



Gus' CBBA New Enrollment Checklist

www.guscbba.com

Fill out and sign the **Agreement/ Hold Harmless** form

Complete **Century Equipment Order** (write directly on the sizing chart)

Information required:

Color preferred (red, blue, black, or pink- all gear must match)

Sizing for **Uniform, Head, Hand, and Foot gear** using the **SIZING CHART**

Write a **check for \$119 payable to Steve Gus**

Turn in all of the above paperwork to Mr Gus

Keep the **White Belt Form Sheet, Workout Plan, and Sparring Rules** for your reference.



CHRISTIAN BLACK BELT ACADEMY

STUDENT'S PERSONAL INFORMATION

Name: { Last First Middle }

Email Address: _____

Marital Status: _____

Address: { _____ }

Single Married

Divorced Widowed

{ _____ }

Sex: Male Female

City: { _____ } State: { _____ }

Birthday: { ___/___/___ } Age: { _____ }

Zip: { _____ }

Phone: { (____) ____-____ }

ADDITIONAL INFORMATION

Wife Mother

Husband Father

{ _____ }

{ _____ }

Email Address: _____

Email Address: _____

Home Phone: { (____) ____-____ }

Home Phone: { (____) ____-____ }

Work Phone: { (____) ____-____ }

Work Phone: { (____) ____-____ }

MEDICAL INFORMATION

Do you have any medical problems? No Yes

List: { _____ }

Are you taking any medication? No Yes

List the Reason(s): { _____ }

Do you have medical insurance? No Yes

Company: { _____ }

If the parents cannot be reached, who should we contact?

Authorized Adult for Pickup: { _____ }

Phone: { (____) ____-____ }

Doctor: { _____ }

Phone: { (____) ____-____ }

Dentist: { _____ }

Phone: { (____) ____-____ }

Hospital of Preference: { _____ }

MEDICAL RELEASE

I hereby give my permission to Christian Black Belt Academy to have myself or my child treated in case of any emergency situation.

Signature of Parent _____ Date _____

AGREEMENT & HOLD HARMLESS AND LIABILITY RELEASE AND WAIVER

(Name) _____ Agrees to the Following:

Will Pay \$40 per month, for a period of 12 months for all scheduled classes. It is understood that should any weekly class be cancelled by CBBA, a \$10 credit will be issued. However, should the above named individual not attend class for any reason, the monthly class fee is due and payable at the beginning of each month. In the event of non-payment, the student will be assessed a \$3.00 late fee per week, in addition to the standard class fee. Furthermore, I agree not to copy, duplicate, transfer, or use any CBBA material outside of class or scheduled CBBA events regardless of content format (printed, digital, web based, etc). Any material or content received through or from CBBA or any affiliate school, or classmate, will remain the intellectual property of CBBA, and I acknowledge that the illegal transfer of any CBBA Content in any format to non-CBBA schools or use without permission from CBBA is punishable to the fullest extent of the law and will result in immediate loss of membership from CBBA without a refund.

I, _____, have voluntarily submitted my application for registration as a student in the Christian Black Belt Academy Taekwondo Program. By submitting the application for membership, I certify that I am fully aware of and understand the inherent dangers in participating in the activities involving Taekwondo and other martial arts, and of the basic rules and procedures, including, but not limited to, promotional rank testing, summer camps, and tournaments which I might attend.

I understand and agree that in consideration of being allowed to be a student in this program including tournaments or summer camps, I hereby personally assume any and all risks involved in connection with same; and furthermore, I release forever the aforementioned individuals and entities and any other individual or entity associated with this program, for any harm, injury, or damage that may occur to me or befall me while I am a student in this program, including any and all risks connected therewith, whether foreseen or unforeseen, including any risks created and/or harm caused by any negligent act (excluding gross negligence or reckless behavior) or acts of any or all of the above-mentioned parties. Furthermore, I will hold harmless the above-mentioned parties from any claim by me, my family, my estate, my heirs, my personal representatives, or their assigns, arising out of my participation in the program, tournaments, or summer camps.

I further state that I am of lawful age and legally competent to sign this agreement, and that my signing this agreement is my own free act (unless this is signed by a parent or legal guardian). I also understand and agree that the terms herein are contractual, and they are not a mere recital or simply for information purposes.

I have read, understood, and fully informed myself of the contents of this agreement. I assume my own responsibility for my physical condition and capability to perform under the summer camp, programs or tournaments in which I may participate.

Witness Signature Date By: Parent or Legal Guardian (if appropriate)

NOTICE: Christian Black Belt Academy urges all members to obtain a physical examination from their physicians prior to the attendance in any Taekwondo class.

SPARRING GEAR SIZING CHARTS

NAME _____

Uniform Sizing Chart			
Uniform Size	Clothing Size	Height	Weight
000	CHILD 2-4	3'-3'5"	30-40 LBS
00	CHILD 4-6	3'5"-3'10"	40-55 LBS
0	CHILD 6-8	3'10"-4'3"	55-70 LBS
1	CHILD 8-10	4'3"-4'8"	70-90 LBS
2	CHILD 10-12	4'8"-5'1"	90-110 LBS
3	ADULT SMALL	5'1"-5'6"	110-140 LBS
4	MEDIUM	5'6"-5'11"	140-170 LBS
5	LARGE	5'11"-6'2"	170-200 LBS
6	X-LARGE	6'2"-6'8"	200-230 LBS
7	XX-LARGE	6'5"-6'8"	230-260 LBS
8	XXX-LARGE	6'8"-6'11"	260-290 LBS
9	XXXX-LARGE	6'11"-7'1"	290-320 LBS

Sparring Headgear					
SIZE	CHILD	YOUTH	SMALL	M/L	XL
<i>Head Circumference</i>	Under 20	20 - 21	21 - 22	22 - 23	23 - 24
<i>Hat Size</i>	6 or less	6 - 6.25	6.25 - 7	7 - 7.25	7.5 - 8

Sparring Gloves							
SIZE	CHILD SMALL	CHILD MEDIUM	CHILD LARGE	ADULT SMALL	MEDIUM	LARGE	X-LARGE
<i>Knuckle Width</i>	2 7/8	3 1/8	3 1/4	3 3/8	3 5/8	3 3/4	3 7/8

Sparring Boot	
Size	Foot Length
1/2	7 5/8 - 8
3/4	8 1/8 - 8 5/8
5/6	8 3/4 - 9 1/4
7/8	9 1/2 - 10
9/10	10 1/8 - 10 5/8
11/12	10 3/4 - 11 1/4



Effective September 2006

Grinnell CBBA Sparring Rules

- Head, foot, hand, mouth, and groin (for males) protection is required at all times.
- No contact allowed until Green Belt.
- Green Belt and higher, light contact allowed in scoring region only.
- Scoring Region is from the waist up and neck down. The Head is allowed as a target for kicks only.
- All sparring matches are in a controlled, padded, and supervised area.



Workout Plan For White Belts

DISCIPLINE – *n.* Training which corrects, molds, or perfects the mental facilities or moral character; behavior which results from such training; to train or develop by teaching and by control; to bring order to. (Webster’s Dictionary)

To succeed in Abishai Taekwondo (CBBA), or any other martial art for that matter, one must learn the principle of discipline. Without discipline, a student will never reach his or her goals. The following is a very basic and simple workout plan for all students preparing to test for the Orange Belt Rank at the next scheduled CBBA Rank Testing. Again this is a very simple and basic plan and we would encourage you to add exercises that best fit your needs. For example, if you desire to be more flexible, add more stretching to your routine. If you desire to be stronger, add more resistance (weight) training to your routine. If you desire to have more endurance (not get tired so easily) add more cardio to your routine, etc. Your instructor will be able to greatly assist you in any area you need so just ask...

Monday	Stretch; Practice Form (5 Times); 25 Push-ups; 25 Sit-ups; 25 Jumping Jacks
Tuesday	Class
Wednesday	Stretch
Thursday	Stretch; Practice Form (5 Times); 25 Push-ups; 25 Sit-ups; 25 Jumping Jacks
Friday	Stretch; Practice Form (5 Times); 25 Front Kicks each leg; 25 Side Kicks each leg
Saturday	Stretch; Practice Form (5 Times); 2 Sets of 10 Squat Kicks; 25 Push-ups; 25 Sit-ups; 25 Jumping Jacks
Sunday	Rest

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

(Place an “X” or a check mark in the appropriate box after you have completed your workout.)

For the Student...

Next Testing Date: _____

My Rank Goal (Circle One): 6R (Orange Belt Recommended) 6D (Orange Belt Decided)

Did I Achieve My Goal? (Circle One): Yes No

If not, what can I do better or more of this next testing cycle to achieve my goal?

Sometimes we do not achieve our goals, this DOES NOT mean that we are a failure. Get back up, train harder, and try again! “A Black Belt is a White Belt that NEVER quits!” – Remember this statement as you train and God Bless you!