



WOLCHEK

ACADEMY OF MARTIAL ARTS

The longest journey starts with a single step

Beginner Student Manual

Might for Right

In Boulder since 1994



Welcome aboard!

Welcome to the exciting world of martial arts!

Men, women, and children of all ages have been enjoying the benefits of martial arts for many years. The staff and instructors of the Wolchek Academy of Martial Arts welcome you to our ever growing family of martial artists. At Wolchek Academy, we are dedicated to providing you not only the best in martial arts training and instruction, but also a caring community in which you can meet new friends and grow and thrive in a positive environment.

Earning a black belt is hard work. Combined with this manual and your ability to follow through, Wolchek Academy promises to help you reach your goal of Black Belt. Our experienced staff and instructors are always on hand to make sure you stay on the course towards Black Belt Excellence!

Please feel free to contact us with any questions you might have, see the info box to the right.

Thank You,
Tim Wolchek
Owner / Instructor



Mr. Tim Wolchek opened WAMA in 1994

Stay
Connected at
MyWAMA.com
303-443-3088
boulderwama@gmail.com
Follow us on Facebook
and like our page
Join our email list for our
E-Newsletter and stay up
to date



WAMA Rules and Etiquette

Respect for the Academy

- No shoes on the workout floor
- Salute (bow) on and off the workout floor
- Keep the Academy neat and clean

Respect for Instructors

- Address Black Belts by their surname (ie, Mr. Wolchek, Mr. Trout, or Ms. White)
- Salute (courtesy bow) towards the instructor before and after each class
- Face away from instructor when fixing your belt and or uniform

Respect for fellow students

- Be the best training partner you can be
- Avoid social talking during class time
- Keep your uniform neat, clean, and odor free
- Keep fingernails and toenails trimmed short

Student Responsibilities

- Students should wear WAMA uniform to every practice session
- Students should not wear jewelry or sharp objects
- No food or gum chewing while on the workout floor
- No horseplay or profanity

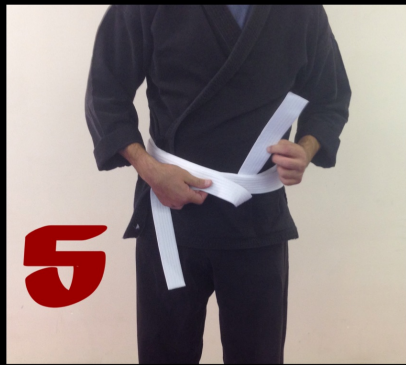
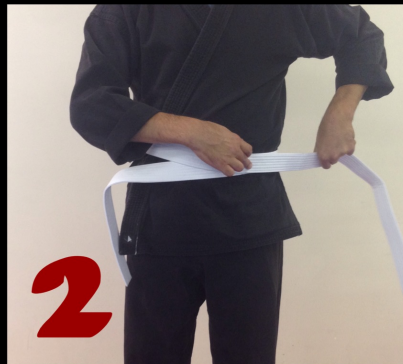
Sparring and Grappling

- Only under instructor supervision
- Wear protective safety gear at all times
- Demonstrate control and sportsmanship at all times

Might for Right

- Never abuse your martial arts training
- Act professional at all times
- Martial Arts should be used for self improvement and self defense only

HOW TO TIE YOUR BELT



Common Martial Arts Vocabulary and Terms

Popular Styles by Country

China:

- Kung Fu
- Wing Chun
- Wu Shun
- T'ai-chi

Japan:

- Aikido
- Judo
- Jujitsu
- Shotokan

Okinawa:

- Goju-ryu
- Isshin-ryu
- Shorei-ryu
- Shorin-ryu
- Uechi-ryu
- Kobudo

Philippines:

- Arnis
- Kali
- Eskrima
- Dumog

Brazilian:

- Brazilian Jiu-Jitsu
- Capoera
- Vale Tudo

USA:

- Western Boxing
- Kickboxing and Fitness Karate
- Free Style Karate

Korea:

- Tae Kwon Do
- Hwarang-do
- Tang soo do/Hapkido

Japanese Terms

- Karate- Empty Hands
- Dojo- Studio
- Kata- Forms or a routine
- Kumite- Sparring
- Sensei- Teacher
- Obi- Belt
- Sa- Karate yell
- Kiai- Common karate yell
- Gi- Japanese for Uniform

Chinese Terms

- Sifu- Teacher
- Shao-lin- Temples in China where most martial arts originate
- Yin and Yang- Opposing forces that bring balance to life

Other Terms

- Chunbi- Korean word for Ready
- Guru/Guro- Eskrima teacher
- Dumog- Filipino art of off balancing and grappling
- Hubud- Empty hand sensitivity drill



TRAINING AT HOME

Safety First

The first thing to remember when training at home is safety. Make sure you have plenty of room to train (basement, garage, yard, or park). Always watch your distance (overhead and side to side). Make sure the floor padded and the footing is safe. Remove all objects that may get in the way.

Setting up your own home gym

Many students set up their own training area in their home. Some are in the basement and some are in the garage. Most gyms start with a safety floor that is good for grappling and falling. Punching bags, jump rope and focus mitts give the home gym a great start. The Wolcheck Academy Online Pro Shop (MyWAMA.com) carries many items that will enhance your training. From stretching machines to training dummies, you can make your own gym as elaborate as you want.

Good techniques and drills to train at home

The best thing to practice at home is your testing curriculum at each level. The main areas that should be covered are combinations, forms, balance, and flexibility. Follow your worksheets in this manual to guide your training. These are all drills that you can do by yourself. Power, speed, and endurance are also great things to train at home. For more ideas, see any instructor for more suggestions. Get testing curriculum online: Beginner code for website videos: mightforright

Typical home workout

1. Use light aerobic activities to warm up the body.
2. Stretch thoroughly (concentrate on your shoulders, hamstring, groin muscles)
3. Review techniques through combinations and forms
4. Practice your techniques on targets
5. Conditioning: heavy bag rounds, push up, sit ups...
6. Balance drills
7. Cool down stretching

**See your instructor for more drills to practice
or check out MyWama.com**

MARTIAL ARTS WARM-UPS AND STRETCHES

Flexibility and Strength are the key factors for longevity in the martial arts.

Why should we warm up before each workout?

Warming up properly will reduce the chance of injury during your workout. Other benefits of proper warm up are increased speed, increased flexibility and power.

What is a proper warm-up?

A proper warm-up should first consist of light aerobic activity to promote good blood circulation and to warm-up all the major muscle groups (simply put- break a sweat). Then, a good warm-up should loosen the major joints of the body and stretch the major muscle groups (shoulders, hamstrings, and groin muscles should be a priority). A cool down stretch should always conclude a good training session. This will keep the lactic acid from building and will reduce stiffness and soreness in the muscles.

Wolchek Academy's Basic Warm Up Routine

Step #1: Warm-up the muscles (3-5 minutes)

Use light or low impact aerobic movement that will raise the heart rate slightly and increase blood circulation. The goal is to warm the muscles up by breaking a sweat (typically the aerobic activity should be done for at least five minutes). Top boxers and athletes will skip rope 25-40 minutes to begin their workouts. Simple forms of warm-up exercises are:

- Jumping Jacks

- Jump Rope

- Running in place

Step #2: Loosen your major joints

Large circular motions in both directions should be done to target all the major joints of the body. Start from the head and go all the way down to the toes.

- Shoulders: Arm Circles in both directions

- Wrists: Wrist circles in both directions

- Lower Back: Trunk Twists

- Hips: Hip Circles

- Knees: Knee Circles and Knee Bends

- Ankles: Ankle circles and calf stretching

Step #3: Stretch your major muscle groups

The final step before beginning your martial arts training is to stretch the major muscle groups of the body. For adults the most common injuries in any sport related activity tends to be shoulder problems (rotator cuff problems) and pulled muscles (usually the hamstring or groin). Pick several stretches that target the hamstrings, groin, and shoulder muscles. Hold each position for 20-30 seconds. Do not bounce or force your stretching. Try relax and focus on proper breathing techniques. Common stretches are:

- Standing Straddle

- Lunge

- Pretzel twist

- Butterfly

- Seated straddle

The Do's and Don'ts of Stretching:

Don'ts:

- Don't bounce or do any fast jerky movements

- Don't hold your breath

- Don't go too far. You should feel the stretch, but not be in pain.

Do's

- Focus on Breathing

- Hold each stretch for at least 20 seconds

- Finish each workout with a cool down stretch

Additional Stretches targeted at specific areas

Shoulder stretches:

- Airplane roll (while on belly).

- Seated shoulder stretch with lower body twisting

- "L" lock Stretch

- Partner Stretch

Lower Back

- Trunk Twists

- Baby Pretzel

- Pretzel

- Cross knee raises: arms out to the side

- Cat Stretch

Hamstrings, Quadriceps, and Groin

- Standing Straddle (narrow and wide / side to side)

- Standing Lunge (front and back leg stretch / side to side)

- Butterfly and Frog Stretch

- Modified Hurdler Stretch

- Seated Straddle

- Spits

Wrist and Ankle Locks

- Praying Positions 1-4

- Kneeling Wrist Stretches

- Lock Flow Stretching (empty hand and with weapons)

- Ankle Circles

- Calf Stretching (on and off the wall)

Partner stretching: Your partner adds light resistance only. No ballistic or torturous stretching

- Wall Stretching

- Seated Straddle (with partner, bo, and belt)

- Shoulder Stretches (handcuff raises and crosses)

White Belt Worksheet

Stances:

1. Attention stance: feet together, hands at your side, eyes focused straight ahead.
2. Chunbi stance (Ready): feet one shoulder width apart, both fists in front of your stomach (above your waist), arms slightly bent, fists two thumb lengths apart.
3. Defensive fighting stance: both fists up near your ears, elbows tucked in near rib cage, feet one shoulder width apart with one foot in front of the other.
4. Horse stance: feet two shoulder widths apart, toes pointing forward, knees bent, back straight, both fists on your rib cage (palms up).
5. Front stance: feet one and one half shoulder widths apart sideways and forward. Both feet point straight ahead, front knee bent, back leg straight, heels flat on the ground, shoulders square and back straight.

Punching: (from defensive stance)

1. Back fist: point lead elbow at target with fist under your chin, extend your fist with a back- hand snapping motion, striking with the back side of your fist.
2. Twisting punch (boxing cross): Drive your rear hand forward (knuckles first, palm down), twist your hips and shoulders for extra distance and power, return fist back to your ear immediately.
3. Palm heel: Same motion as twisting punch, only strike with palm of hand instead of fist (hand open, fingers bent, thumb tucked in), keeping elbow slightly bent.

Kicking: (from defensive stance)

1. Front kick (lead or rear leg): raise knee in front and push the ball of your foot straight in (toes pointing up)
2. Side kick (lead leg): pivot rear foot so toes point away from target, raise front heel (pulling knee back to opposite shoulder), push your heel straight forward with ankle flexed and hip rolled over (toes pointing slightly down), strike target with your heel.
3. Wheel kick (inside-out crescent kick): raise your rear knee up and across your body, snap leg up and to the outside (toes up, striking with outside edge of foot), and replace to the same stance.

Traditional blocking: (from chunbi, horse or front stance)

1. High block: chamber arms across your chest in a "X" position to cover your centerline (blocking arm on top). Raise forearm over head with palm up (arm at a 45 degree angle, not straight). Chamber opposite hand on rib cage (elbow straight back, palm up).
2. Double middle block: chamber arms across your chest in a "X" position. Drive both forearms out to the side (arms one shoulder widths apart), fists at chin level, elbows down at rib level.
3. Low block: raise your blocking arm to your opposite shoulder while lowering reactionary arm to opposite hip. Drive blocking arm down to your side (palm down) and raise your reactionary hand to rib cage (palm up).

Form (White Belt Journey): Start from chunbi

1. Step forward with left leg into left front stance and low block with left arm.
2. Advance forward with right front stance and right high block.
3. Chamber for double punch and advance to left front stance. Punch with left hand then with right hand with karate yell (hold position to show control and balance). Return to chunbi.

Combinations from Defensive Stance:

1. Lead hand back Fist / Rear leg front kick
2. Front leg side kick / Rear arm twisting punch
3. Rear arm palm heel strike / Rear leg wheel kick

Combinations from Chunbi Stance:

1. Advance forward to front stance / front high block / rear arm punch
2. Advance forward to front stance / low block / palm heel
3. Advance forward to horse stance / double middle block / shift to front stance - low block / punch

Self-defense Techniques:

1. Front choke: raise both arms inside and up to create a wedge / circle arms down to trap opponent's arms and counter.
2. Rear choke: raise both arms above your head / turn 180 degrees and face opponent / trap opponent's arms and counter.
3. Wrist grabs (wrist to wrist, cross wrist, two on one, two on two): circle wrists to release out of opponent's thumbs.
4. Bear hug (under the arms): strip the grip by attacking the thumbs, side step and counter with elbow or kick

Room for notes:

Gold Belt Worksheet

Stances:

1. All lower belt stances: attention, chunbi, defensive, front and horse stances.
2. Back stance (Side Stance): step back (one and one half shoulder widths apart) so that shoulders are sideways to your opponent. Front toes point forward, back foot has a half of pivot, both knees bent, back straight, 60% of your weight on your back leg.
3. Shifting stances: From back stance: move front leg over to open stance, point all of your toes forward and lock in your front stance.

Punches:

1. All lower belt punches: Back fist, twisting punch, palm heel
2. Offensive punching: Move forward with both feet on all punches

Kicks:

1. Jump front kick: from defensive stance: raise your rear knee up to belt level, hop and switch which knee is in the air and snap your front kick.
2. Offensive side kick (cross behind side kick): pivot your rear foot. Slide your pivot forward towards target and cross it behind your kicking leg. Raise your front heel and side kick.
3. Round kick: pivot rear foot, point front knee at your target and snap leg straight across with your ankle pointed (striking with instep and shin).
4. Ax kick: same motion as a wheel kick, only strike on the way down with your heel. Land on the ball of your foot.

Blocks:

1. All lower belt blocks: high, middle and low blocks
2. Middle knife hand block: chamber like a low block (one hand on opposite shoulder, other hand on opposite hip) with hands open in knife position. Step to back stance and block in middle (finger tips at eye level, elbow bent, palm out). Secondary hand is on stomach between navel and solar plexus (palm up).
3. Single middle block: same as middle knife hand; just close your fist.
4. Low knife hand block: same chamber as middle knife, step in back stance and block with front hand (just above the knee). Secondary hand is on stomach between navel and solar plexus (palm up).

Combinations from defensive stance:

1. Jump front kick
2. Double front leg round kick / twisting punch
3. Offensive (Cross Behind) Side kick / twisting punch

Combinations from chunbi:

1. Back stance: Single middle block / shift to front stance / reverse punch
2. Horse stance: Double middle block / shift to back stance: middle knife hand block
3. Back stance: Middle knife hand block / shift to front stance: reverse punch

Self-defense:

1. All lower belt self-defense: chokes and wrist grabs
2. Head lock: block hand from punching you in the face with your outside hand. Reach your inside hand behind opponent and over their closest shoulder. Push opponents chin up to move their head back and stand up tall. Hammer fist to solar plexus and escape.
3. Double lapel: weave over then under opponent's arm. Step back and twist.

Form (Gold Belt Journey):

1. Start with white belt journey and hold last punch
2. Look to the left, single middle block with left hand (left back stance)
3. Chamber for double punch and back leg front kick (setting the kick in front to advance)
4. Land in right front stance: Right punch / left punch
5. Look to the right, single middle block with left hand (right back stance)
6. Chamber for double punch and back leg front kick (setting the kick in front to advance)
7. Land in left front stance: Left punch / right punch
8. Face the front / step back with right leg into back stance with left leg facing the front: Middle knife hand block with left hand
9. Shift left leg to left front stance and right reverse punch with karate yell.
10. Finish in Chunbi.

Room for notes:

Orange Belt Worksheet

Stances:

1. All lower belt stances: attention, chunbi, defensive, front, back and horse stance.
2. Shifting stances: from back stance to front stance, and from front stance shift 90 degrees to side front stance.

Punches:

1. All lower belt punches: back fist, twisting punch and palm heels.
2. Ridge hand: Start like a twisting punch and open fingers (palm down). Tuck thumb in and strike with inside ridge of hand.

Kicks:

1. All lower belt kicks: front, side, wheel, round, ax and jump front kicks.
2. Hook kick: chamber like a side kick (pointing your heel at the target). Extend your heel out and across your target. Pull heel towards your hip and end up in round kick chamber.
3. Turn-side kick: look over your back shoulder and point your rear end at the target. Pivot your front toes back away from target and raise your back leg. Focus on target first, then push with a rear leg side kick.

Blocks:

1. All lower belt blocks: high, double middle, single middle, low, middle knife and low knife hand blocks.
2. Low cross block: chamber with both fists on your rib cage (palms up). Drive both fists towards the ground (crossing your forearms in an "x" position).
3. High cross block: chamber with both fists on your rib cage (palms up). Drive both knife hands over head (crossing your forearms in an "x" position).

Combinations from defensive stance:

1. Front leg hook kick-round kick / twisting punch
2. Back leg front kick / opposite leg round kick / twisting punch
3. Front leg round kick / turn side kick / twisting punch

Combinations from chunbi stance:

1. Front stance: low cross block / front high block / reverse punch
2. Feet together high X / Back stance: single middle block. / Shift to front stance: Triple punch
3. Horse stance: double middle block / back stance - middle knife / front stance - punch

Self-defense:

1. Shoulder grabs: taking the back and front (clinching).
2. Basic dumogs

Form (Orange Belt Journey):

1. Start with white and gold belt journey, holding the last punch.
2. Step back and bring your feet together. Chamber for left single middle block, and block to your left side.
3. Left leg side kick towards your left side.
4. Land your side kick in a back stance and low knife hand block
5. Raise your knife hand up to eye level and shift front leg over to front stance
6. Right palm heel strike
7. Look over right shoulder and bring your feet together
8. Single middle block with your right arm to your right side
9. Right leg side kick to the right side and land in back stance
10. Low knife hand block and raise hand to eye level
11. Shift your right leg over to front stance and left palm heel strike.
12. Look over left shoulder (towards the front) and bring feet together
13. High Cross block with hands in knife hand position.
14. Step backwards with right leg and single middle block with the left hand.
15. Shift left leg over to front stance and triple punch with karate yell.
16. Finish in chunbi

Room for notes:

The next level of training

Beyond Beginner Classes

Options for children after receiving their **Green** belt

1. SWAT Member (intermediate and advanced class)
2. Remain in beginner class during Green Belt (after green: must join SWAT or train in private lessons only)
3. Private Lessons
4. Gym Rats / Competition Team / Demonstration Team (unlimited training)

S.W.A.T. Membership

Special Wolchek Academy Team Members:

Once you promote to green belt, you are eligible for our loyalty program. This club is for students with a green belt or higher. Being a SWAT member will give you many new benefits and training options.

S.W.A.T. Benefits:

Students Rewards:

- New embroidered uniform with your name
- Sparring Equipment for sparring and grappling class
- Free weekly sparring and grappling classes
- Weekly SWAT only classes (green and up, no beginners)
- Free monthly seminars and special events (i.e. board breaking, tumbling, weapons and guest instructors)

Financial Benefits:

- Lower monthly tuition rates
- Special discounts on pro shop purchases
- 1/2 price testing fees
- Discount pricing on in-house tournaments, camps and special events
- Online training and much more!

S.W.A.T order form:

One time enrollment fee for SWAT member: \$249.00 for the first family member and \$149.00 for every additional member.

Prior to graduating for your **Green** belt you will be asked to provide the following information so we can order the gear and uniform needed for **Green** belt. Feel free to consult and instructor if you are not sure on the size of the gear for your child.

Uniform Size: _____ (0, 1, 2, 3, 4, 5, 6)

Belt Size: _____ (0, 1, 2, 3, 4, 5, 6)

Shoe Size: _____ (1-2, 3-4, 5-6, 7-8, 9-10, 11-12)

Helmet Size: _____ (Youth, Child, Adult Small, Adult M/L, Adult XL)

Glove Size: _____ (Youth, Child, Adult Small, Adult M/L, Adult XL)

Color for Sparring Gear: White _____ Black _____ Blue _____ Red _____ Pink _____

Additional Options:

Private Lessons: One on one training / punch cards

Competition / Demo Team: For **Green** belts and higher (see instructor)

Weapons training (Red Belts and higher)

Leadership Team: Junior assistant instructor program (Brown Belt and higher)

Online membership: Cyber Training

Master Club: Black Belt only classes

Gym Rats:

For students who want a safe place to hang out after school until parents are done with work.

Mon-Fri: 4:00 pm - 6:00 pm

Sat: 11:00 am - 1:15 pm

Overnight uniform and gear storage

Unlimited training

\$399.00 per month

This manual belongs to:
