



## Tompkins Karate Association (TKA)

# Welcome to TKA

We offer the finest martial arts instruction from beginner to advanced black belt levels. TKA teaches a Korean empty hand fighting system known as Tang Soo Do (Way of the Chinese Hand) as well as Jujitsu (Gentle Art), a grappling system. The two are stylistically quite different but blend well to give students a solid foundation in basic principles upon which all martial arts are based.

**Dale Tompkins, founder and ranking member**, started TKA in 1965 with the concept of teaching traditional martial arts using modern learning theory and teaching techniques. Students are encouraged to develop creativity and to pursue their basics. This method has produced many outstanding martial artists and instructors.

Upwards of three thousand TKA members attend approximately 80 classes each week. Through the organization, students can: obtain black belt ranks in Tang Soo Do and Jujitsu; enjoy tournament competition at both intramural and national levels; receive instruction in traditional weapons; attend seminars in other martial arts; and instruct underbelt students and improve their physical condition.

**SCHEDULE:** TKA offers four sessions each year beginning in September, January, April and late June. Each session is 10 to 14 weeks in length. The registration fees covers group instruction for each session (please note that uniforms are not included in the registration fee). A calendar of events listing TKA activities such as tournament and seminar dates is available from your instructor.

**UNIFORMS:** A uniform or "gi" is not required until you take your first exam. We recommend that beginning students complete one full session before purchasing a gi. Your instructor can help you choose the proper gi size and can give you information on how you may purchase one. A white gi may be worn by any student at any time. No other color of gi may be worn by students who are below the level of black belt. From May through September, any plain T-shirt or TKA T-shirt may be worn in class instead of a gi top. Gis, sparring equipment (optional), and other martial arts items, such as patches, manuals, T-shirts, etc. may be ordered through your instructor or through the TKA mail order operation.

**PROMOTIONS:** Underbelt (below black belt) promotional exams require an extra fee for administration and belt certification and are offered in November, March and June at local studios and in July or August at our Summer Clinic in the Blue Ridge Mountains. New students should complete a minimum of one session before taking their first exam, while more experienced students should plan on preparing for every other or every third or fourth exam. This is especially true for higher underbelt levels. Approval from your instructor is required before you take an exam. Approval is based on student's attitude, effort during class and quality of skills. Steady progression through the ranks will be best accomplished by regular practice of class material, especially forms, throughout the week.

**MAKE-UP CLASSES:** We make every effort to complete all classes in each session. However, snow days, school functions, holidays and facility problems beyond our control occasionally interfere. When class interruptions are foreseeable, we plan around them; otherwise, we will provide make-up classes at nearby TKA classes that meet on other nights. Since we offer classes Monday through Thursday, you will have several options. Make-ups at the facility that was interrupted will be offered only when they do not disrupt the preset yearly schedule. It is not possible to offer refunds for missed classes. We do not guarantee that make-up classes will be available in all situations. By registering for TKA classes, you are agreeing to the above policies.

**EXTRA HELP:** Extra help for students is available from several sources. Instructors are often available to individuals for a few minutes before and after class. Seminars are offered on various topics throughout the year. Private lessons are also available (see your instructor for details). VHS videos and handbooks are also available for those who want them. Every effort will be made to provide supplemental help to students who need it.

**ADDITIONAL INFORMATION:** refer all questions that have not been addressed in this brochure to the main TKA office. (301) 840-9262 --- Tuesday through Thursday 1:00pm - 5:00pm (Monday & Friday limited hours)