



New Student Information

1) Uniforms: All uniforms need to have the Lone Star Taekwondo logo on the back of the uniform in good condition. All Uniforms need to be neat and clean with belts tied properly. We suggest that they be washed and pressed after every class. As a new student you are required to wear an all white or all red LSTKD Uniform. In the first few weeks we will evaluate to see whether you qualify for our Black Belt Club program. If so, you may be allowed to wear a Black Uniform Top (signifying the Black Belt Club program) - after acceptance and registration into that program.

2) Punctuality: It is very important that you are on time for your scheduled class times or private lessons. It is disruptive to the class and disrespectful to your instructors when you arrive late. Students arriving more than five (5) minutes late will not be allowed in class.

3) Exams: All students are to test every two months for new belt ranking. The test date and time will be posted in advance. Testing requirements include: 1) a minimum of 16 lessons since receiving current ranking; 2) respectful attitude in class; 3) achieving the required physical proficiencies; 4) loyalty and dedication to the LSTKD schools; 5) satisfactory completion of "Intent to Promote" form; 6) The completion of reading requirements and associated written tests.

4) Reading Requirements: To achieve Black Belt there are a variety of reading assignments of material by respected authors that support our program. As an orientation student we suggest that the student and / or parents read the following books:

"What to Say When You Talk To Yourself" by Dr. Shad Helmstetter and, "The Psychology of Winning," by Dr. Denis Waitley. Both are available at www.LonstarTKD.com/readinglist.htm

5) Martial Arts Discipline and respect: Always be respectful to instructors and to other students. All Black Belts should always be referred to as Mr."____" or Ms."____". Always answer a Black Belt with "yes, Sir" or "yes, Ma'am." Always bow to the flags upon entering or leaving the school floor. Do not wear shoes on the teaching floor (unless approved in advance by the head instructor .)

6) Black Belt Club: Your most important goal during the first few weeks of your orientation as a white belt is to qualify for the Lone Star Taekwondo Black Belt Club. Qualifying is like being accepted into Harvard University. It is recognition that you are accepted into our Black Belt family.

7) www.LoneStarTKD.com : On the LoneStar TKD web site we have essentially everything you need to help you follow along in class and support learning of the LoneStar TKD curriculum. You will find student handouts such as discipline cards, book club cards, job checklists and other support materials. Additionally there is more information about the history and background of our school and access to all reading requirements.

8) The Lone Star TKD newsletter: You should immediately register at www.LoneStarTKD.com .