

MARTIAL ARTS

WHITE HORSE ACADEMY OF MARTIAL ARTS

215 E. 11th Street (in the Heights)

Houston, TX 77008

Phone: 281/630-5120

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Master Barbara Dickens – 7th Dan Black Belt, Universal Way

PHILOSOPHY

My program teaches a variety of Martial Arts. The basic program is **Korean Taekwondo**, which means *Art of Foot and Fist*. Included are elements of **Japanese/Okinawan** Karate which means *Art of Empty Hand*, as well as techniques from **Korean Hapkido** which means *Way of United Power*. At the higher levels, I include **Chinese Kung Fu** which means *Excellence in Knowledge*.

Taekwondo and Karate are considered “hard arts” as they are very powerful and strong in movement. They are designed to increase strength and physical power. Kung Fu is a “soft art” and its focus is on long life, good health and internal peace and harmony. Teaching this variety of artS enables all to practice martial arts regardless of age, physical ability or limitations.

From Martial Arts training, children and adults can gain: self esteem, discipline, exercise, flexibility, increased energy levels, concentration, coordination, agility, patience, strong spirit, perseverance, integrity, courtesy, self-control and respect for self and others. Added to these fine qualities comes the knowledge of proven self-defense techniques.

I want students to achieve rank as they deserve. Rank level in Martial Arts is very important – the ranks are like steps up a ladder. Each level is similar to advancing a grade in school and is an accomplishment for each student to be very proud to have earned. I believe in what I teach; I live it and experience it daily. If I did not, I would not feel so strongly about its significance in the lives of my students.

Each student is expected and encouraged to progress through the course at his or her own pace. If the student stops training for an extended period, the right is reserved to charge tuition at the current rate offered.

White Horse Academy of Martial Arts obligates itself to furnish competent instructors. All classes, practice sessions, examinations (at an extra fee), and contests are supervised by **Master Barbara Dickens** or another designated, responsible adult instructor. Official belt recognition and certification will be issued upon completion of each examination.

The student, upon being admitted to join the Dojang, will: obey the rules, endeavor to conduct his or herself in a manner befitting a student even in daily life, respond with respect to instructors and fellow students, and never do anything to disgrace the Dojang.

I understand that my child’s strict observation of the rules and regulations relative to his or her training will largely eliminate the possibility of accident or injury. As part of this contract, I waive any claim to damages assessed against White Horse Academy of Martial Arts and/or its principals, instructors, and students in his or her training activity

NOTE: Uniforms must be purchased from White Horse Academy of Martial Arts so all students will be the same. Sparring gear must also be purchased from White Horse Academy of Martial Arts in order that insurance requirements may be met. Any sparring gear other than regulation will not be allowed. Uniforms and sparring gear are competitively or lower priced than stores and will be brought to class for the student

Classes at: ST. AMBROSE CATHOLIC SCHOOL

Day: Monday afternoon

Tuition:

\$40 / Registration - \$40 / month
\$45 / Rank Test when applicable
\$45 / Uniform

Instructor: Master Barbara Dickens

Class Size: 25

Sparring Gear: Boys \$86 / Girls \$71
WHAMA bag \$20 optional
WHAMA T- SHIRT \$17 optional

And/or Mr. Curtis Dickens

Times: Kindergarten – 2nd Grade

3:15 – 4:15 pm

3rd – 8th Grade

4:30 – 5:30 pm

Registration, 1st mo. Tuition & uniform
required to finalize application.

Classes begin 9/8/08

**WHITE HORSE ACADEMY OF MARTIAL ARTS
REGISTRATION & INFORMATION**

I agree for my child to take the Martial Arts course taught by **White Horse Academy of Martial Arts** at St. Ambrose Catholic School for the tuition arrangements indicated. There is a \$40 registration fee which, along with all tuition \$40/month, is payable to **White Horse Academy of Martial Arts**. Classes will not be held on holidays. **\$40 REGISTRATION FEE and \$40 FIRST MONTH'S TUITION must be enclosed for registration to be effective.**

NAME _____ DATE OF BIRTH _____ GRADE _____

CLASS (Please circle one) Kindergarten – 2nd / 3rd – 8th

PARENT(S) NAME(S) _____

ADDRESS _____ ZIP _____

HOME PHONE _____ WORK PHONE _____ MOBILE _____

PARENT/GUARDIAN SS# _____ TX DRIVER'S LICENSE _____

PARENT SIGNATURE _____ STUDENT SIGNATURE _____

CO-SIGNER _____ REGISTRAR _____

Please check one: _____ Student **is** enrolled in extended day

_____ Student **is not** enrolled in extended day

**** Note ****

If student is not enrolled in extended day, he/she will be kept with instructor for 10 minutes after end of class. If not picked up within that time, students will be sent to extended day and charged according to extended day guidelines.