

# **Ocean Beach Martial Arts The Blue Wave School**

Ocean Beach Recreation Center  
4726 Santa Monica Avenue  
San Diego, California 92107  
(619) 531-1527

Monday & Wednesdays      5 to 7pm (OB Rec. Center)  
Saturday                      9 to 11am (End of Saratoga Ave. – Beach Workout)  
\$35/month – No Contracts  
Ages 5 and up

The OBMA School is formed under the auspice of a Not-For-Profit Community Co-Operative. Our instructors and senior students are focused on bringing the gift of the martial arts to our community of Ocean Beach.

The OBMA School has been offering martial arts instruction, out of the Ocean Beach Recreation Center, since 1975.

The workout:

First 30 minutes	Cardio Warm-Up/Static Stretching/Strength & Core
Next 30 minutes	Basics/Dynamic Stretching and Balance
Next 30 minutes	Forms/Balance and Body Dynamics
Last 30 minutes	Static and Dynamic Controlled Fighting

## **CURRENT CLASS STRUCTURE**

Although the foundations of our teachings are centered on Korean Karate, we have instructors who have studied other styles of the martial arts. The three main instructors are:

Master Inst.: Mr. Art Lefebvre

Sa-bum-nim: Mr. Scott Gustafson

Sa-bum-nim: Mr. Tom Blamey

In addition to the above instructors, there are numerous other volunteer instructors (who attend class) with varied backgrounds in the martial arts. All instructors and students at the OBMA School realize how special their school is and work hard to carry its long and proud history forward.

Tenants of the OBMA School are focused around traditional training concepts of mind, body and spirit with emphasis on balance, control, speed, power, and focus. Traditional training in this powerful style consists of instruction in:

- \* Conduct
- \* Conditioning
- \* Basic techniques of offense and defense
- \* Training patterns called Hyungs or Forms
- \* Three-Step and One-Step sparring combinations
- \* Non-contact sparring
- \* Olympic style sparring
- \* Board breaking for testing and demonstration
- \* Tournament participation.

## **TESTING**

Students enter OBMA as a white belt and in order to be eligible for testing to the next belt color, the following requirements must be met:

*Note: Members are expected to maintain and improve proficiency on all specified material learned at earlier levels while continuing to move up through grades and degrees. Examiners may evaluate for this retention beyond these stated minimum requirements when they perceive such inquiry is merited. Belt testing fee should be paid to the director prior to each testing.*

### **A. To Orange Belt (8th keup) - \$15**

Basic exercises, 1 One/Three step, Kuk-Mu Cho-Dan (Kuk-Mu I), and WTF Tae Geuk I will be demonstrated for proficiency.

### **B. To Yellow Belt (7th keup) - \$20**

Basic exercises, 3 One/Three step, Kuk-Mu Ee-Dan (Kuk-Mu II), and WTF Tae Geuk II will be demonstrated for proficiency. Sparring may be required.

### **C. To Senior Yellow Belt (6th keup) - \$25**

Basic exercises, 4 One/Three step, Pyong-An Cho-Dan (Pyon-An I), and WTF Tae Geuk III will be demonstrated for proficiency. Sparring may be required.

### **D. To Green Belt (5th keup) - \$30**

Basic exercises, 5 One/Three step, Pyong-An Ee-Dan (Pyon-An II), Kuk-Mu Sam-Dan (Kuk-Mu III), and WTF Tae Geuk IV will be demonstrated for proficiency. Sparring will be required.

### **E. To Blue Belt (4th keup) - \$35**

Basic exercises, 6 One/Three step, Pyong-An Sam-Dan (Pyon-An III), Kuk-Mu Sa-Dan (Kuk-Mu IV), and WTF Tae Geuk V will be demonstrated for proficiency. Sparring will be required.

### **F. To Purple Belt (3rd keup) - \$40**

Basic exercises, 7 One/Three step, Pyong-An Sa-Dan (Pyon-An IV), and WTF Tae Geuk VI will be demonstrated for proficiency. Sparring will be required.

### **G. To Red Belt (2nd keup) - \$45**

Basic exercises, 8 One/Three step, Pyong-An O-Dan (Pyon-An V), Kuk-Mu O-Dan (Kuk-Mu V), and WTF Tae Geuk VII will be demonstrated for proficiency. Sparring will be required, and demonstration of a 1-board break.

## **H. To Brown Belt (1st keup) - \$50**

Basic exercises, 9 One/Three step, Chul-Gee Cho-Dan (Chul-Gee I), and WTF Tae Geuk VIII will be demonstrated for proficiency. Sparring will be required, and demonstration of a 2-board break.

## **I. To Black Belt (1st Dan) - \$125**

The Black Belt is a rigorous exam and should not be taken lightly. The student has a choice of organizations to promote under (discuss with Chief Instructor).

Basic exercises, 10 One/Three step, all forms including Pal-Sek and WTF Koryo will be demonstrated for proficiency. Sparring will be required, and demonstration of a 3-board break. In addition, physical pre-tests may include but are not limited to:

- Run 1 mile within 6 minutes.
- 50 knuckle push-ups.
- 200 sit-ups.

*A Junior Black Belt may be awarded to students below the age of 16 and will require a subset of the above demonstrations.*

## **MARTIAL ARTS**

It is generally believed that techniques similar to what we now call "martial arts" were developed in the Far East many centuries ago. There has been much differentiation over time and any current martial art style is simply the most recent version of its predecessor. The term "martial" refers to the practical utility of techniques in combat. During peaceful times, practice for personal development, self-knowledge, and mind-body unity resulted in the "art".

A given martial art may be "hard" (powerful, strong, fast) or "soft" (smooth, flowing, dance-like). It may or may not include the use of weapons. In free-style sparring, painful offensive blows may be delivered (this is called "contact" sparring) or withheld just short of the target (called "non-contact" sparring).

It is possible to develop the martial skill aspect and ignore the art aspect of martial arts. This tends to occur in schools where self-defense and free-style fighting, particularly contact fighting are emphasized. Research indicates that such training tends to increase ones aggressiveness and physical acting out of negative emotions.

Schools that emphasizing the "art" of traditional teaching, produce students who become less aggressive, less anxious, feel more self-confident, possess more self-disciplined, and feel more empowered to deal effectively with many other aspects of their lives. These results are achieved by adding the following regime to the curriculum: basic exercises, forms and philosophy. Students soon become aware of the social appropriateness and its important role as a vital component of training to develop the "art" aspect of this discipline.

## **TAE KWON DO**

Tae Kwon Do is the modern derivation of older Korean martial arts. It means "the study of kicks and punches". As such, no weapons are used. Being partially based on the tiger, it is a strong, fast, and powerful – or a "hard" martial art. Taught traditionally, it utilizes non-contact sparring to underscore safety and non-violence. All components of training are used to work through the "martial" and on to the "art".

## **BASICS**

Basics are attack and block techniques that are rudimentary to Tae Kwon Do. Each technique is practiced by students taking a sequence of steps forward and performing punches, blocks, or kicks with each step. It is difficult to master Basics, for you can always go faster and demonstrate more power and focus as you maintain balance in delivery. In fact, balance, control, speed, power, and focus are indeed the five tenets of Tae Kwon Do. Control is more fully discussed in the context of sparring.

## **FORMS**

Forms are choreographed movements integrating the techniques practiced in Basics. Each belt-level has one or two Forms associated with it. Forms become more complicated as the students go up in ranks. All techniques should be done with power and speed. Those who put in everything they have during forms begin to realize their true motive, those who don't, may as well do thirty minutes of calisthenics. Amazingly, if you remain true to the intent of the forms, your hands quicken, your balance gets better, and you react to your opponents' attacks more swiftly during sparring.

We practice all forms leading to and including the forms designated for our belt-level. Not only does this build stamina, but more importantly it is intended to promote a simple idea--**you must always strive to do the forms better, regardless of the number of years that you have trained in Tae Kwon Do.** An important side-effect here is that that lower belts get a chance to observe the ways of the upper belts. Students are always encouraged to learn by watching upper belts.

## **ONE/THREE-STEP SPARRING**

One or Three-step is where the fundamentals of sparring are learned. Students practice these in pairs of two. One student steps forward and throws a punch with each step while the other student steps back and blocks each punch coming at them. Punches must be thrown with control, targeting above the lip area of their partner without making contact. The opposing student learns to step back and block on the wrist. As the name indicates, the attack stops after one or three punches at which time the student on defense end executes one or more offensive techniques.

## **SPARRING**

Sparring in our style has No Offensive Contact. Students must show focus and self control in executing powerful techniques. All offensive techniques must target critical regions such as: the temple, ribs, or solar plexus, but no contact is made. All attacks must only target above the waist and the front of the body. Blocking is taught as a critical part of the art of sparring. We don't smash our partner's wrist or ankle, but rather blocks are designed to deflect punches or kicks and to protect you. We do not want to hurt our friends in class.

During demonstrations, we typically use the same techniques used in sparring. It is never acceptable to fight with contact unless required for a self-defense move in an actual encounter.

Furthermore, men and women spar with one another in class. There are no weight or age categories for sparring during class. White belts (beginners) do not participate in Free-Style sparring until promoted to Orange or Yellow belt. *Olympic style sparring will be incorporated at certain times; this includes pads and light contact, but participation is on a voluntary basis.*

## **BREAKING**

The breaking of wood is a classic test of the skills learned in the Do Jang. On special occasion such as a demonstration, a senior black belt may demonstrate the art of brick or concrete breaking.