

Dear parent, guardian or student,

Welcome to our school. I am honored that you have entrusted your student(s) instruction to me and our incredible MATI Clubs staff. I have been training in the martial arts since 1979 at the age of 10 years. I learned Chinese boxing and Judo in North Dartmouth, MA under Master Instructor Massarelli. At 14, I trained at the Shaolin Kenpo Dojo under 8th degree black belt Gaudreau where I earned the rank of Apprentice. I continued training in Chinese Kenpo under the instruction of 8th degree black belt Vic Nastasia, ultimately earning the rank of 1st Degree Black Belt in 1990.

I competed on the National Tournament Circuit, taking 2nd place in forms and I was recognized by the North American Sport Karate Association. I continued training in Jiu-jitsu, En Shu Do, Ed Parker Kenpo, and Bushido. I received my second 1st Degree Black Belt in Shorinji Kempo Karate here with MATI under the direction of 7th degree black belt Hardley Soryz. I am currently a 6th Degree Black Belt in this style.

I continued to broaden my martial arts education by earning a 1st Degree Black Belts in Shorinji Kobudo Cane in 2010, and Shorinji Kobudo Nunchaku in 2021. Additionally, I am a certified instructor in Tai Chi/Qigong (a discipline directly related to Tai Chi) with Dayan Arts.

In August 2017, I was honored with an induction into the American Martial Arts Alliance (AMAA) Who's Who in the Martial Arts Hall of Fame. One of the many highlights of my career was expanding my knowledge of Tai Chi/Qigong by training in China with Grandmaster Chen and Sifu Shane Lear.

I also teach Co-ed Personal Protection and Women's Self-Defense Clinics at local colleges, corporate venues, or private parties.

Sincerely,

Glenn Carder
Chief Master Instructor

Our School

Welcome to MATI Clubs. I am so very pleased you have chosen to enroll your child in our program. I am very proud of the school we have built and I'm sure you and your student will have a very positive experience in our program. We are an associate school in the Martial Arts Training Institute (MATI) system. MATI Clubs has been operating here in Charlotte and the surrounding area since April 2005. As you read our mission statement and goals you will see we are about much more than self defense and karate. During your student's time with us you will begin to see changes in their self confidence, their physical fitness, their focus, their respect for others, and ultimately their ability to first avoid a confrontation, but defend themselves if it's required.

We also offer summer camps, movie nights, Brazilian Jiu-Jitsu (BJJ), weapons training and intra-school sparring tournaments as well as special seminars (Women's Self Defense, weapons to name a few). The main location for MATI Clubs is located in Huntersville NC at 11202 Harris Road on the 2nd floor at Evolution Aquatics. We also operate successful Mati Clubs locations at CCAC, several charter schools in the area, Mati Clubs, Mint Hill and Mati Clubs, Anson County. More information can be found at www.maticlubs.com.

Martial Arts Training Institute (MATI)

MATI has been a leader in the professional martial arts industry since 1981. Our combination of instructional excellence, personal attention, and character development are proven tools resulting in each student reaching their maximum potential. We are strongly committed to developing today's youth.

We enroll students as young as four years old. Our specific training programs are both fun and will teach positive character traits aimed at teaching kids to navigate a complicated world. This together with martial arts training improves self-confidence, physical fitness, and discipline.

MATI was started and is managed by Mr. Irwin Carmichael. Mr. Carmichael had the privilege of serving the citizens of Mecklenburg County as their 44th Sheriff. He has trained both children and adults. He has written several books on child and adult self-defense and has produced multiple nationally released training videos and he travels extensively conducting martial arts and crime prevention seminars (for more information go to www.mati.com).

MATI teaches the Shorinji Kempo style (Japanese based) type of karate.

This style is a combination of hard fist (blocks, kick, punches, and strikes), soft fist (takedowns, throws, wrist locks, and controls) and various weapon styles. Incorporating these techniques with the dynamic arts of Ju-jitsu, Aikido, Tae Kwon Do, Hapkido and others set Kempo apart from other styles. A strong foundation in Kempo Karate provides an excellent transition from which to study other disciplines, weapons and styles of martial arts.

Dojo Rules

Black belt behavior is expected by everyone at ALL times.

- Every student will bow upon entering or exiting the Dojo.
- All shoes, personal belongings, and sparring equipment shall be placed neatly in the cubbies in the hallway outside the Dojo.
- All students shall wait in the hallway or on the red mats no earlier than 15 minutes prior to the start of their class.
- You must obtain permission to leave the mat for bathroom and water breaks.
- You must raise your hand properly before asking and answering questions (like a Black Belt Sir/Ma'am).
- When a Master Instructor, Senior Master Instructor, Chief Master, Grand Master, or Soke enters the Dojo, whether in uniform or not, the class must be called to attention.
- Students/Jr. Black Belts are not allowed to enter the office space without permission.
- Students ages 4-14 will be required to turn in a weekly "to do" list (provided at the end of every class).

Code of Conduct

- Students and parents **must show respect at all times** to staff, Instructors and fellow students.
- Student mistakes should be a learning experience, not to be laughed at by others.
- If a student is involved in any altercations outside of the school, the Master Instructor must be notified immediately.
- Always notify an instructor of any injury before class.
- Please be responsible for your areas in the hallway - throwing away trash etc.
- Students are expected to be in proper uniform. The uniform should be clean and neat.
- Students are expected to maintain proper hygiene. Nails should be trimmed to avoid injuring other students when training.

Three Rules of Concentration

(White Belt)

- Focus with our eyes...
(both pointer fingers point to eyes from both side of head)
- Focus with our mind...
(both hands form triangle with fingers, pointer and thumb in front of face and extend in front of face)
- Focus with our body sir/ma'am...
(go to attention stance, left foot to right)

Five Rules of a Polite Greeting

(White Belt)

- Smile (most important!)
- Eye contact
- Firm handshake
- Clear voice
- Good introduction (hardest to remember!)

LITTLE DRAGON STUDENT PROMISE

(White Belt)

I promise to be a good person...
(with both hands, thumbs point to your chest)

To put knowledge in my mind...
(with both hand, pointer fingers point to both side of head)

Honesty in my heart...
(with both hands, cover your heart)

Strength in my body...
(with both arms up/ hands are fists on side of body, flexing)

And have lots and lots of good friends!
(with both arms, hands open; make circular motion in front of body, both arms inward to outward circles)

EACH MOVEMENT TO BE DONE WHILE SAYING EACH LINE

Student Creed

(Blue Belt)

I will develop myself in a positive manner and avoid anything that could reduce my mental or physical growth.

I intend to develop self-discipline in order to bring out the best in myself and others.

I will use what I learn in class constructively and defensively to help myself and my fellow man, and never to be abusive or offensive sir/ma'am.

Black Belt Oath

(Brown Belt)

I, the student, accept with honor and privilege, the black belt in martial arts, and hereby swear to uphold the standards of honesty, integrity, courtesy, high moral code and indomitable spirit.

I sincerely pledge to honor my instructors and school with loyalty and support, and to value and carry on the martial arts tradition with respect and dignity.

I further pledge, with humility and gratitude, to continue my mental, physical and spiritual growth to the highest level, to lead by example, and to share what I have learned with others.

Progressing in the Belt Ranks

“A black belt is just a white belt that didn’t give up.”

All new students will receive a white belt and white uniform, or gi, (pronounced ghee). In our school there are thirteen belt levels from white to black. Progressing through the belt ranks will take hard work and dedication.

As you progress you will earn stripes on your belt signifying that you have reached a milestone on the way to your next belt. You will need to earn at least five stripes to be eligible to test for the next higher belt. Each belt requires more skill than the one before. As your skills increase, you will be required to demonstrate your new proficiency as well as the prior material and knowledge from past belts via a test.

All students, child and adult, learn and progress at different rates. It will be up to each student to practice what they have learned in class in order to “master” each skill. Successfully completing each test is rewarded by wearing your new belt, and receiving a certificate recognized by the Shorinji Kempo Karate Federation.

Belt rankings (KYU is a Japanese term meaning rank, or level. 9th KYU is no rank Progressing to 1st KYU meaning highest or best rank of the under belt rank system.)

- White Belt
- 8th KYU Orange Belt
- 7th KYU Yellow Belt
- 6th KYU Blue Belt
- 5th KYU Green Belt
- Green Stripe Belt
- 4th KYU Purple Belt
- Purple Stripe Belt
- 3rd KYU Brown Belt
- Brown Stripe Belt
- 2nd KYU Red Belt
- 1st KYU Red Stripe Belt (must hold this one for three to six months, discretion of Master Instructor)

- **1st degree Black Belt (Shodan)**

Belt Testing

As our students progress through their training, we award stripes to indicate they are prepared for advancement. Students are only awarded these stripes after demonstrating proficiency required for the next belt. When all the stripes are earned, and with the recommendation of the Chief Instructor, a student will be invited to testing for the next belt level. We will send a testing form home with each qualified student detailing the time, place, and fee for testing. This usually occurs monthly, and parents are strongly encouraged to attend. This is a celebration of the work our students put into their training and recognizing the effort is a strong motivating factor to continue.

THE STRIPES ON THE BELT REPRESENT THE FOLLOWING:

- BLUE= KICKS
- WHITE= BLOCKS/STANCES/STRIKES
- RED= KATA
- GREEN= FORMAL TECHNIQUES
- BLACK= CONDITIONING
- ORANGE= ROLLS/FALLS
- YELLOW= 1ST DAY NEW STUDENT/PROMISES/POLITE GREETING
- BROWN= HISTORY
- PURPLE=SPECIAL EVENT

Scholastic Recognition

I have made it a practice to recognize students' academic achievements with a star to sew onto their gi lapel. Our growing class size has made this process a bit time consuming and eats and takes away from training time. Going forward we will address this in a more abbreviated way. Please have your student bring their **quarterly report card** to class and present it to the lead instructor at the beginning of class. (Report cards only, not progress reports, "student of the month" or other earned accolades). We understand that some students only receive digital report cards. We are not able to print report cards or engage with parents' phones. So please print a copy of the grades and have your student present it to the lead instructor before class. All students who presented report cards will be awarded a star at the end of class at one time. This will be a more efficient way to recognize everyone's academic achievement. This recognition is at no cost to you, instead, adding additional value to our program.

8 QUALITIES OF A BLACK BELT

1. Hard Working
2. Positive Attitude
3. Honesty
4. Self Control
5. Loyalty
6. Respectful
7. Self Confident
8. Disciplined

Curriculum

BLOCKS, STRIKES, AND STANCES

Blocks:

High/low
High X/low X
Outside/ inside
(hello open hand/closed- fist)
Inside/outside (ice cream scoop)
Double block (Fists turned out)
Side of head (locked)

Stances:

Attention
Ready
Horse
Left/right forward
Left/right sparring (fighting)
Extended pigeon-toed
V stance
Left/right cat
Left/right crane
Left/right cross step
Left/right rooted tree
Left/right lean
Left/right deep lean
Left/right 3 point stance

Strikes:

Reverse (straight punch)
Palm heel
Knife hand
Spear hand
Two finger poke (bunny ears)
Reinforced poke
Hammer fist
Ridge hand
Reach in
Vertical punch
Round punch
Inverted belly punch
Uppercut punch
Koken
Back fist
Back hand
Rake single/double rake
Cupped palm (single/double)
Trigger finger
Chicken beak (3 variations)
Leopard's paw (3 variations)
Bear paw (and inverted)
Finger whip(off balance strike)
Eagle claw
Middle/ Thumb knuckle punch
Reverse and inverted hammer fist
Inverted knife hand
Inverted koken
Tiger's mouth

Strikes (required for purple belt and above):

Knee

Upper
Inward/outward
Outward/Inward

Elbow

To the front (face) both arms
Left/right reinforced side/ rear
Left/right downward
Left/right upper rear (face)

Curriculum (cont.)

ORDER OF KICKS

Snap kick (instep part of foot)
Thrust kick (bottom/heel part of foot)
Round kick (instep/shin part of foot/leg)
Side kick (bottom of foot)
Outside/inside crescent kick (circle pattern)
Inside/outside crescent kick (circle pattern)
Hook kick (using heel or ball of foot)
Back kick (bottom of foot/45 degree angle down)
Spinning back kick
Spinning hook kick
Spinning crescent (inside/outside) kick
Spinning side kick
Jumping snap kick
Jumping thrust kick
Jumping round kick
Jumping side kick
Flying thrust kick
Flying round kick
Flying side kick
Scoop Kick
Heel Kick
Inverted round kick
Axe kick (outside/inside, inside/outside)
Jump, spin, flying back
Jump, spin, flying hook kick
Jump, spin, flying crescent (inside/outside)
Jump, spin, flying side kick
Tornado kick (short and long versions)

Testing Requirements

Beginning level

For Orange Belt Rank:

Blocks:

High/low

High X/low X

Outside/inside (hello-open hand/closed)

Inside/outside (scoop)

Stances:

Attention

Ready

Horse

Strikes:

Reverse (straight punch)

Palm heel

Knife hand

Kicks:

Snap Kick

Thrust Kick

Round Kick

Formal Technique:

Number 1

Kata:

To break out

For Yellow Belt Rank:

(All Previous Requirements Plus)

Blocks:

Stances:

Left/right forward

Left/right sparring (fighting)

Strikes:

Spear hand

Two finger poke (bunny ears)

Reinforced poke

Kicks:

Side Kick

Outside /inside kick

Inside/outside kick

Formal Technique:

Numbers 1-2

Kata:

To third high block with coaching

Testing Requirements

(cont.)

Beginning level

For Blue Belt Rank:

(All Previous Requirements Plus)

Blocks:

(All Previous Requirements)

Stances:

Extended pigeon-toed

V Stance

Strikes:

Hammer fist

Ridge hand

Reach in

Vertical punch

Kicks:

Hook kick (using heel or ball of foot)

Back kick (bottom of foot/45 degree angle down)

Spinning back kick

Spinning hook kick

Formal Technique:

Number 1-3

Kata:

To third high block with coaching

Testing Requirements (cont.)

Intermediate level

For Green Belt Rank:

(All Previous Requirements Plus)

Blocks:

Double block

Stances:

Left/right cat

Strikes:

Round Punch

Inverted belly punch

Kicks:

Spinning crescent (inside/
outside) kick

Spinning side kick

Formal Technique:

Number 1-4

Kata:

To third high block with
coaching

Testing Requirements (cont.)

Intermediate level

For Green Stripe Belt Rank:

(All Previous Requirements Plus)

Blocks:

Double block

Stances:

Left/right crane

Strikes:

Uppercut punch

Koken

Kicks:

Jumping snap kick

Jumping thrust kick

Formal Technique:

Number 1-5

Kata:

Entire with coaching

Testing Requirements (cont.)

Intermediate level

For Purple Belt Rank:

(All Previous Requirements Plus)

Blocks:

All

Stances:

Left/right cross step

Strikes:

Back fist

Back hand

Knee/Elbow Strikes

Kicks:

Jumping round kick

Jumping side kick

Formal Technique:

Number 1-6

Kata:

Entire kata with coaching

Testing Requirements (cont.)

Intermediate level

For Purple Stripe Belt Rank:

(All Previous Requirements Plus)

Blocks:

All

Stances:

Left/right rooted tree

Strikes:

Single Rake/Double rake

Cupped palm (single/double)

Knee/Elbow Strikes

Kicks:

Flying thrust kick

Flying round kick

Formal Technique:

Number 1-7

Kata:

Entire kata with coaching

Testing Requirements (cont.)

Advanced level

For Brown Belt Rank:

(All Previous Requirements Plus)

Blocks:

All

Stances:

Left/right lean

Strikes:

Trigger finger

Chicken beak (3 ways)

Leopard's paw (3 ways)

Finger whip (off balance strike)

Kicks:

Flying side kick

Scoop kick

Formal Technique:

Number 1-8

Kata:

Entire without coaching

Testing Requirements (cont.)

Advanced level

For Brown Stripe Belt Rank:

(All Previous Requirements Plus)

Blocks:

All

Stances:

Left/right lean

Strikes:

Bear paw

Inverted bear paw

Finger whip (off balance strike)

Kicks:

Heel kick

Inverted round kick

Formal Technique:

Number 1-8

Kata:

Entire without coaching

Testing Requirements (cont.)

Advanced level

For Red Belt Rank:

(All Previous Requirements Plus)

Blocks:

Side of head (locked)

Stances:

Left/right deep lean

Strikes:

Eagle claw

Middle/ Thumb knuckle punch

Kicks:

Ax kick (outside/inside,
inside/outside)

Jump, spin, flying back kick

Jump, spin, flying hook kick

Jump, spin, flying crescent
(inside/outside)

Jump, spin, flying side kick

Tornado kick

Formal Technique:

Number 1-9

Kata:

Entire Kata with proper
technique

Testing Requirements (cont.)

Advanced level

For Red Stripe Belt Rank:

(All Previous Requirements Plus)

Blocks:

All

Stances:

Left/right 3 point

Strikes:

Reverse and inverted hammer
fist

Inverted knife hand

Inverted koken

Tiger mouth

Kicks:

Jump, spin, flying crescent
(inside/outside)

Jump, spin, flying side kick

Tornado kick(short and long
versions)

Formal Technique:

Number 1-10

Kata:

Entire Kata with proper
technique