

### **The History of “Gateway Martial Arts”**

Martial Arts, or the art of defense, has been practiced for thousands of years. The earliest known forms of martial arts were wrestling and boxing, both practiced in ancient Egypt, Greece and Rome. In the Far East there were also forms of martial arts practiced. India and China has Kung fu, Japan has Karate, and Korea has Tae Kwon do. There are many styles of Tae Kwon do being taught in Korea at this time. The foundation of Gateway Martial Arts is built on Tae Kwon do Chung do Kwan, Shotokan Karate, Wrestling, and Boxing.

The founder of Gateway Martial Arts, Brian K. McNeill, started his training at the age of 12. Through 10 years of wrestling, 2 years of boxing, and over 20 years of Tae Kwon Do (certified Black Belt through the World Tae Kwon do Federation), and various other martial arts training, Mr. McNeill has creatively developed the training principles offered only through Gateway Martial Arts.

Gateway Martial Arts currently has classes in 5 communities:

Farwell – 6:30pm Thursdays at Farwell Elementary School \*\*

Midland – 6:00pm Tuesdays at West Midland Family Center \*\*

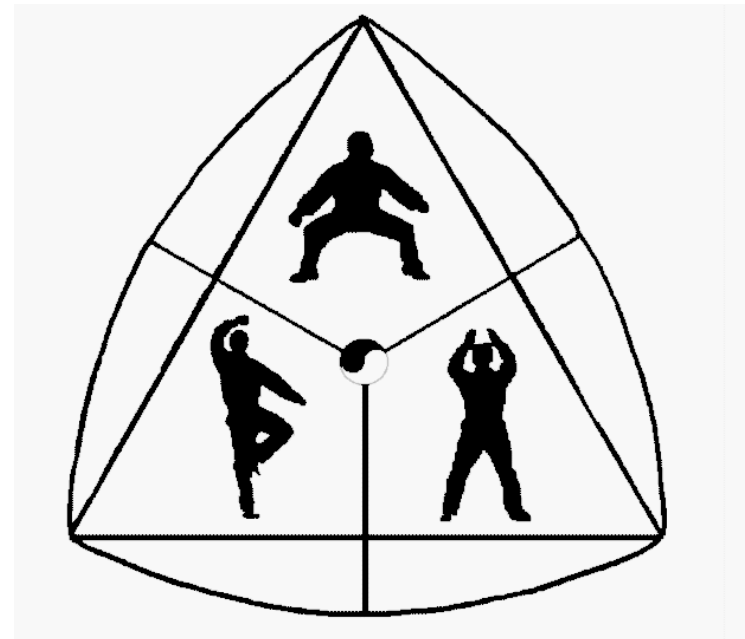
Sanford – 5:30pm Wednesdays at the Lighthouse Baptist Church

Mt. Pleasant – 12:30pm Tuesdays with the MPHSA

Mt. Pleasant – 5:30pm Mondays at the Free Methodist Church

Beaverton – 6:00pm Tuesdays in the Middle School

## Gateway Martial Arts



Go in through the narrow gate,  
because the gateway to destruction is wide  
and the road that leads to it is easy,  
and there are many who travel it.  
But the gateway to life is narrow and the road  
that leads to it is difficult,  
and there are few people who find it.

[www.gatewaymartialarts.com](http://www.gatewaymartialarts.com)

## **Classroom Protocol**

### **Before Class**

Arrive 10-15 minutes before the scheduled start of the class.

Sign in.

Remove gum and/or jewelry (wedding bands are ok)

Warm up with basic exercises, kicking, or forms.

Be prepared to line up.

### **Lining up**

Highest ranking adult or instructor lines up students at start of class.

Black Belts line up at the front of the class, on the left hand side of the instructor.

Students line up according to rank and age.

Lowest rank and youngest students in front.

For visibility and safety reasons, the instructor or assistants may adjust students.

Once students are lined up in straight lines,

high ranking student "bows in" the instructor.

The instructor "bows out" the assistant and begins class.

The instructor will not bow out the assistant if the students are not lined up properly and will not start class until all students are standing attentively and ready to begin class.

### **Attendance**

\* Students are expected to attend class every week.

\* Each session has 14-16 classes.

\* Attendance is counted strictly from the sign in sheets.

### **Uniforms & Equipment**

Uniforms are preferred. However, plain sweat pants and t-shirt are acceptable.

ALSO, please bring a notebook, pen/pencil, towel, and jump rope to each class. When sparring, wearing a helmet, mouth guard and gloves are required. Foot, chest and groin protection are highly recommended

Uniforms and training equipment are available through your instructor. Prices are typically lower than catalog price and include shipping and tax. All proceeds go to supporting classes offered by Gateway Martial Arts.

## **Ranking system - Belt levels**

Recommended rank time-line:

<b>Rank</b>	<b>Children</b>	<b>Adults</b>
White	4 months	4 months
Yellow	8 months	4 months
Green	12 months	8 months
Blue	12 months	8 months
Red	12 months	12 months

**Total**                      **4yrs**                      **3yrs**

1 <sup>st</sup> Degree Age 10	1.5 yrs
2 <sup>nd</sup> Degree Age 13	2.5 yrs
3 <sup>rd</sup> Degree Age 17	3.5 yrs

### **Testing Requirements**

1. Meet attendance requirements
2. Instructor Recommendation
3. Parental Consent (if under 18 yrs old)

\* There is a \$20 testing fee for white-red belt promotions.

### **2010 Testing Dates**

April 17 <sup>th</sup>	Colored Belt
August 21 <sup>st</sup>	Colored Belt
October 23 <sup>rd</sup>	Black Belt
December 11 <sup>th</sup>	Colored Belts

Please check [www.gatewaymartialarts.com](http://www.gatewaymartialarts.com) for exact time and location of testing.