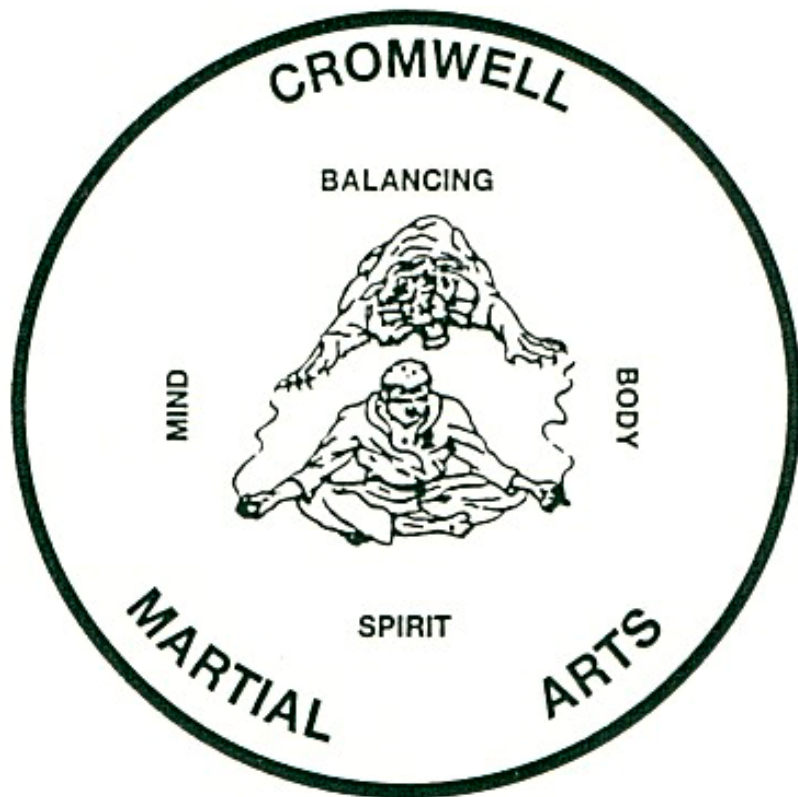


CROMWELL MARTIAL ARTS

STUDENT



HANDBOOK

Sixth Edition

Table of Contents

Welcome Letter	
Mission.....	1
Student Creed.....	1
Starting Out Right	2
What is Karate?	2
For the Kids.....	3
Dojo Etiquette & Rules	4
Martial Arts Development & Code of Conduct.....	6
Attendance	7
Cancellations.....	7
School Functions.....	7
Dress Code	8
Gi	
Belt	
T-Shirts	
Footwear	
Benefits of Training	10
Class Content	10-12
Physical Conditioning	
Basics	
Kata	
Self-defense	
Sparring, general	
Drills/Weapons	

Class Content (cont'd)	
Meditation	
Private Lessons	
Sparring	13
Safety	
Target Areas	
Rules	
Ranking	15
Becoming an Instructor	16
Promotions	18
Criteria	
Pretesting	
Application & Fees	
Testing	
Private Testing	
Requirements by Rank	20
Fees	21
Monthly Tuition	
Additional Fees	
School Logo	22
History of Kempo.....	23
Small Circle JuJitsu.....	25
Modern Arnis	26
Kobujutsu	27
About the Master Instructor.....	28
Suggested reading	30
Tying your belt.....	31

CROMWELL MARTIAL ARTS

Master Instructor / Co-owner
Sensei Frank Shekosky

871F Newfield Street
Middletown, CT 06457

Director kid's program / Co-owner
Sifu Debbie Shekosky

Welcome to Cromwell Martial Arts!

This Student Handbook will serve as your guide to the Dojo (karate school) of your future. The following pages hold the answers to many of your questions. Please take time to carefully read each section. If you have any questions after reading this guide, please see Sensei Shekosky. The purpose of this handbook is to define guidelines for what you can expect from Cromwell Martial Arts, and what is expected of you.

It is our goal at Cromwell Martial Arts to share the good values of the martial arts; to help people reach high, yet attainable goals, and develop themselves as a whole person.

Read the Student Handbook completely. Parents/Guardians should read this handbook with their young children and discuss it with them, especially the rules sections.

Please take the time now to familiarize yourself with Cromwell Martial Arts and our curriculum. Welcome, and continued best wishes to all.

As a condition of your enrollment at Cromwell Martial Arts, students and their guardians agree to abide by all the rules set forth by Cromwell Martial Arts. Cromwell Martial Arts reserves the right to terminate any student from Cromwell Martial Arts solely at its own discretion, at any time, for misconduct or inappropriate actions.

CROMWELL MARTIAL ARTS

Mission Statement

Cromwell Martial Arts is committed to quality martial arts training that help us become better people by:

- Providing a safe training environment
- Offering a friendly, professional staff
- Acting as a positive force in our community
- Developing a code of conduct as well as learning effective self-defense

Student Creed

- I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or physical health.
- I intend to develop self-discipline in order to bring out the best in others and myself.
- I intend to use what I learn in class constructively and defensively; to help my fellow man, and myself and never to be abusive or offensive.

Starting Out Right

You probably already have an idea about what karate is. Some of you will have read about karate in books or magazines, or seen karate on TV and at the movies. Some of you will have heard about it from friends and acquaintances. We ask you to forget about these ideas for a moment and approach the subject with a clear mind, or “beginner's mind”. This is the ideal way to approach karate.

What is Karate?

Kara refers to Tang Dynasty China. Therefore, the term *Kara* means Chinese. *Te* means hand. The word *Karate* is the Japanese or Okinawan translation of *Chinese hand*; the Chinese method of self-defense. Many people call it “empty hand”. In the 1930s, the term Chinese hand was changed to empty hand to be more politically correct.

At Cromwell Martial Arts, you will learn a blend of three dynamic and powerful martial arts; Kenpo Karate, Modern Arnis and Jujitsu. You will learn, through correct breathing and coordination of your own body and mental focus, how you can achieve tremendous power, regardless of your size. You will gain mastery over your body, which will improve your self-defense skills and benefit you in day-to-day activities.

Karate is much more than physical training. It is a complete discipline involving the mind as well as the body. The most important purpose of karate is to develop balance between the mind, body and spirit. This will enable us to express our true nature and become better human beings.

For the Kids



In karate we train hard everyday to make our bodies strong. Because we are strong, we can choose between fighting and not fighting. In the animal world, a tiger protecting her cubs will fight ferociously because she is scared. People are similar. When we are scared, we will fight. But we must avoid fighting. Because we have become strong enough through our karate training, we have confidence in ourselves and know that we can walk away from a fight. This is the most important lesson in karate. We must always do our best to walk away from a fight.

There are two kinds of fists; a good fist and a bad fist. A good fist is one that is strong and healthy. Do you know how a good fist becomes a bad fist? A good fist that is strong and healthy becomes a bad fist as soon as it is used in a fight. Once the good fist is used to hit someone, it is no longer a good fist. It has become a bad fist and it is good for nothing at all. We must do our best to make sure that a good fist never becomes a bad fist.

It is good to practice karate and train hard. At the same time though, you must also study hard at school and listen to your teachers. Being strong only in karate is not good enough. You must make your mind strong as well as your body. At home, do your best to help your parents. Listen to what they tell you and do what they say. If you do this now, you will achieve many things as you grow up.

Dojo Etiquette & Rules

- Always bow when entering and leaving the dojo.
- Be on time. If you are late for the start of class, assume front position near the class, wait for the Instructor's attention and ask permission to join class.
- There is no running in the dojo unless an Instructor directs you to do so.
- When the Instructor calls for line up, do so quickly and quietly.
- Listen carefully and sincerely to all instructions.
- Respect all of your Instructors equally.
- Always bow to fellow students and Instructors with sincerity and appreciation.
- Maintain your Gi (uniform) in good condition. Never wear a torn, stained or wrinkled Gi.
- You may wear a Cromwell Martial Arts T-shirt instead of a regular Gi top. The shirt must be presentable and worn tucked in.
- No food or drink is allowed in the workout area, in the changing rooms, or in the spectator area.
- No shoes or sneakers allowed in the training area. However, you may wear special martial arts training shoes.
- To prevent injury, do not wear socks in the training area.
- Review the calendar, bulletin board, posted notices, newsletters and visit our website at www.cromwellmartialarts.com before or after class.
- Let Sensei know if you expect a lengthy absence from classes.
- Always let your Instructor know if you are injured or ill.
- Inform Instructors of incidents that occur outside of class.
- If you arrive early, you may practice quietly. Never interrupt a class or private lesson in progress.
- Remove all jewelry (possibly, with the exception of wedding bands and post-style earrings). You could injure yourself, someone else, or otherwise damage the jewelry.
- You must get permission to use any of the equipment.
- Keep the changing rooms and spectator area clean and orderly. No wrestling or roughhousing anywhere in the dojo.

- Be aware of your appearance. You should be clean and neat. Keep fingernails and toenails trimmed short and clean.
- Do not lean or sit against the walls.
- Follow rules of good sportsmanship before, during and after each activity or game. If you cannot comply with this rule, you will not participate.
- Acknowledge corrections or constructive criticism regardless of age or rank.
- Follow all instructions your Instructor gives you. We will not ask you to perform beyond your capabilities. Use the lavatory before class to avoid interrupting class.
- If you must leave the training area for anything, get permission first.
- When you have questions, raise your hand and wait until the Instructor calls on you.
- Only an Instructor is permitted to teach new material. Do not ask a fellow student for new material.
- Purchase any equipment or other martial arts materials you need through the school. Sales must be paid in full at the time the order is placed.
- We are committed to providing a drug-free, healthful environment. There is no smoking permitted in any part of the school.
- No pets, please..

Waiting Area Rules

We provide a waiting area and seating while classes are in progress.

- Be respectful by keeping noise to a minimum
- Monitor the activities and noise level of any children for whom you are responsible
- Do not interrupt a class in progress, disrupt your child during class, or otherwise interfere with an Instructor. It is disrespectful to the students and the Instructor.
- When watching class, please step outside for conversations on your cell phone so you do not disrupt others in the spectator area

The waiting area is a privilege not afforded at many schools; please do not abuse it. Disruptive spectators will be asked to leave.

The Cromwell Martial Arts staff will enforce these rules for everybody's protection and to maintain order before, during and after classes. Individuals who violate these rules are subject to disciplinary action.

Martial Arts Development & Code of Conduct

As you train in the martial arts, you will see improvements in your speed, flexibility, coordination, discipline, confidence and ability to focus your mind. You will find that the skills that it takes to succeed in martial arts are the same skills that it takes to succeed in life. The lessons that you learn in karate can be applied to everything else in your life including your education, career, relationships, and philosophy of life.

If you can master karate, you can master anything. Set goals, take consistent action toward your goals, monitor your progress and refine your actions until you succeed. Then set new goals.

As your self-defense skills grow, it becomes very important to understand that conflict is to be avoided and your skills are not to be used in an abusive manner. Rather, it should be remembered that unavoidable conflicts are better resolved using intelligence, compassion, patience and compromise. Being a good martial artist means developing a code of conduct. Cardinal principles to remember are character, sincerity, discipline, self-control, courtesy and loyalty (gratitude).

While your martial arts development will take a commitment on your part, the rewards that come back to you will be many!

Sincerely,

Sensei Shekosky

“A man who has attained mastery of an Art reveals it in his every action.”

Samurai Maxim

Attendance

Students should attend classes on a regular basis. If you cannot do so, please see Sensei Shekosky. Review the schedule posted on the bulletin board for class times for your age and rank. Make up classes are not available.

Cancellations

Weather-related class cancellations are announced on our telephone answering system. Please call us one hour before your scheduled class. An E-mail is also normally sent to everyone on our e-mail list. Non-weather closings are announced in the newsletter, posted on the bulletin board and announced by Instructors well in advance. You may also view our web site at www.cromwellmartialarts.com

School Functions

Cromwell Martial Arts will sponsor or support several functions throughout your training. Such functions include training camps, seminars and tournaments. Some will be only a couple of hours while others may be conducted over several days.

We recommend attending as many special functions as possible, especially functions that are hosted by Cromwell Martial Arts. If a function is important enough to post a flyer, then it is important enough to attend. We will do our best to advertise all functions well in advance so that all students can make the necessary arrangements to attend. Your support helps to ensure the success of all functions and it allows Cromwell Martial Arts to continually bring various Instructors and concepts to all of the students. Though you may not be able to attend every school function, you will directly and indirectly benefit from them. Some of the school functions include:

CMA Awards Banquet	Join us for an exciting evening including dinner, awards, demos, raffle prizes, and more! Don't miss this event!
CMA Picnic	We usually hold our annual picnic at a local park and have lots of fun which includes, games, food, and prizes. Bring the family!
Holiday parties	CMA often celebrates holidays with class parties. Check the school newsletter for announcements.
Ninja Night	A fun Night including a movie, popcorn, and juice. Family and friends are invited.
Buddy Day	Students invite friends to join a karate class free for the day.
Birthday Parties	Karate birthday parties are available including games, a mini-karate class, and lots of fun at an affordable price.

Parents Day Students invite parents to take a free class with them this day.

Seminars In-house and external instructors periodically conduct special seminars and workshops.

Tournaments /
Event Record Days Some class time will be set aside to learn how to compete in tournaments. Tournaments are open to our students or by special invitation. Learning how to compete is part of our curriculum. Tournaments are exciting and fun. Good sportsmanship is a must!

Dress Code

Proper dress and appearance is an important part of martial arts discipline. The rules and etiquette guidelines on the preceding pages are designed to benefit the student in the real world by increasing one's self-respect and self-esteem.

Your Gi

A white Gi with the school patch is required for all students ranking White through Orange belt. Students holding Purple belt status and higher, may begin wearing a black Gi. Student may not mix Gi colors (e.g., a white top with black pants). Take pride in your appearance; never wear a stained or wrinkled uniform. Your first Gi is lightweight. We recommend buying a middle or heavyweight Gi as it will maintain a nicer appearance and last longer.

You are required to wear full-Gi with the school patch sewn on the left side of the chest to rank tests. Unless otherwise instructed, you should also wear full-Gi anywhere you represent Cromwell Martial Arts (e.g., tournaments, demonstrations, etc.).

Instructors attaining the title of Sifu may wear a red Gi top with black or white Gi pants. The title of Sifu is awarded by Sensei to instructors with adequate teaching experience and to those that represent the school in an outstanding manner. Only a Blackbelt Instructor may mix black and white Gi pieces. Junior Blackbelts may wear a special white Gi top with black trim.

Your Belt

Be proud of your rank, whether you are a White belt or a Blackbelt. Always wear your belt to every class. Learn how to properly tie your belt (see instructions to tie

belt in the back of this handbook) and remember, while you should regularly wash your Gi and school t-shirts, never wash your belt.

T-shirts

For regular classes and seminars, students may wear a Cromwell Martial Arts t-shirt with Gi pants. The shirt should be presentable and worn tucked in.

Footwear

Most students train barefoot. If you prefer, you may purchase martial arts training shoes which are allowed in the training area. Remember, no other shoes or sneakers are allowed in the training area. We recommend that you avoid training in socks. The likelihood that you will slip and fall increases when you combine socks with low-pile carpeting.

Demo Team

Cromwell Martial Arts has a demo team that performs at fundraisers, festivals, and special events. Students may tryout at demo team tryouts or join the team by invitation. Students must be a minimum of 7 years old and yellow belt level to tryout. Practices are geared toward preparing for the demos. Requirement material will not be evaluated during demo practices. Good attitude and school spirit is a must! Ask Sifu Deb or Sensei for more information.

Fitness Training

Sensei Shekosky offers fitness training sessions if you are interested in improving your overall fitness and health or maximizing your martial arts performance. Please see Sensei Shekosky for more information.

Benefits of Training

While becoming proficient in The Martial Arts is a commitment, the benefits you will receive are many!

- Improved fitness, including improved flexibility, stamina, and muscle tone
- Improved discipline, by setting goals and achieving them; developing a code-of-conduct
- Improved confidence; by seeing improvement in yourself and new possibilities
- Stress relief; exercise and meditation are great stress-busters
- Self-defense skills; learn methods to avoid conflict and techniques to protect yourself when necessary.
- Fun; meet new people, exercise in an exciting and challenging way
- Improved focus; through training you will learn how to manage your emotions by controlling on *what* it is you focus your attention, and *how* you focus your attention

Class Content

Classes at Cromwell Martial Arts consist of the following:

- Physical conditioning
- Basics
- Kata (forms)
- Self-defense
- Sparring
- Drills
- Meditation
- Private lessons

Physical conditioning: Most classes begin with warm-ups like jumping jacks, push-ups and sit-ups. The number of repetitions increases as rank level increases. Most classes also practice basics. Physical condition improves strength, stamina, flexibility, balance and coordination.

Basics: Basics are the fundamentals of the martial arts and include various kinds of punches, kicks, and stances. Developing good basics is critical in becoming proficient in the martial arts since all future skills are built off of the basics.

Kata: A Kata, or form, is a number of defensive and offensive movements incorporated into a prearranged, dance-like routine. This system of prearranged self-defense combinations is ideal for home practice since it is usually performed without a partner. Practicing kata improves balance, flexibility, and stamina. You can use kata to refine techniques. We will also study the meaning of the moves and techniques. It is important to understand kata. You should be able to apply the techniques from kata to an attacker.

Self-defense: We practice specific self-defense techniques to prepare the student for as many different kinds of assaults as possible. The attacks include, punches, kicks, grabs, chokes, hair-pulls and pushes. Self-defense is another way to give meaning and understanding to basics.

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

We practice two types of sparring.

Point Sparring - Point sparring is the sport-aspect of sparring and is used in tournament matches. Participants score points for striking the legal target areas with hand and foot techniques. While many skills are developed through point fighting, it is also restrictive since many rules are imposed.

Freestyle sparring - Freestyle sparring is continuous sparring with no scoring of points. Freestyle sparring allows students to work more combinations of techniques and their stamina.

Sparring can be the most demanding, yet, rewarding form of your training. All students are encouraged to spar at whatever level they are comfortable.

Drills/Weapons: Drills are usually techniques performed with partners. They help to develop timing, smoothness of motion, and refinement. Weapons are taught at advanced levels after empty-hand skills are developed. Weapons are best learned during private lessons. Weapons that are taught include sticks, bo staff, sai, kama, nunchuks, and sword. See Sensei about studying or being ranked in our weapons program.

Meditation: Some classes may start and / or end with a brief meditation. The meditation is a period of mental relaxation used to eliminate outside distractions from the mind. Meditating facilitates relaxation, and promotes better concentrate on activities in class. Meditation may also help avoid unnecessary injury that might otherwise occur.

Private lessons: Private lessons are available for those students that wish to learn more rapidly or focus more in a specific area. Taking private lessons can be of great value in your progress. Please provide at least 24 hours advance notice of cancellation. The full charge applies to lessons cancelled less than 24 hours in advance.

All students are expected to follow the directions of the instructors and be respectful and attentive during classes. Students not following these guidelines may be asked to sit out during a class, may do some extra pushups, may temporarily be suspended in ranking, or may no longer be able to participate in classes depending upon the circumstances.

Students should always take care to use control when training with their partners, make sure fingernails and toenails are properly trimmed, maintain proper hygiene by being clean and odor-free, and demonstrate proper attitude and good manners.

Sparring

Sparring is an essential ingredient to your progress. You may have different concepts of what sparring is and its purpose. There are many different levels and degrees of sparring including: no contact, controlled contact, heavy contact and full contact. The level of contact you will use depends on your level of commitment and ability. You are encouraged to spar right from beginner level. Some sparring will be required as you advance.

Safety

Safety comes first when we spar at Cromwell Martial Arts. There is a minimum of required sparring gear for males and females, as shown below. We will not permit you to spar without the required equipment. The minimum required sparring gear costs approximately \$130.

Males

Cup (groin protection)
Head gear
Hand gear
Foot gear
Mouthpiece

Females

Head gear
Hand gear
Foot gear
Mouthpiece

Optional equipment includes shin pads, elbow pads and chest protection.

We do not recommend sharing your sparring gear for hygienic reasons and in the interest of optimizing class time.

Target Areas

The basic target areas include: chest, abdomen, kidneys, ribs, face and side of head. Areas specifically excluded are: eyes, throat, back of the head, spine, below the belt.

The head judge of the ring has the authority to limit target areas or the weapons you may use during a match. This is to develop specific skills.

For example, a judge may specify “*no feet*” prior to the start of the match. This is to develop your hand skills. The judge may say “*body shots only*”. This is to improve your skill at working your opponent’s body.

Rules

- Wear the required safety gear at all times.
- Beginners will spar with Instructors until they are comfortable sparring with fellow students of like age and rank.
- There is NO contact to the eyes, below the belt, to the throat, or to the spine.
- There are no sweeps or takedowns.
- You may “SHOW” contact to the face. This means extending a strike close enough to the face without touching it so that it is clear to the judge(s) that you could have made contact to the face.
- Leave your ego at the door. Always acknowledge your opponents good shots. Exhibit the best sportsmanship-like behavior of which you are capable. If you do not behave appropriately, a judge or Instructor may prohibit you from sparring.
- Spar at the level of contact the judge recommends at the beginning of the match. Keep the judges orders in mind as you spar. If you spar beyond the recommended level of contact or violate the conditions of the match, the judge (or any Instructor in attendance) will ask you to stop.
- Break when any judge calls break. A judge (or any Instructor in attendance) will stop a match if participants refuse to break.
- Obey the ring judge(s), always.

Ranking

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

Private lessons are available for those students who wish to advance more rapidly or study a particular area in greater detail. We recommend private lessons for all students since it allows one-on-one time with an Instructor.

A colored belt distinguishes each rank.

Belt	Rank
White & Yellow	Beginner
Orange & Purple	Intermediate
Blue & Green	Skilled
Brown	Advanced
Black	Highly Advanced

At each rank through Brown, students will earn stripes. A red stripe shows that the student has mastered the required self-defense techniques for the next rank. A black stripe shows that the student has mastered the required kata(s) for the next rank. Training guides for each level are available at the school store. We recommended each student take advantage of this resource.

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

Blackbelt

There are varying degrees of Blackbelt ranging from first degree to tenth degree. Blackbelt level is a standard of excellence. Different schools have different standards, as set by the Master Instructor. Blackbelt level means that the fundamentals are solid and understood. The student now has a strong base upon which to build. In many ways, Blackbelt level is a beginning.

Now it is time to seek a deeper understanding of what you have already learned. It is also time to help lead others to Blackbelt level. Blackbelts at Cromwell Martial Arts are expected not only to be proficient in martial arts, but also to have developed a code of conduct. Being courteous, kind, and peaceful is as important to an advanced martial artist as is the physical techniques. A true Blackbelt sets a good example for others to follow.

Junior Blackbelt

Students under age 14 who progress through the curriculum to third degree Brown belt level may obtain the rank of Junior Blackbelt. Junior Blackbelt is signified by a black belt with a white stripe through the center. Stars attached to the belt signify advanced levels of Junior Blackbelt. A student must reach age 14 before qualifying to test for adult Blackbelt.

Becoming an Instructor

Becoming an Instructor is both an honor and a commitment. A student is a good candidate to become an Instructor when he or she:

- Has a good working knowledge and understanding of the requirement material
- Attends classes consistently
- Has a good attitude (wants to help others)
- Has the ability to work well with others (is a team player)

Teaching experience is required at Brown belt level in order to reach Blackbelt level. Teaching will enable the advanced student to develop a deeper understanding in the martial arts. It helps advanced students understand *why* we perform an action as well as *how*.

Becoming an Instructor is an important stage of development in your martial arts training since it forces you to evaluate everything you have learned. It allows you to improve your communication skills, since you must learn how to effectively communicate what you know to others.

Instructor Certification

Instructors may reach several levels of certification. Only certified instructors are authorized to teach. Instructor certification may be authorized or revoked at the discretion of Sensei Shekosky. Instructor certification levels and some of the responsibilities involved are as follows:

Assistant Instructor – Minimum ranking of purple belt required. Assistant instructors will be given assignments to do such as warming up classes, helping students during classes, neatly arranging all equipment after classes, marking attendance, making sure students (kids) change promptly after class and observe the rules in our school (such as no running or horseplay). Students under the age of 14 may become Jr. assistant instructors.

Instructor – Minimum ranking of Brownbelt required. Must be capable of running your own class. Monitoring and supporting assistant instructors. Making sure safety rules are being followed.

Advanced Instructor – Minimum ranking of 2nd degree blackbelt required. Must be able to demonstrate strong teaching skills and be able to handle multiple tasks. Monitoring and assisting other instructors and assistants. Making sure safety rules are being followed.

Senior Instructor – Minimum ranking of 3rd degree blackbelt required. Must be able to demonstrate deep understanding of applications, leadership, and ability to guide others to blackbelt level. Monitoring and assisting with quality of material being taught. Enforcing all safety rules. Be aware of and inform all students of school activities.

Sensei Shekosky is the Master Instructor and provides training and guidance to the instructor team. Sensei Shekosky designs the curriculum and has final authorization on ranking approval.

Testing & Promotions

All testing and promotion of students falls under the guidelines set by Cromwell Martial Arts. Consideration for promotion is given when a student:

- Demonstrates proficiency of required material
- Displays proper attitude and behavior
- Maintains acceptable academics (Kids)
- Has completed the minimum time requirements
- Attends class consistently

The criteria above are only a guideline. There are many circumstances (e.g., age, prior experience, attitude, natural ability, etc.) which account for students progressing at different rates. Students are invited to test when an Instructor feels that they have earned this opportunity. **Only Instructors are qualified to judge when a student is ready to test.** You must remember that testing is a privilege, not a right. We offer instruction in Martial Arts, however, rank progression is always earned and it is not guaranteed.

Pretesting

Prior to receiving your test application, an Instructor will pretest you. The pretest process ensures that all of your material (current requirement material and “old” material), is test-ready. The Instructor pretesting you might indicate on the pretest form that any kata, self-defense technique, strike or kick needs work. When this happens, the Instructor will give you the pretest form with practice recommendations. You should take the recommendations seriously and practice.

After 7 days, you are eligible to pretest again. Do not ask for a re-evaluation prior to the end of the 7-day practice period. Bring the original pretest form to the re-evaluation. Without the form, we cannot do another pretest. The pretesting cycle ends only when all of the required elements are acceptable. The pre-test sheet must be completed and authorized by your instructor at least one week before the scheduled test for that Month. Students may also be required to purchase materials for the next level of training.

Test Application & Fee

Upon successful completion of the pretest, you will receive a test application. The application shows the required test fee and the fee for any required materials. Required materials are a necessary part of your training and must be purchased in order to progress further. The test fee will vary depending on the rank for which you are testing. There is an additional charge for private testing.

Make every effort to return your test application and fee as far in advance as possible so that we can order your belt and prepare the certificate.

Testing

Test dates will be noted in our monthly newsletters. There are no regular classes on test night. Students testing for yellow belt – high purple belt generally begins at 6:15 p.m. Students testing for blue belt – 3rd degree brown belt generally begins at 7 p.m. Blackbelt testing is private or semi-private. Check the monthly calendar for specifics. Plan to arrive 15 minutes early to dress and stretch prior to the start of the test.

Private Testing

Private testing is available under certain circumstances for an extra fee. The above-described guidelines apply to private testing. Please see Sensei Shekosky or Sifu Debbie if you need to arrange a private test.

Requirements by Rank

The required materials outlined below are necessary for many reasons. They may promote personal hygiene; provide you with necessary equipment or reading materials that will give you insight into the martial art you are studying.

All of the items are available at Cromwell Martial Arts. Please make your purchases through the school. Doing so enables Cromwell Martial Arts to offer supplies at reasonable rates and helps us maintain reasonable tuition and fees.

Yellow

- White gi
- School patch (affix to left chest of Gi)
- Mouthpiece/case
- Athletic supporter/cup (males)
- Student Handbook

Orange

- Head gear
- Foot gear

Purple

- Bag gloves (adults)
- Hand gear

ADULTS ONLY

Blue

- Kenpo book #1, Ed Parker

Green

- Arnis sticks

High Green

- Arnis book, Remy Presas

Brown

- Bo staff
- Kenpo book #2, Ed Parker

Second Brown

- Kenpo book #3, Ed Parker

Third Brown

- Kenpo book #4, Ed Parker

Blackbelt

- Kenpo book #5, Ed Parker

Belt guides are strongly recommended at each level since they will assist you in your home training.

Fees

Monthly Tuition

Monthly tuition covers regular class instruction. Tuition does not include the cost of training guides, private lessons, training equipment, testing, seminars, tournaments, or other special events. Tuition under a one-year membership is guaranteed for one year from enrollment. Tuition for month-to-month memberships is not guaranteed.

Cromwell Martial Arts uses EasyPay as its standard method of tuition collection. This electronic funds transfer (EFT) is safe, flexible and easy. We offer several tuition payment options for your convenience. **Promptly speak to Frank or Debbie Shekosky regarding any problems or changes to your payment plan.** Twenty-five days prior, written notice is required to make changes in your EasyPay arrangement. Students (or their guardians) are responsible for any fees incurred as a result of insufficient funds.

Tuition is due whether the student attends class or not. If a student is going to be out for more than 30 days, notify Sensei Shekosky as soon as possible. Tuition and fees paid for classes, seminars or special events is non-refundable. Group class tuition payment cannot be used to pay for private lessons if you miss classes. Private lesson fees are charged in addition to group class tuition.

Refund policy – There are no refunds given for classes or seminars missed by the student. There are no refunds given for classes cancelled due to bad weather, Holidays, or Cromwell Martial Arts Summer or Winter vacations.

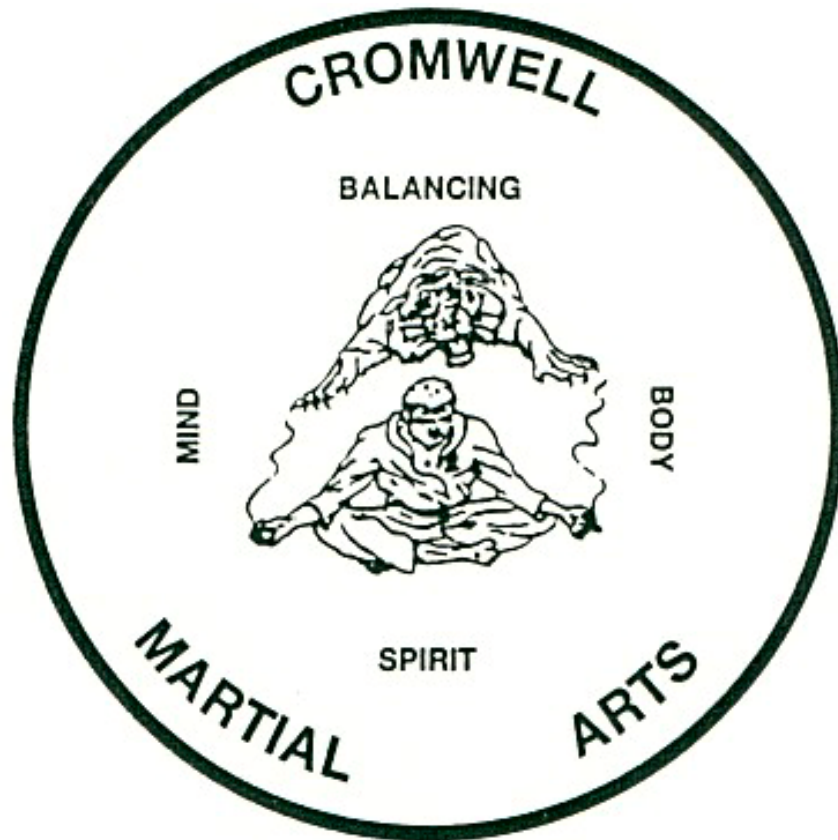
Private lessons – We must receive 24 hours prior notice when canceling a lesson to avoid being charged.

Additional Fees

Tuition does not include the cost of seminars, private lessons, tournaments, or other special events (e.g., Ninja Night). We make every effort to keep the costs of events we sponsor reasonable, so that the activities are accessible to all students.

Any karate clothing, footwear, patches, uniforms, weapons, workout gear, and so on are available by order through the school store. Full payment must be made before we place an order.

Explanation of Our Logo



The Cromwell Martial Arts logo is a symbol of the philosophy behind our training. In everyday life, we try to remain calm and desire peace of mind, like the meditating man in our logo. Should our life (or the lives of our loved ones) be threatened, we have the spirit of a tiger within us to call upon when we need it to defend ourselves. The balance of mind, body and spirit is what we are trying to achieve through training in martial arts. Ultimately, our training is more about self-development than it is about fighting.

History of Kenpo¹

The history of the art of Kempo (also written Kenpo) is unique in two respects; it is considered by many to be the first eclectic martial art, and its roots stretch back to 520 B.C. A prince and warrior in southern India called Bodhidharma is responsible for the birth of the art. According to the records of the Lo-Yang temple, Bodhidharma was a Buddhist monk under the tutelage of Prajnatarā. Upon his deathbed, Prajnatarā asked Bodhidharma to go to China. Prajnatarā believed that the principles of Buddhism were in decline in China, and that knowledge of dhyana (Zen koans) should be known.

Bodhidharma went to China and traveled northward to the kingdom of Wei. There, he met with emperor Wu of the Liang dynasty. This meeting was recorded due to the intense conversation and discussion of Buddhism and dhyana which took place. Bodhidharma was disappointed with the meeting; Prajnatarā's telling was true. Bodhidharma's words to the worldly Emperor had meant nothing. Bodhidharma left the palace of the Emperor and traveled to the Honan province where he entered the Shaolin temple.

Bodhidharma became more depressed at the famed Shaolin temple. He found the monks physically and mentally deteriorating as a result of the amount of time the monks spent in meditation. They engaged in no physical activity and did not eat well. In fact, many of the monks would drift into sleep during meditation. Still others needed assistance in the basic, daily routines of life.

Bodhidharma left and found a cave on the outskirts of the temple. For an unknown period of time, Bodhidharma meditated; he was looking for a way to renew Buddha's light, and allow the monks to regain control over their lives. Bodhidharma traveled back to the temple to assist the monks. He began working with them, beginning with the strongest and working his way to the weakest. He taught them the art of Shih Pa Lo Han Sho, or the 18 hands of Lo Han. These techniques, which are the foundation for almost all martial arts today, were never intended to be used as methods of fighting, but were a manner in which the monks could maintain their health while attaining enlightenment.

At the beginning of the seventeenth century, two families, Kumamoto and Nagasaki brought knowledge of Kempo from China to Kyushu, Japan. This art had been modified over many years into the form called Kosho ryu Kempo, or Old Pine Tree School. It is from here that most modern forms of Kempo are derived.

In 1916, at the age of five, James Mitose was sent to Kyushu from his home in Hawaii for schooling in his ancestors' art. After completing his training in Japan, Mitose returned to Hawaii.

¹ Certain names and times are the subject of conflict. The most commonly accepted ones are used in this document.

In 1936 he opened the Official Self-Defense club at Beretania Mission in Honolulu. It was here that the five major Kempo influences; Thomas Young, William Chow, Edmund Howe, Arthur Keawe and Paul Yamaguchi, would study.

William Chow is perhaps most responsible for bringing Kempo to the general public. Chow studied Kempo under James Mitose for several years after studying his family's art of Kung Fu. Chow united the two arts and developed Kara-ho Kempo. By 1949, Chow had attracted many students and opened his first dojo at a local YMCA. To make his style of Kempo very distinct from that which Mitose taught, Chow spent years revising and refining the art form, including using circular techniques (from Kung Fu).

One of Chow's most impressive students was Hawaii native, Edmund (Ed) Parker. Ed Parker is the most recent figurehead in the development of modern Kempo. In 1954, Ed Parker earned his Blackbelt in Kara-ho Kempo. Two years later, he became a household name, for two of his most well known students were Elvis Presley and Steve McQueen. Ed Parker further refined the Kara-ho style and created the American Kenpo Karate system.

On the surface, Kenpo's uniqueness lies in its comprehensive and diversified means of unarmed defense. Kenpo Karate is both an armed and unarmed system of combat. Kenpo is a no-holds-barred fighting system of offensive and defensive methods. There is equal emphasis on striking with the feet and hands, immobilizing and controlling your opponent, projections and takedowns. The art of Kenpo also includes weaponry and various spiritual and healing arts. Kenpo is a street-wise defensive art that does not restrict its students in methodology. Clawing hands evolve into slashing feet; cunning joint locks turn into devastating hip-throws; evasive blocks turn into breath-robbing chokes. Kenpo offers explosive action with minimum target exposure.

Cromwell Martial Arts teaches a blend of Shaolin Kempo and American Kenpo, providing our students a wide variety of effective forms and self-defense techniques.

Small Circle Jujitsu

Grandmaster Wally Jay

Jujitsu is a grappling, throwing and striking art that was formulated hundreds of years ago in Japan.

“Literally, Jujitsu is the technique or art (jitsu) of suppleness, flexibility and gentleness. The vital issue in Jujitsu was effectiveness in combat.

Although Jujitsu techniques are initially learned individually, in a static position, the essence of Jujitsu is the ability to move from one technique to another as needed, as quickly and as often as necessary, to control an attacker. Each technique is designed so that it can be applied in numerous situations.”²

Professor Wally Jay began his study of Judo during World War II under Hawaiian champion Ken Kawachi. This period lasted from 1942 to 1944, but their friendship is for life. Professor Jay credits Ken for the “embryo of the small circle theory,” because of his use of wrist action. Much of his time was spent thinking about improving and blending moves of other sports.



Small-circle Jujitsu, taking its name from the small-circle method of executing holds, became a complete system of Jujitsu. Professor Jay blended his knowledge of Jujitsu, weightlifting, kung fu, Aikido, wrestling and Western boxing with the powerful wrist action emphasized by Kawachi.

Professor Jay's Small-Circle Jujitsu is a highly effective way to overcome a larger opponent without breaking a sweat.

Bruce Lee was a student of Wally Jay's in the 1960s. Lee called Jay the toughest man on the West Coast. He also said that Jay not only told you the answer to your questions, but also demonstrated it on you so that you had a better understanding of it.

And when he did not know the answer, he would tell you he did not know.

George Dillman credits Wally Jay with giving him the necessary ingredient to make the pressure point techniques work more effectively.

The use of decisive wrist action is what sets Small Circle Jujitsu apart from other systems of Jujitsu.

The system is based on Jay's 10 principles: *balance, mobility, blending of forces, mental resistance and distraction, redirection of force, energy transfer, creation of a base, sticking, control and sensitivity, rotational momentum, and transitional flow.*

Many martial artists who have attended Professor Jay's seminars have incorporated his small-circle theory into their self-defense arsenal.

Cromwell Martial Arts incorporates small circle jujitsu in its Kenpo program and Modern Arnis program.

² Jay, Wally. Small-Circle Jujitsu.

Modern Arnis

Grandmaster Remy A. Presas

Arnis is a martial art that was spawned in the Philippines. It is also known as Kali or Escrima. Many Filipino heroes are linked with the awesome power of Arnis. "They triumphantly waged their heroic battles for freedom and liberty as a testimony of the power and effectiveness of Arnis. Their successful stand against their superiorly armed adversaries in mortal combat in the arena of battle is now held in immortal inviolability by history."

None other than the great explorer Magellan was slain in battle by one of the earliest Filipino heroes, Lapu-lapu. Lapu-lapu was a kali expert who felled the great Spanish warrior with a bladed weapon, thus making a Filipino's first victorious stand against a foreign invader." Pigafetta, Magellan's chronicler and historian recorded this on April 27, 1521.

Long ago, Arnis was a dying Filipino martial art, because of the wrong concept in teaching the art to every student. The old practitioners believed that the cane was sacred, thus striking was aimed at the hand and forearm and not at the cane.



Most students got hurt and they automatically lost interest in learning Arnis. But with the research that I have conducted, I have made it possible to have the student learn the art without getting hurt.

For in my own little ways, based on long experience in the practice and teaching of the art, I have modified many antiquated techniques and introduced ones that are easy to learn. The improvement I have instituted gained enthusiasm among practitioners and proved very effective in the field of self-defense and offense.

*But the more significant innovation I have made on Arnis is the principle I have formulated to the effect that the cane or any bladed weapon is merely an extension of the hand. What came out of this is what I call **Modern Arnis** today.³*

At the age of 6, Remy Presas began what would be his life's work; the study and propagation of Arnis.

His first order of business was to revive the dying art of Arnis in his native Philippines. Successfully, the art was established in the physical education system in Manila. Presas received the highest accolade from then President Ferdinand Marcos. He began to train the police and military.

Because of the political turmoil in the Philippines in 1975, Remy had to flee for his life. He spoke out against the government. This did not sit well and he was advised to leave the country. With the help of some of his students, he successfully came to the United States in 1975.

He began to spread the word about Arnis on the West Coast and it took off for the East Coast. Professor Presas taught educational seminars all over the U.S. and abroad. He was one of the most well known practitioners of Filipino martial arts in the world.

Ask Sensei Shekosky about our Modern Arnis program. Visit our Modern Arnis web site at www.ctmaj.com

³ Presas, Remy. *Modern Arnis*.

Kobujutsu

WEAPONS

Even though the term "karate" means "empty hands", most weapons were developed to be extensions of those empty hands. Most techniques we learn can be modified to have a weapon in hand. Most of the common weapons were first developed for the same reason Karate was developed; the common people needed to protect themselves. In the late 1400's, ownership of weapons was prohibited. For this reason, most weapons had an everyday use. Farmers transformed their work tools into weapons.

Cromwell Martial Arts offers an exciting weapons program consisting of traditional weapons forms and practice drills involving Bo Staff, Sai, Kama, Broadsword, Bokken, Nunchaku, Tonfa, and Arnis sticks. The entire weapons program is currently only taught in private lessons although some forms are taught at advanced levels in the Kenpo curriculum. The weapons program is a stand alone system with it's own belt ranking or it can be incorporated into your current training. For more information on this versatile and challenging program, please contact Sensei Shekosky.



About the Master Instructor

Sensei Frank Shekosky started his formal training in martial arts in the 1980's beginning with Shaolin Kempo Karate. He has studied many arts at different levels, including Shaolin Kempo, American Kenpo, Modern Arnis, Small Circle Jujitsu, pressure point fighting, boxing, and Tai Chi Chuan. His training includes several weapons: bo staff, sticks, sword, nunchaku, dagger, tonfa, sai, kama, and kubaton.

Sensei Shekosky is a certified Master level instructor and has also been certified as a personal fitness trainer with The National Academy Of Sports Medicine (NASM). Sensei has earned his Bachelor Of Science Degree from Charter Oak State College in Spring 2005.

Sensei Shekosky has traveled extensively to learn from many martial arts experts from many different backgrounds. Sensei was a personal student of the late Grandmaster Remy A. Presas.

Sensei Shekosky has attended seminars or taken classes with the following noted Instructors:

Grandmaster Remy Presas, Modern Arnis

Grandmaster Wally Jay, Small Circle Jujitsu

Grandmaster Joe Lewis, U.S. American kickboxing champion

Shihan Eric Alexander, former nationally-ranked fighter

Sifu Dan Anderson, former nationally-ranked fighter

Guro Dan Inosanto, Filipino weapons expert

Grandmaster George Dillman, pressure point fighting specialist

Mike Stone, former undefeated tournament fighter

Master Dave Castoldi, Jujitsu expert

Richard Brandon, Wushu forms, nationally rated tournament champion

Shihan Michael Depasquale, Sr., JuJitsu expert

Grandmaster Richard “Huk” Planus – American kenpo

Professor Lee Wedlake Jr. – American kenpo “Master of the Arts”

Sensei Frank P. Shekosky was inducted into The United States Martial Arts Hall Of Fame in July 2005 as weapons Master of the year and he was inducted into The World Karate Union Hall Of Fame as Master Kenpo Karate instructor of the year in 2006.

Sensei Shekosky would like to thank Shihan Eric Alexander, the teacher that built his foundation, started him down the right path, and set the example for others to follow.

Suggested Reading

Infinite Insights into Kenpo, Vol. 1-5, by Ed Parker (required)

Small-Circle Jujitsu, by Wally Jay

Modern Arnis, by Remy Presas

Zen in the Martial Arts, by Joe Hyams

A Book of 5 Rings, by Miyamoto Musashi

The Life Story of Funakoshi, by Gichin Funakoshi

Stick Fighting, by Remy Presas

CMA Belt Guides

The above-mentioned titles will greatly assist in your study of the martial arts. They are reference materials that I believe are the best on the market. Some of our higher-ranking students and Instructors are studying (or have studied) these materials. All of these items are available through the school store.

NOTE: It is important that you maintain a copy of a current student handbook! Handbooks are periodically updated! School policies and class schedules are also subject to change.

Tying Your Belt



STEP 1

1. Start by holding the end without stripes (if you have them) of the belt a couple of inches longer than the length you want the belt to be when it is tied. Wrap the other stripes end of the belt around your waist. (If you have a name or writing on your belt, that should be placed against your body so that it will be on the outside when complete.)



STEP 2

2. Continue around your waist a second time, while maintaining the position of the end of the belt with no stripes. (It may be easier for you to adjust the length of the ends at this point so they come out evenly. To do so, grab both ends and extend both arms out until both ends are equal)



STEP 3

3. Tuck the stripes end of the belt under both layers and up. Pull both ends straight up and down to tighten the knot.



STEP 4

4. Fold the belt down.



STEP 5

5. Tuck the no stripes end of the belt under the other end.



STEP 6

6. Loop the end without stripes of the belt around the stripes end and through the knot.



STEP 7

7. Pull to tighten the knot. If done properly, both ends will be the same length. The stripes side should be your left, same side as school patch.

Final Note:

Cromwell Martial Arts has been voted best Martial Arts School by The Hartford Advocate readers poll consecutively 2002 – 2006. For additional information on our school please visit our official web sites:

www.cromwellmartialarts.com

www.ctmaj.com

www.stickarts.com

Please join our on-line forum and start or contribute to discussions, ask questions, and get to know everyone in the school. You may access the link from our home page at www.cromwellmartialarts.com and register.

Martial Arts Terms

American Kenpo – an updated version of Kenpo, based on logic and practicality, that has been designed to cope with the mode of fighting prevalent on our streets today. A term credited to Grandmaster Ed Parker.

Basics – simplified moves that comprise the fundamental moves of Kenpo. They are divided into stances, maneuvers, blocks, strikes, punches, kicks, finger techniques, parries, specialized moves and methods.

Belt ranking system – A colored belt system used to grade a student's ability and proficiency. Such judgment is determined after a student undergoes a performance test. The sequence of the colors in Kenpo is white, yellow, orange, purple, blue, green, 3 levels of brown and ten levels of black, tenth being the highest.

Chambering – The cocking of a natural weapon prior to striking with it.

Dojo – The Japanese term for school or training hall. “Way to enlightenment”

Form – Offensive and defensive moves incorporated into a dance-like routine for purposes of exercising, training without a partner, or training at home. Moves may be interpreted for combat situations.

Gi – Training uniform used by Kenpo, Karate, Judo, and Aikido practitioners.

Kata – a Japanese term for the word FORM.

Kiai – Loud noise caused by rapid expulsion of air from the lower abdomen. This increases force, fortifies the body, and can startle your opponent

Kobujutsu – A system incorporating weapons such as bo staff, sai, kama, sticks, an tonfa. CMA offers this weapons program.

Mace – A term used in self defense techniques when referring to the fist.

Martial Arts – Term that is generally used to describe the self defense systems of the orient.

Modern Arnis – A stick fighting art designed by Grandmaster Remy Presas incorporating use of double sticks, single stick, knife and emptyhand techniques. Sensei Shekosky was a personal student of Remy Presas.

Natural weapons – The use of body parts as offensive weapons. This includes using parts of the hand, arm, foot, leg, head, etc..

Parry – Redirecting a blow or kick by riding or going with the force.

Pinan - Okinawan pronunciation of the *kanji* characters for peace and relaxation (pronounced *Heian* in Japanese). Techniques used for fighting, to develop a calm, peaceful mind and harmony between the mind and body.

Self Defense – The ability to protect one’s self, relative, friend or property

Sensei – Japanese term for teacher. “one who has gone before” (having the most experience) At CMA, Master Instructor Frank Shekosky is the Sensei.

Sifu – The Chinese term for the word teacher. At CMA, Sensei Shekosky awards this title when instructors achieve a high level of proficiency and represent the school very well. Only a Sifu at CMA may wear a Red Gi top.

Twig – A term used in self defense techniques to refer to the arm.

Wing – A term used in self defense techniques to refer to the elbow