

Mighty Crane Kenpo
STUDENT HANDBOOK
Version 1.2 (2.11.26)



Master Professor Tony Haraguchi

Youth Rules of Respect

(For students ages 7 and older)

The Mighty Crane Way

At Mighty Crane Kenpo, training is more than learning moves — it's about building character. We teach **Structured Discipline** to develop respect, focus, and positive habits. Students grow through **Building Confidence**, celebrating progress and trusting their abilities. We support **Strengthening the Mind, Body and Spirit** and a **Winning Attitude**. **Ultimate Teamwork** means we grow stronger when we support each other as a martial arts family.

Purpose

The Mighty Crane Kenpo program is a fun and supportive learning environment. We still require structure and respect so that all students can learn safely and parents feel confident in the value of the program. Consistency is key.

These rules are designed to teach discipline, responsibility, self-control, and leadership. Students ages 7 and older are expected to set a positive example for younger students.

Class Attention & Respect Cue

To bring the class to attention quickly and respectfully, we use a clear call-and-response:

1. **Instructor Claps:** The instructor claps **four times**.
2. **Student Response:** All students stop what they are doing, **clap back four times**, **kiai**, and immediately become silent with their **feet together** and **hands at their side** and **ready to listen** to the instructor. (This means no talking or fidgeting).

This signals that everyone is respectfully ready to listen. This call-and-response should be done regularly during warm up routines.

Behavior Expectations

All students are expected to show respect for instructors, classmates, equipment, and the training space. Poor behavior disrupts learning and safety.

- **Show respect at all times** — Respect instructors, classmates, equipment, and the dojo. Bow when entering and leaving.
- **Give your best effort** — Try your best and show good sportsmanship. Encourage others. No complaining or bragging.
- **Come prepared and take care of your gear** — Arrive in uniform with your belt tied and water ready. Remove shoes and place them neatly on the rack.
- **Maintain good hygiene** — Clean uniform, trimmed fingernails and toenails.
- **Be focused and listen the first time** — No talking, fidgeting, or distractions when instructions are given. Follow all class rules:

Class Rules

These rules help keep everyone safe and build a respectful martial arts community:

1. **No talking once class begins** — This includes when instructors are speaking, during stretching, warm-ups, and bowing in or out.
2. **Show respect at all times** — No teasing, bullying, swearing, or inappropriate language.
3. **Keep hands, feet, and body to yourself** unless instructed to practice drills or spar.
4. **Respect the training space and equipment** — No shoes on the carpet. Do not use, throw, climb on, or misuse equipment. Back rooms are off limits without permission.
5. **No food, drinks, or gum** (water only). Remove all jewelry before class.
6. **Respond respectfully** — Answer, “Yes (or No), Instructor.”
7. **Line up quickly, quietly, by rank, and in a straight line** when instructed.

Reset & Discipline System

To help students learn self-control, we use a simple, fair, and consistent system:

1. **First Step – Verbal Warning**

A student who is not following rules will receive **one verbal warning**. The instructor will remind them that if the behavior continues, they will need to sit in the Reset Area for 5 minutes.

2. **Second Step – 35 Leg raises or 35 Push-ups**

If the behavior continues, the student will be asked to go to the **Reset Area** and do extra exercises. After they have finished, they may return to class.

3. **Third Step – Early Dismissal**

If the student continues to misbehave after returning from the Reset Area, they will be asked to **leave class early**.

This process isn't meant to punish — it teaches accountability, emotional regulation, and responsibility.

Why Structure Matters (For Parents)

Martial arts training is most effective when children learn in an environment that balances fun with respect and discipline. Although our school maintains a more relaxed and playful atmosphere than many traditional martial arts programs, we still require structure so that:

- All students can learn safely and grow in skill
- Students build self-control, confidence, focus, and respect
- Parents see clear value in the program and feel proud of their child's progress

A structured environment ensures that children gain the full benefits of martial arts, including:

- Improved focus and listening skills
- Respect for instructors, peers, and rules
- Stronger self-discipline and emotional maturity
- Leadership development, especially for older students who model positive behavior

Setting an Example

Students **7 years and older** hold an important leadership role. Younger children watch and learn from them. Older students should:

- Follow instructions quickly
- Demonstrate respect and positive behavior
- Help create a safe, encouraging class environment

By doing so, they become role models and future leaders in the school.

Final Reminder

These guidelines help maintain a fun, positive, and respectful martial arts community. When we all follow them, students grow not only in skill, but in character — the true heart of Kenpo.

Together, we create the Mighty Crane spirit of **respect, focus, kindness, and strength**.

Mighty Crane Kenpo **STUDENT/PARENT AGREEMENT**



I have read the student handbook, and agree to follow the rules and do my very best to meet its expectations.

Student Name Printed _____

Student Signature _____

Date _____

Parent/Legal Guardian Agreement

(A parent or legal guardian must sign this agreement).

As a parent or legal guardian of this student, I have read and discussed with my child the contents of the Mighty Crane Student Handbook.

Parent/Legal Guardian Name Printed _____

Parent/Legal Guardian Signature _____

Date _____

NOTE: Please return this signed document to Professor Tony.