Dress Code

Have you ever been to a baseball game and noticed how the team members are expected to dress? The players learn very quickly that they tuck in their shirt and pull up their socks. Why? Because they show their pride in being part of a team. They also know not to wear a soccer uniform or casual clothing to a baseball game. The safety requirements are different in each sport whether it is across different types of sports like soccer and hockey, or within different disciplines of martial arts. When you attend class at Journey Martial Arts, think of it as being on the baseball field and think of the pride of being part of the Taekwondo team!

Historically, roots of uniforms in martial arts are an indication of status and rank – like Samurai of Japan or the Korean Hwa Rang warriors! This is similar to today’s military forces as a status of rank and style of combat. Uniforms at the academy carry a similar tradition, all “color” belts white through red wear a WHITE top, black belts wear a BLACK top, leaders wear a BLUE top, and instructors wear a RED top. New students wear casual clothing only because they don’t have a uniform yet.

The uniform is more than just a uniform. It identifies you and reminds you of your goals. It is a symbol of being part of the elite, a martial artist who could have given up when things got tough. You didn’t – you answered the challenge! You will see a transformation in your life by the time you become a black belt. It’s not easy but it makes a difference for the rest of your life! However, we understand that traditional needs adaption to modern way of living. To adapt to the modern style of training we have made practical but safe options available vs full traditional uniform during regular class training. This allows students not to wear the top jacket and wear a T-shirt instead, but there is still a minimum requirement for the dress code at our school.

Taekwondo students! Here is the required uniform for classes & testing:
Colored belts - Journey’s approved training uniform – Journey black pants, t-shirt, belt
The white Journey jacket can be worn at any time but it is required at testing and rank ceremonies.
Leaders – Journey’s approved full uniform - Blue jacket, black pants, t-shirt, belt
Instructors – Journey’s approved full uniform – Red jacket, black pants, t-shirt, belt

We appreciate your cooperation. Please wear your attire neat, keep it clean, and wear it with pride!

Korean terms: Uniform – Dobok Belt – Dhee

“Respect” is giving regards, appreciation, and value to others and their experiences through observing, listening, and acting with esteem.
HOLIDAY SALES ARE HERE!!

Holiday Sale
Holiday sale start on Sat Nov 15. Savings are significant. Take advantage of all the savings starting next week.

Order Sparring Gear now and Save Money
All students who achieve Orange Belt and above, will be required to purchase Journey qualified sparring gear. Please ask for information.

Photo Shoot for the Holidays
A few parents and students have asked us to arrange a photo shoot in their Taekwondo uniforms. Peereboom Photography is offering a photo shoot session on Nov 15 starting at 1 PM. If you are interested, please SIGN UP for a TIME on the bulletin board signup sheet or register online at http://www.journeyma.com/gallery.html .

Train with determination and focus

Goal of the week
In preparation for the upcoming rank testing in December, students should start earning their required stripes for this cycle.

Set a goal to earn at least one stripe this week. Come often, work hard, and achieve your goal!

We Value Your Feedback
https://www.Facebook.com/JourneyMa
Http://www.journeyma.com/gallery.html
https://plus.google.com/112700448451365299851/about

Or just send us an email to:
info@journeyma.com

Success means different things to different people. Whether your goal is to improve how you look or how you feel, there is only one way: You must commit to your goals to succeed.

Build sustainable healthy habits. This is a journey. Join our Sports Conditioning and Fitness classes and feel the difference!

"You don't have to be great to start but you have to start to be great."

"Discipline is the Bridge between Goals and Accomplishment."

Jim Rohn
“RESPECT” - MORE THAN WORDS!

We have been talking a lot about Respect in our classes this cycle. But talking is only half of it! The other half is about learning how to show respect to your fellow martial arts friends in practice. Not tomorrow, not a wish, but right now while you train!

Showing respect and appreciation for others’ experiences is deep in our training environment. When students partner up to compete, or work together as a team to compete against other teams, they learn sportsmanship and learn to respect the achievements of a winning team. This encourages them to work harder and do better next time. The winners are encouraged to celebrate their achievements without bragging and downplaying others. They also are encouraged to celebrate the hard work of their classmates.

It is hard at times for some students not to win and they become bitter about someone else’s success. But it is a life skill that we all learn in our Journey. Respecting others is a character building effort that we all work on.