



P.A.C.E. / South Miami Taekwondo

General Scope and Welcome Letter

Welcome to the P.A.C.E. Taekwondo program provided by South Miami Taekwondo. I am Grand Master Jeff Wade, 7th Dan Chief Instructor. My contact information is at the end of this page and I welcome parents and/or students to contact me any time with questions or concerns.

At first glance, martial arts might seem to be about kicking, punching, fighting and self-defense. While these are indeed a part of training, the true purpose runs much deeper. A true martial artist uses the process of learning and refining these fascinating, often-complicated physical skills as a catalyst for mental and spiritual refinement. The fierce battlefield of the Samurai of feudal Japan is long gone, but the battlefield of everyday life is alive and kicking (pun definitely intended). It did not take long for these warriors of ancient Asia to realize the intense training involved in mastery of the martial arts honed the spirits of these warriors and enabled them to handle the affairs of daily life with the same skill with which they thrived in battle.

It is difficult to capture exactly how this happens. I can tell you that we emphasize the virtues of respect, discipline, courtesy, humility and benevolence. In our culture, these words are often foggy, nebulous concepts to our children. At South Miami Taekwondo, any kid with a colored belt can explain them and offer examples of how we use them both in and outside of class. Newcomers are often baffled to see, for example, students of all ranks (including the instructor) sweeping the mat after class, learning and practicing humility, discipline and respect for our training space. After a few months, students are delighted to see that stick combat techniques involve the same motions as sweeping with a broom. It is also amazing to see small groups of children helping one another in calm, organized groups around the dojo as the instructor quietly walks from group to group refining both technique and teaching skills. *Ma'am* and *sir* roll off their tongues as easily as does *Wait. What?* to most other kids.

As far as the physical techniques are concerned, the kicks, punches, rolls, throws and self-defense techniques we study are the real deal; not staged, simplified or sugar coated. At belt testing, demonstrating forms, breaking boards and sparring display the effectiveness and progress of their skills. Until you have lined up on a piece of solid wood with the intent of putting a body part through it, or faced down an opponent of your own size and rank who is as nervous about fighting as you are, it is impossible to understand the spiritual benefits of these practices. My daughters can break boards a grown man would shy away from, and can fight off the toughest of opponents. I have to tell you, this makes both them and me feel a lot better about their increasingly active social lives, including the prospect of dating. Yikes. Please don't remind me....

So, given the fact that the hands and feet of these young people are indeed on their way to becoming weapons capable of doing such things, the importance of mastering the spiritual virtues that accompany them is clear. I hate to quote Spiderman, but it's the perfect summation of the concept: *With great power comes great responsibility.*

Please keep this General Scope in mind as you read over the syllabus. Regardless of the technique or level of study, the ideas on this page are the true concepts toward which we are striving.

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Syllabus

Beginners and senior belts work together, playing off one another, using one another to learn leadership and communication skills and refine techniques as their individual levels dictate. The syllabus is thus by rank rather than timeline.

Beginner Levels

White belt: Newcomers will wear a uniform with no belt until they earn their white belt by learning the fundamental rules and “Basic I,” the first form. Kicks are the front kicks and crescent kicks. Hand techniques at this level are the down block and the punch.

Yellow belt: Add form Basic II. At this level, the student will have the ability to break a board suited to their size and weight. Side kicks and roundhouses will be added to the kicks. High block and alternate stances will be added to the hand techniques. Self-defense techniques are introduced.

Orange Belt: Add form Basic III. Hook kicks are added to the foot techniques and outside blocks are added to the hand techniques. Self-defense includes real life scenario training.

Intermediate Levels

Green belt: Add form Pyoungan I. Spins and turns are added to kicks as well as hand techniques. Free sparring will be much more involved and self-defense techniques will be “no holds barred” from now on.

Purple belt: Add form Pyoungan II. Jumps are added to kicks and palm heel and elbow strikes are added to hand techniques. More advanced teaching and communication skills are addressed at this level as well. Breaking a board should be comfortable and even enjoyable.

Blue belt: Add form Pyoungan III. Hand and foot techniques are honed, seeking increased speed, balance, and power. Blue belts are expected to be able to lead exercises and teach small groups of lower belts.

Advanced Levels

Red Belt I: Add form Pyoungan IV. The color red represents intensity: fire, passion, love etc. Forms and techniques should reflect this concept. Sparring should be scary to watch at this level, especially when taking on older black belts with whom they can let loose.

Red Belt II: Add form Pyoungan V. More intensity in all technique, more control of the mind and body. Leading class should be second nature. Other students should look up to red belts.

Red Belt III: Add form Bosai. At this level, we are preparing for black belt. There should be such a comfort level with “going hard” that the student begins to relax and discovers the value and joy of teaching the younger students and lower ranks. Although the physical technique should be strong enough to penetrate wood or concrete, it should also be controlled enough to spar a small child safely. With consistent training, it will have taken right at three years to achieve this level. Black belt is next, and by that time we’ll know each other personally. Black belt is a whole new beginning...



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Testing, uniforms, etc.

Uniforms: Uniforms are required for promotion, covered by the activity fee, and issued **only at the dojo** located at 4542 SW 75th Ave, Miami FL 33155, suite B (Upstairs). Uniform sizes do not correspond to those of standard clothing, so the student must be present in order to be fitted. Students may attend any and all classes free of charge on the day they pick up their uniforms.

White Belt: White belt tests are performed free of charge at the dojo during any dojo class (see website for schedule). Students must arrive on time and stay for an entire class in order to be promoted. Promotion tests are never conducted at P.A.C.E. Students will receive a White Belt Testing Slip when they qualify for promotion. Bring the slip with you when you come to test so the instructor will know you're qualified.

Colored Belts: We hold formal color-belt promotion tests the last Saturday of every even month at the dojo. The much-coveted "Yellow Slip" is issued when a student qualifies for promotion. The testing fee is \$50 for all ranks under black belt, and must be covered before midnight Thursday night before testing in order to avoid a \$10 late fee. If you cannot make it to a test, you must attend a makeup test the following Saturday. In special cases, permission to test during a regular dojo class may be granted. The fee for all makeup tests is \$60. Colored belts are not only powerful student incentives but an important teaching tool. They also indicate a student's skill level. Thus, **testing is mandatory in order to stay in the program.** Parents may see testing as a fun event they can use as leverage for disciplining their kids. It is not. It is obviously a parent's own business whether or not to allow their child to remain in the program. But being in the program requires that students test when they're assigned to. Students may not progress beyond purple belt without joining the main dojo. We offer a significant discount for P.A.C.E. students should you decide to join.

Bowing and other customs: Bowing is the same as a handshake, a thank you, or a *you're welcome* in Asian culture. Everyone bows to everyone else, not just junior belts to senior belts. It is in no way a sign of worship or subservience. We meditate silently for a short time (5 – 10 seconds) before and after class, just before our verbal prayer. This is in no way a non-Christian religious practice. Christian meditation is rooted in the Bible. In fact, the Bible commands us to meditate. In Joshua 1:8, God says to meditate on His word day and night so we will obey it. The psalmist says, "his delight is in the law of the Lord, and in His law he meditates day and night." (Psalm 1:2) Actually, the Bible mentions meditate or meditation 20 times. The title of *master* in martial arts is earned after a minimum of nine years of hard, dedicated work. It indicates one has "mastered" certain concepts and skills in an art. It is not a title of assumed deity; in fact, a master's job is to serve humbly. It is similar to titles like *Doctor* for a PhD graduate or *Reverend* for an ordained minister. Jesus is often referred to as *Master*. He is also referred to as *Rabbi*, *Teacher*, and *Counselor*. The grammatical likeness of these titles does not imply deity in those who hold them.

Website: MiamiTKD.com. Watch videos of our forms, find our hours of operation, pay for testing and much more.