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RICHARDSON YMCA

Karate / Tae Kwon Do Frequently Asked Questions

1. Do I need a uniform?

No you don't - we don't require a uniform until you have obtained your first colored belt (normally at the end of the first 6 weeks of class).

2. Where can I get a uniform?

You can order uniforms through us at the cost of \$31 which includes the beginners book, or you may order just the uniform for \$27. If you wish you may purchase one at any Martial arts supply store. The closest one would be World Martial Arts Supplies at Nantucket and Campbell or Academy Sports.

We wear an all-white uniform with a white belt to start.

3. My child has taken classes somewhere else, where will they fit in?

Please come a little early and discuss this with the head instructor. Normally GM Yates allows the student to continue to wear the belt they earned and then as they learn our material, they are tested into our system. They will be required to start with the white belts unless they are coming from a school that does our curriculum.

4. My child is 6 - why can't they go to the regular class?

Most children at the age of 6 (and some even older) do not have the attention span for an hour long class. We created the Little Dragons class with that in mind. We work very closely with the instructor of the Little Dragons class so that as the student turns six and a half, they are evaluated and transitioned into the regular class when they turn seven.

We make NO exceptions to this rule.

5. My child is 4 1/2 - why can't they go to the Little Dragons class?

Age 5 is the youngest we have found to have the attention span required for class.

We make NO exceptions to this rule.

6. When do classes start?

We run on a six week schedule at the Richardson Y, a current calendar can be found on the Karate website.

We accept new students only during the first 2 weeks of the session. After that you should wait until the next session starts as you have missed 1/3 of the classes already. The only exception to this is if you are a returning A-KaTO student (just been out a while).

7. What is the cost of the classes?

Please contact the Richardson Y front desk for this information. 972-231-3424, or check the YMCA Martial Arts website. Note that the Y does NOT pro-rate fees if you start after the first class.

8. I can only come one day a week, will my child miss anything?

No. We actually have 2 separate tracks that complement each other. Both the Tuesday and Saturday classes can stand alone and nothing is missed.

9. What if I have to miss a class, do you do make-ups?

We allow students that miss a Tuesday class to make it up on Saturday and those that miss Saturday to make it up on Tuesday. Be sure and check to make sure you are there to pre-test on one of those days so you can test if eligible. Unfortunately we do not have a way to makeup Little Dragon or Small Fry classes.

10. What are the belt colors for the regular class?

White, Yellow, Orange, Purple - Beginner

Green, Blue - Intermediate

Brown, Black - Advanced

11. Who goes to what class (time wise)?

Tuesday - ages 7 & up

6-7pm White, Yellow, Orange, Purple

7-8:30pm Green, Blue, Brown, Black

Saturday - ages 7 & up

9:30-10:30am White, Yellow, Orange, Purple

1030-noon Green, Blue, Brown, Black

Little Dragons - ages 5 & 6

Saturday 8:30-9:15am

Small Fry Karate - ages 3 & 4 - meets 3 times a year

12. Who are the instructors?

Tuesday - Grand Master Keith Yates

For his bio - see www.akato.org

Saturday - Master Caroline Goodspeed

Mrs. Goodspeed began her training in 1990 under Keith Yates at the Garland YMCA to spend time with her daughter who was taking lessons at the Y. A certified instructor with the American Council of Martial Artists, she now teaches the Saturday classes there as well as special self-defense classes for women. She is the highest ranking woman in Nam Seo Kwan, holding a 7th degree Black Belt in Nam Seo Kwan Tae Kwon Do in addition to a 1st Degree Black belt in Kobudo.

Little Dragons - John Patterson

Mr. Patterson has been training for over 10 years and holds a 3rd degree Black Belt in Nam Seo Kwan Tae Kwon Do and a 1st degree black belt in Kobudo.

Small Fry Karate - Susan Terrill

Mrs. Terrill has been training for over 5 years and holds a 1st degree Black Belt in Nam Seo Kwan Tae Kwon Do.

13. What is the procedure for testing?

We have a belt exam at the end of each six week session, but not all students are eligible to test each six weeks. There are both time and class attendance requirements at all ranks, plus the fact that you must be ready to test and be invited by the instructor.

It is bad form to ask to test - if you wish to check your time eligibility, please see Mrs. Barnett.

14. How long does it take to get your black belt?

The minimum time from White to Black is 4 years. You must be at least 12 1/2 years old. Black Belt testing is invitation only and is a very rigorous exam. It typically takes 5 to 6 years.

Questions? Please feel free to contact Judy Barnett: tkdjudy@gmail.com