

VICTORY TAEKWONDO ASSISTANT CLASS

PURPOSE OF ASSISTANT CLASS

Now that you have earned your Brown belt we would like to explain what is next for your Taekwondo journey. As a brown belt you are now in the “Advanced” category! As a higher rank your goal is to inspire and show the lower ranks what it means to be future Black Belt! **Therefore, you will be required to assist in 1 class per month. You may assist in any “White – Orange” or “Little Eagle” class.**

You will need 2 assistant classes to be eligible for your next color belt test. You do not need to call or schedule your assisting class time, just show up and let us know you are assisting. Please wear your uniform during assisting classes.

If you have any questions, please do not hesitate to ask!

The purpose of the assistant class is to build strong and positive role models by teaching not just martial art techniques, but by teaching one to be dedicated and willing to assist and/motivate others to achieve their goals. All in the spirit of humility!

ROLES OF ASSISTANT STUDENTS

A. SET A GOOD EXAMPLE FOR YOUNGER STUDENTS

- 1. TREAT STUDENTS WITH RESPECT AND YOU WILL EARN THEIR RESPECT**
2. Arrive at least 5 minutes earlier than the start of class
3. Upon arrival, bow to all Master and Instructors
4. Wear Uniform
5. Open the door for students/families and greet them before and after class.
6. Before class, help students get ready for class
 - Help them tie their belts
 - Straighten up their uniforms
 - Teach students how to sit while waiting for class to begin
7. Help keep school clean and organized
 - Tidy up shoe shelves
 - Pick up trash on the floor

B. TO BE A GOOD ASSISTANT FOR INSTRUCTORS

1. Try to find what you can do to help set-up for class. Help instructors set up the class equipment before, during and after class
2. Help line up students, show them where to go
3. Hold kick targets for kicking and punching training
4. Perform the warm-up session
5. Model the best forms
6. Help student put on sparring gear