shimase
	Wait	Matte
	Empty Hand	Karate
	The Way of Karate	Karate Do

# Other References

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**Omega Martial Arts - Web Page:** <http://omegatkd.com>

**Omega Martial Arts - E-mail Address:** [omegatkd@aol.com](mailto:omegatkd@aol.com)

**For Schedule & Testing Questions:** Master Cheryl Volesky,  
Castle Rock School

Master Diana Rotenbury,  
Parker School

KwonJonNim Gordon Wells,  
Elizabeth School

**For Colorado Contract & Business Questions:** Dr. Bob Davis or Sabumnim Kathy Davis  
(303) 680-3567

**Utah web page**

<http://www.omegautah.com>

Contact Details for this website

Name	Position	Email	Phone	Fax
<a href="#">Omega American Fork</a>	American Fork UT	<a href="mailto:americanfork@omegautah.com">americanfork@omegautah.com</a>	(801) 492-1995	
<a href="#">Omega Springville</a>	Springville UT	<a href="mailto:springville@omegautah.com">springville@omegautah.com</a>	(801) 491-8542	
<a href="#">Omega Payson</a>	Payson UT	<a href="mailto:payson@omegautah.com">payson@omegautah.com</a>	(801) 465-1185	

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## School Locations

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### COLORADO

#### Castle Rock's Omega Martial Arts School

Faith Lutheran Church  
303 S. Ridge Rd.  
Castle Rock, CO 80104

#### Parker's Omega Martial Arts School

17864 Cottonwood Dr.  
Parker, CO 80134  
(303) 680-3567

**Elizabeth's Omega Martial Arts School**

Carlson Building  
Main Street  
Elizabeth, CO 80107

**Utah**

Omega Martial Arts  
875 E. 100N #5  
PAYSON UT 84651  
{801}465-1185

Omega Martial Arts  
245 South Main St.  
Springville, Ut. 84663  
(801) 491-8542

Omega Martial Arts  
706 East 50 South  
American Fork, Ut 84003  
(801) 492-1995

**Louisiana**

Omega Martial Arts  
38579 La Hwy 43  
Albany, La. 70711  
{225}567-1805

**South Carolina**

OMEGA KARATE/ dba Christian Tae Kwon Do LLC.

First Baptist Church  
500 4<sup>th</sup> Avenue North  
Myrtle Beach, SC 29577  
{843}361-0165

OMEGA KARATE/ dba Omega Martial Arts

Gold' Gym –North Myrtle Beach  
3302 Highway 17 South  
North Myrtle Beach, SC 29582  
{843}361-0165

# School Policies and Procedures

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## **Hours of Operation**

Omega Martial Arts holds classes generally in the evening hours. Castle Rock School is open from 4:45 to 8:30 p.m., Monday and Thursday. Parker school is open from 4:00 to 8:30 p.m. Monday and Wednesday, 9:00 a.m. to 8:30 Tuesday and Thursday, 6:00 to 8:00 p.m. on Friday evening, and 9:00a.m. to Noon. on Saturdays (testing days from 8:30 a.m. to Noon). Elizabeth school is open from 7:00 to 8:00 p.m., Monday and Wednesday.

## **Student Hours**

Students are encouraged to arrive early so they may be ready for class. Drop off students about 15 minutes before their class and must be picked up within 15 minutes afterward. Parents do not leave siblings in the dojang for their safety. If the parent is in class, their children may wait for them in the observation area or play area.

If a student is taking more than one class in an evening, they must stay in the dojang between classes in their uniform (may remove belt) and wait in the observation areas. For their safety, students younger than 16 are not allowed to leave the dojang without parent or guardian.

## **Inclement Weather**

Living in Colorado means rapid changes in weather. Especially in the winter months, snow and ice storms cause Douglas County Schools to dismiss early or close for the day on occasion. If Douglas County Schools close for inclement weather, Omega is closed. If you are in doubt about Omega being open, call your school location or check our Web site at [omegatkd.com](http://omegatkd.com) for information. Omega is open on every public holiday, such as Columbus Day, President's Day, etc. All holiday closure, that affect Omega, will be placed on the calendar published the first of every month.

## **Safety Rules**

Omega is dedicated to the safety of everyone, so we ask our students and guests to help us:

- No standing on chairs, kick bags, or other equipment
- No playing outside on the sidewalk or parking lot
- No drugs, alcohol, cigarettes, or weapons (martial arts class weapons excluded)
- No playing in the workout area during class

A complete list of student rules is included in the Protocol section.

## **Omega Martial Arts Financial Policy**

### **Membership Cancellation**

Your membership may be canceled at no charge under two conditions:

1. If you move more than 25 miles from any Omega location (transfers available) during the agreement period, **written notice must be provided to Dr. Davis or Kathy or your local contact as soon as you know the move is possible. Include the date of the move and the last class you will be attending. Written notice must ARRIVE THRITY DAYS *before* the next payment date for proper processing.** OMEGA MARTIAL ARTS will contact you to finalize your request. You may attend class up until the day you move if tuition is current. If tuition is in arrears, the account must be brought current. **All remaining payments will cancel after the move date, if we have received written notice. NO PAYMENTS WILL CANCEL WITHOUT ADVANCED WRITTEN NOTICE AND MANAGEMENT APPROVAL.** Students must make up missed classes prior to the move; no refunds are given.
2. If the student develops a medical condition during the agreement period which renders him/her permanently unable to continue, **the request for cancellation must be presented in writing, accompanied by a doctor's order and will take effect on the next payment date. NO PAYMENTS WILL BE CANCELED WITHOUT ADVANCED WRITTEN NOTICE.** Accounts in arrears must be paid in full up to the adjusted final payment date.

### **Buy Out Option**

Every reasonable effort will be made by Omega to retain the student and foster progress. In the event that the student/purchaser decides to terminate the membership prior to the initial membership period, **the Buy Out option must be exercised. A Buy Out is a cancellation fee assessed by NATO equal to one month's payment. The request to exercise the Buy Out must be received in writing thirty days prior to the payment date to be considered for that payment date. A conference will be scheduled with Dr. Davis or Kathy or your local contact upon receipt of your request with the student and/or purchaser to determine if the Buy Out is the best course of action. If Buy Out is chosen, the final payment or authorization for final automatic withdrawal must on the Buy Out form. Under the above conditions, a Buy Out is the only way to cancel remaining payments. If the Buy Out is not received by the next payment date, the remaining balance of the membership will be due in full. Accounts in arrears at the time of request must be paid in full up to the request date and the Buy Out fee paid to cancel.** The cancellation fee will be applied toward a new six or twelve month membership should the student return to class. **Re-entry into the program may be at a higher tuition rate.**

## ABSENCES

If you are absent from class for more than two weeks, please inform Dr. Davis or Kathy so we may assist you in scheduling make up classes. *The monthly payment cannot be waived. Payment must be received without interruption in order to maintain your membership in good standing.* We would be happy to schedule make up classes outside regular class times to further assist you.

## MEMBERSHIP HOLD

You may place your membership on hold for anticipated absences longer than one month if you intend to return. The monthly fee will be reduced by half to hold your place in class. **A HOLD FORM MUST BE FILED IN WRITING 30 DAYS BEFORE THE AFFECTED PAYMENT DATE TO BE CONSIDERED.** No membership will be placed on hold or tuition reduction given retroactively or without proper written notice.

## IMPORTANT NOTE

No request for membership changes can be made verbally or by anyone beside Dr. Davis or Kathy. No changes can be made retroactively. All cancellations will occur after the date the request is received and will take effect on the next payment date.

Because of contractual obligations between Omega, the bank, NATO, and its landlords, only collection errors made by Omega or NATO can be refunded. All other adjustments to accounts will be given in credit toward future lessons. This enables Omega to continue to offer quality martial arts instruction at the lowest possible price.

All written requests or other correspondence must be addressed to:

Omega Martial Arts  
P.O. Box 840  
Elizabeth, CO 80107  
ATTN: Dr. Davis or Kathy

Or to your School owner if outside Colorado

For additional questions or to schedule a conference, please call (303) 680-3567. Thank You.

**PLEASE REFER TO MEMBERSHIP PACKET FOR COMPLETE MEMBERSHIP INFORMATION**