



2020 Summer Adult Program Taekwondo Announcements

Summer Adult TKD Class Schedule

Welcome back! Taekwondo will resume on July 13th and we will follow our summer TKD schedule below. My staff and I are excited to see everyone again and return to some sort of "normalcy".

Mon, Tues, Thur.	6:15 PM	White & Yellow Belt Class
Mon, Tues, Thur.	7:00 PM	High Yellow, Green, High Green, & Blue Belt Class
Mon, Tues, Thur.	7:45 PM	High Blue, Red, High Red, & Black Belts Class

March 2020 Belt Test

Because we missed this test, we are still going to promote eligible students. If you have already paid for your March 2020 belt test, your credentials will be ordered shortly and you will receive them by the end of July. If you did not pay for your March belt test, either pick up a testing form in the Dojang before class or pick one up at the front desk. If you need help filling it out, ask an instructor for help. If you don't take advantage of this opportunity by August 1st, you will need to wait until the September 24th test to promote. Don't miss out on something you already earned! **See the handout for more details!**

September 24th 2020 UAC Belt Test

Because we are resuming classes later than normal this year in July, the amount of classes needed to promote to your next color belt rank for the September belt test will be 18. I am adjusting this number for this belt test only to accommodate students and parents. Realistically you could still meet your class attendance with a combination of online and live classes. **If you have participated in any UNTN.net online classes since June 22nd, your weekly pass/login with Grand Master Kirby will count as one class per week towards your September 24th belt test at UAC.** Whatever combo works for you is fine, but you need to attend the live test on September 24th in order to promote. Learn your form so you can perform your best. See Master Oplinger for further clarity if you need it!

Upcoming Taekwondo Tournaments

The September 2020 tournament is postponed until further notice. We realize that Covid19 has affected this situation **therefore, the total number of sparring tournaments needed in order to promote to 1st Dan will be adjusted.** Stay in touch with Master Oplinger for further details on this situation.

2020 Black Belt Test & Demo Prep Classes

If you are a candidate to promote to 1st Dan Black Belt or above this year, you will be required to participate in the black belt prep classes. **These classes will be held at the Lower Windsor location in York for 8 consecutive Saturdays starting on September 12th starting at 10 AM. THESE CLASSES ARE MADATORY in order to promote.** Master Oplinger will be creating a list of eligible High Red Belt students this summer and will reach out to each student and parent as needed. **These classes will begin on 9/12/20 through 10/26/19 and conclude with the black belt test on November 7th, 2020.** Master Oplinger will have a document for all students participating in this event the closer it gets to the first practice. Stay tuned!

Saturday Black Belt Classes

Class will begin at 9:00 AM in the Dojang (kid's gym) and are for BLACK BELTS ONLY! Remember, these classes are required as you advance in your Black Belt rank!

- July 25th
- August 15th

Contact Master Oplinger at oplinger.jim@gmail.com if you have any questions.

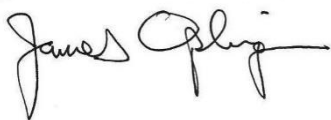
A Few Words About Our Curriculum Expectations

As students know, they must have (on average) 20 classes attended in between belt tests. But this is NOT the only requirement needed to be eligible to test. Below is a short list of what instructors are evaluating with EVERY student as they progress towards their next belt rank:

1. **Respect** - Respect comes in many forms in Taekwondo. Each student is expected to conduct themselves in a respectful manner towards Master Oplinger and all of the assistant instructors. This means using the term "Yes Sir/Ma'am" in a frequent manner when addressing instructors or in conversation with them. This is even an acceptable thing to do when talking to their peers as well. Students also need to show respect for themselves, the Dojang, and UAC facility in general. Running around wildly before class is not respectable or acceptable. Self-respect is important when it comes time to listen to your instructors. Tuning out and then asking several times to have instructions repeated is an indication you don't care to listen. Pay attention when your instructors are going over techniques and curriculum, so you get it the first time.
2. **Active Participation** – Students are expected to participate in our Taekwondo program on a level that is appropriate to the art. We ask that all students make a "visible effort to train" each and every time they enter the Dojang. Instructors are watching this on a daily basis to see growth and steady development in the student's journey towards their 1st Dan Black Belt rank. If students are coming to class and are not trying to participate or are showing very little or low levels of participation, they will not promote to their next belt rank until they satisfactorily meet the skill levels required for their current belt rank. **Inappropriate behavior also comes into play here. If students are a constant discipline issue they will be placed on a temporary hiatus from the program for a few weeks.** They will be allowed to return but will need to improve their behavior. If this doesn't happen, the student may be released from the program. Please speak with your student about behavior so this doesn't happen to them.
3. **Attendance** – Students are required to attend 20 classes in between belt tests. This requirement doesn't change. On the rare occasion that it does, please listen to Master Oplinger for any adjustments to the schedule. He is the only one who will make that call, not the assistant instructors.
4. **Curriculum** – All students are expected to know all of the Taekwondo curriculum that is appropriate for the current belt they are testing to and ALL CURRICULUM PRIOR TO THAT! Students quite often get caught up in the process of learning a new form and forget their prior curriculum. This should NOT happen. Students are encouraged to constantly review their lower belt basics and forms. Students are also responsible for sparring not only in class at UAC but also participating in our school tournaments with Grand Master Kirby. Students must complete 3 school tournaments to be eligible to test to 1st Dan Black Belt and higher. This is the student/parent responsibility to complete these requirements, not Master Oplinger or the assistant instructor's responsibility to remind students.
5. **Assisting** – As students climb the ranks towards their black belt, they are required to begin to assist Master Oplinger during lower belt rank classes. This will involve students holding paddles for other students, leading warm ups, demonstrating techniques, and even Poomsea forms. All of these activities help students develop a deeper understanding of their Taekwondo and allow them to continue to move forward towards their next Black Belt rank. It's a big help to Master O and a lot of fun to participate in!

As mentioned above, this is just a short list of items that parents often have questions about. It's important to be familiar with them as time moves on in your son or daughter's journey to Black Belt. Feel free at any time to approach Master Oplinger with any questions you may have concerning how these items affect your student. Please understand that at the end of the day these rules are in place for everyone and intended to be a framework of expectations for students and parents to know ahead of time so there are little to no questions. These expectations are applied to ALL STUDENTS through a fair and respectful process. Master Oplinger does NOT hold students back for the sake of holding students back. Remember, Master Oplinger does not GIVE a student their belt rank, they EARN their rank. I am so excited to be back training in the Dojang with everyone. Let's make this a great session of Taekwondo. See you in the Dojang!

Master James Oplinger



WTF Kukkiwon 4th Dan Master Instructor
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