



I am very happy to hear of your interest in joining us. Below is some information that I hope you will find helpful.

Each of our classes are structured into three parts; a short Bible study/devotional time (10/15 mins), followed by a period of warm up stretching and exercise (30 mins), and concluding with our martial arts teaching (60+ mins). Our classes are on Tuesday and Thursday evening between 6:00pm and 8:00pm. We start promptly at 6pm, so we ask that all students arrive just a few minutes early.

For our martial arts teaching, we have a 5 week rotation during which we focus on different aspects of our martial art.

Our week rotations are:

- **Week #1:** Fighting Application (point sparring, continuous sparring and ground fighting/grappling)
- **Week #2:** Kata - Detailed choreographed patterns of movements practiced either solo or in pairs consisting of movements, stances, and combinations (blocks, kicks, strikes).
- **Week #3:** Kicks/Blocks/Strikes (generally performed against focus pads or a free-standing bag).
- **Week #4:** Techniques - Escape from attacks using various joint locks, leverage movements, or strikes. These are specific movements appropriate to belt level and are always done in pairs with other students.
- **Week #5:** Techniques (Continued)

While you are welcome to start at any time, most people find that either week #3 (kicks/blocks/strikes) or week #4/5 (techniques) are the easiest to start.

You can also find a wealth of information from our information packet (PDF) on our web site (<http://taichuando.com/tcdinfopacket.pdf>) as well as on our Facebook page in the "About" and "Notes" sections (<https://www.facebook.com/pg/tcdogrove>). We also ask that you "Like" our page in order to follow TCD Oak Grove... we use Facebook as our primary means of communicating class status (cancellations, etc.) as well as to post information about special classes and events.

There are no fees associated with attending classes. The only costs are for testing as well as for your uniform (gi). You do not need to purchase a uniform Gi immediately as a beginner, however, we do encourage you to purchase a Gi once you decide to become a regular attending student. Also, it is a requirement to have a uniform in order to be tested for advancement to yellow belt... so you can purchase a uniform/gi at any time before your first test. The testing fees are listed in our Information Packet, and the uniform cost are listed within our Gi Order Form; both in the Downloads section on the TCD web site. Please note that there are some required patches for the uniform which are also listed on the Gi order form. We do also encourage students that are serious about making a commitment to study our martial art to also purchase a set of sparring gear, but this is completely optional.

For your first class, you should:

1. Bring a Bible (electronic form is acceptable).
2. Bring a notepad and pen/pencil.
3. Wear loose fitting comfortable (and modest) clothing.
4. Complete and sign the Oak Grove Participant Medical Release Form. This can be found in the downloads section of the Tai Chuan Do website (www.taichuando.com).

Come a few minutes early and inform a black belt that you are interested in joining the class. If you prefer, you can first "visit" a few of our classes to see what our students do and to observe how our classes operate (our



structure and methods). We often have parents and visitors sit in the back during class time so you will have plenty of company.

There is a requirement to be 6 years of age to participate, and for students that are 12 years or younger, it is required that a parent or guardian are present during the entire class. This is a requirement of the facility/church in which we operate as well as it is generally the age at which we have found that youngsters are able to focus and take direction to the degree necessary to participate in classes.

In general, our expectations for any new student is:

- 1.) They are willing and able to listen to instructions from our teachers
- 2.) They are not disruptive during any of our class phases; Bible study, warm-up exercises, or martial arts training
- 3.) They are capable of understanding and adhering to safety requirements
- 4.) They are respectful towards our instructors and other students
- 5.) They are willing to work hard and push themselves both mentally and physically

If you have any questions or concerns, please let me know. We look forward to seeing you.

Blessings,

Sensei Mike Schepers, 3rd Degree Black Belt

Tai Chuan Do, Oak Grove Baptist Dojo

