

Quantum Youth Programs

New student information

Quantum Martial Arts
A non-profit community Dojo

quantumsf.org

415.810.1420

2390 Mission Street, Suite 305
San Francisco, CA 94110



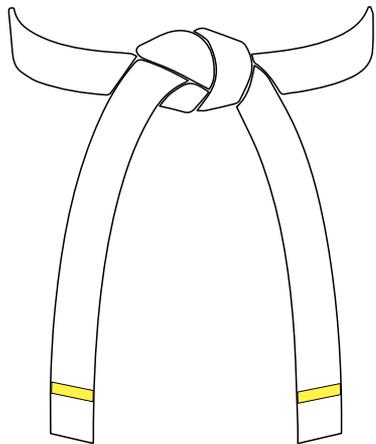
Established
Seattle, WA 1995
San Francisco, CA 2007

What's in this book

Welcome to the Dojo	2
About the Classes.	4
Attendance.	7
Community Values	10
Uniform Care.	12
Dojo Rules	16
Korean Terms.	18
Camps & Events	19
Costs & Resources	20
Contact Information.	24

Welcome to the Dojo!

The Quantum Dojo is a meticulously crafted space that encourages kids to be brave, respectful, feel safe, and learn resilience. The walls, ceiling, and even the floor are white. Through the creation of a “blank page” completely free from distraction, we create an arena where we can all engage in important lessons about community, strength, and discipline. Wearing a white uniform and a white belt within this blank space helps to clear past perceptions and provides an opportunity for the new student to let go of old stories, limitations, and fears.



Meaning of “Yes Ma’am”

We ask all our students to say Yes, Ma’am or Yes, Sir when their instructors speak to them, with ‘Sir’ being gender neutral. Often students will reply with a story about why they cannot comply. “I can’t do that because...” or, “I tried that but it doesn’t work.” This is usually a defense mechanism.

Common to most people, the fear of making mistakes has the power to hijack almost anything we do. The Dojo is a place to confront and move through this experience. Most people feel good when they learn something new and get good at it. The only way to get good at something is to practice, try hard, and even fail a few times as you learn, get feedback, revise, and develop. Each attempt at a new technique, whether it’s a “perfect” kick or not, is a valuable brick in the foundation of learning. We talk a lot in class about risk and reward; even though trying something new may seem difficult, scary, or impossible, kids learn that taking chances will help them grow and ultimately have more fun in their martial arts.

By teaching kids to respond with “Yes, Ma’am,” we are removing the opportunity for excuses and replacing it with an attitude of alacrity, joyful willingness to try. Combine this with the blank canvas of the Dojo, and students find that they have permission to write a new story about what they can do, allowing them to connect to the power of perseverance.

About the classes

Style: The style of martial arts taught in our youth programs is rooted in *Tae Kwon Do*, and at the intermediate level adds forms from the Quantum style. Paying homage to this *TKD* lineage, we use many Korean terms in class to evoke the ritual and history of traditional martial arts culture. (See p. 18)

Quantum is a unique style of martial arts created by Master Rachael Evans, blending elements of *TKD*, Wing Chun, Judo, Hapkido, Tai Chi, and Arnis. Master Evans earned her first black belt in *TKD* in 1985, while enlisted as a US Marine in Twenty-nine Palms, CA. She founded her first Quantum Dojo in Seattle's Capitol Hill in 1995, which continues to be run by her senior students. The San Francisco Dojo was opened in 2007, and our youth program at the SF Dojo launched in 2015.

Curriculum: There is a unique curriculum developed for the distinct needs of each age group we serve. A graduated belt system denotes which program a student is in; Quarks (age 3.5–5) wear white belts with a color stripe up the middle, Kids (age 6–9) wear a color belt with a white stripe, Teens (age 10–14) wear a color belt with a black stripe, and Adults (age 13+) wear a solid color belt. All age groups begin with a solid white belt.

Tests: We hold regular belt tests for rank advancement. Quarks have a Stripe Recital about every two weeks.

Kids and Teens have a belt test every 5–6 weeks. A student may be ready for each test in the first few months, but slow down after that. Not every student advances at every test; only when they are ready. There is information on our website about requirements for testing. Upcoming test dates are announced by email and posted at the Dojo and online. There is no fee for testing.

Sparring: All sparring is no-contact and non-competitive. Kids are reminded before every sparring round by repeating the words “control and caution.” We also remind the students that the martial skills they learn are only to be used outside of the Dojo for self defense. Please inform us if your child strays outside those boundaries.

Mailing list: Please provide an email you check often; we communicate regularly about upcoming tests, schedule changes and cancellations, as well as community events.

Photo release: We often take photo & video of classes & tests to use on our website, social media, review & marketing sites, newsletters, etc. Please let us know if you do not want your child’s image used.

Gendered spaces & pronouns: Boys’ and Girls’ locker rooms are open to students’ stated gender identity. Parents assisting young kids should use the locker room of the adult’s gender ID. Both restrooms are all-gender. Students & community members are encouraged to share their preferred gender pronouns. The address of ‘Sir’ is a gender-neutral term of respect appropriate to everyone.

Leadership Program: Open to students age 11+ As students become more confident in the Teen classes (10–14 years old), they start learning to assist and teach their peers and younger students. Junior Leaders earn awards

and patches for their uniforms, and participation is a great extra curricular to site when applying to schools and scholarships. Ask an Instructor or Assistant for more information about the Leadership Program.

Non-profit community space: Quantum is a registered CA-501(c)(3) nonprofit organization. Our mission is to make martial arts training accessible to all. We are supported by membership dues and the generous donations of our community. We offer Dojo membership on an honor system sliding scale; no one is turned away for lack of financial opportunity. We host a diverse, inclusive community bringing people together with the shared investment in martial arts culture. The core tenets of courtesy, integrity, perseverance, self-control, and indomitable spirit inspire students to buy-in to a shared value system of equity and respect.

Donations: There are many ways to get involved to support the Dojo. In addition to fundraisers and one-time donations, every dollar you contribute above the monthly base rate for classes is considered a tax-deductible donation. As little as \$10–\$20 extra per month goes a long way to support the overhead of running a Dojo in the Mission.

Volunteering: As a community-led space, volunteers make the magic! If you have time to give, as little as 1 hour per month, let us know if you are able to support the Dojo with a janitorial shift.

If you have professional skills such as photography, graphic design, video creation or editing, illustration, web design, etc., please let us know!

Help your child get the most out of their training

Attendance

- ▲ **Please be on time!** Students arriving late are given ten push-ups and asked to line up in the back of the class, sacrificing their rank order for the warm-up. Being on time means your child will get the most out of their training, learning to stretch, build core strength and balance, and develop discipline.

However, arriving late is better than not coming at all! We're glad you made it. We understand families have a lot going on; attending only part of a class, while not ideal, is still beneficial for your child.

- ▲ **Open-mat play time:** The Dojo is open 15 minutes early to facilitate free-play time for the kids, providing plenty of time to change into the uniform and fill up water bottles. You will be more successful in timely arrival if you aim to arrive during this time. We also allow time after some classes for free-play.
- ▲ **Attend class as often as possible.** Monthly dues are for unlimited classes. Attendance twice a week is required to maintain enrollment, and three classes per week will yield best results. Planning for three classes means you will make at least two. Engagement at this level allows your child a chance to repeat life

lessons and skill building frequently, deepen social skills, and reinforce valuable lessons in leadership, community, focus, and perseverance.

- ▲ **Leaving early:** Please let us know *before the class begins* if you will be taking your child out of class early. We take our stewardship of your child very seriously, and we plan activities around who is in class and how many kids we have for partner exercises. To ensure a smooth experience for all students and teachers, please get the attention of an Instructor before you call your child off the mat during class.

Being prepared

- ▲ **Packing for class:** Make sure students have their uniform, water bottle, and mask for each class. Help them participate in the value of discipline by engaging them to pack for class the night before. If you find yourself on the way to the Dojo and are missing part of the uniform, don't worry. They can still take class, as long as it is an infrequent and isolated occurrence. Enrolled students without uniforms or belts will sacrifice their earned rank for the day, and line up in the back of the class. We do have some loaner uniforms for students to wear if they forget part of their uniform.
- ▲ **Bring water!** Make sure your child has a water bottle for class. We work the kids hard! Water is essential not just for a successful workout, but also for creating life-long good habits.
- ▲ **Eat healthy!** A great snack before class is fresh fruit coupled with something like nuts, bread, or granola. Your child will have enough quick energy to get through class alert and ready to learn. Stay away

from processed meats or dairy; these take longer to digest and will slow your child down and lead to stomach aches during exercise. Eating a big meal right before class always makes kids feel sick.

Drawing boundaries

- ▲ **No coaching from the sidelines.** The Quantum Dojo is specifically designed to entice your child to “buy in” to the rules of the mat. In order for this to work, they are going to need to test boundaries. While at times this may be difficult for a parent to watch, it is a crucial part of your child’s training. Please allow the instructors the opportunity to establish a connection with the students and teach them the rules. If you see a potentially dangerous situation, please flag an Instructor or Assistant on the floor.
- ▲ **Illness:** Please do not bring your child to the Dojo if you or they are sick. Masks are required in all youth classes while children are unvaccinated against COVID-19.
- ▲ **Injuries & Special Needs:** Please alert us if your child is training with an injury or special need we should know about.

Communal Effort

It takes a village to raise our youth—participation and community are two core values of the Quantum Dojo.

Help us keep the Dojo clean. The impeccable cleanliness of the Dojo is a vital aspect of the training atmosphere. The Dojo hosts an average of 3–4 classes per day, with students across four age-specific programs attending classes throughout the afternoons and evenings. While we have a volunteer janitorial team that deep-cleans the Dojo three times a week, daily upkeep is essential. You can help keep it tidy by cleaning up spills (both in the lobbies and hallway), sweeping and picking up trash when needed, returning items to the lost-and-found, and making sure you have all your belongings before leaving.

Lost-and-found Our lost-and-found box is in the hallway outside the Dojo, underneath the bench. Water bottles left behind are stored on a shelf in the Dragon Room lobby, behind the door. Items in the lost-and-found are donated once a month to a local homeless shelter.

Ride Shares Getting to the Dojo after school can be a rush, especially for families with more than one child. If you can offer a ride share, or need help getting your kids from school to class, please let us know; we may be able to find other families coming from your school.

Volunteer Opportunities Quantum Martial Arts is a registered California 501(c)(3) not-for-profit organization. As such, we thrive on the participation of volunteers and financial support of donors. There are many ways you can volunteer time and talent, from joining the janitorial team for a monthly cleaning shift, to assisting on the mat in youth classes. Professional skills donated toward projects as pro bono hours include photography, filming & video editing, graphic design, illustration, translation, fundraising, event planning, grant writing, tech support, website maintenance, and manual skills such as carpentry, electrical, and painting. If you can participate by pitching in with these or other skills or project ideas, please email our Volunteer Coordinator Yasi Lowy, yasi@quantumsf.org.

Board of Directors Quantum has a non-managing Board of Directors, and we value parent's input! If you are interested in serving on the Board, please let Board President Ms. Popovich know. We meet in January each year to elect new officers and members.

Sponsor a child or family It is core to our mission that the skills taught and fellowship of belonging to a community are available to all. You can support this endeavor by sponsoring a student or family with an additional monthly donation. As little as \$10 extra per month can go a long way toward supporting others. Some families choose to double their monthly contribution to make space for another child to train at 100% scholarship. Talk to Master Evans about adjusting your monthly donation at any time.

Uniform care and wearing

Washing instructions

- ▲ Your child's uniform is 100% cotton, and will shrink considerably during the first 2–3 washings.
- ▲ Do not use bleach; the white uniforms are dyed white—bleach will remove the white dye and turn them a dishwasher gray.
- ▲ Wash in hot water and dry thoroughly.
- ▲ To prevent wrinkling and avoid the need for ironing, remove from the dryer while hot and give it a good snap. Fold neatly or hang to store.

Never wash the belt!

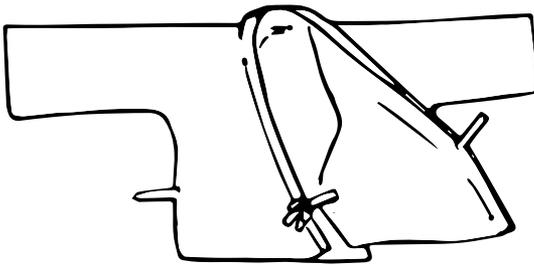
- ▲ The belt will shrink too much and become too short for your child to comfortably tie it.
- ▲ When your child earns stripes on their belt, the stripes will come off in the wash.
- ▲ Belts should be broken in with sweat and hard work!

Putting on the uniform

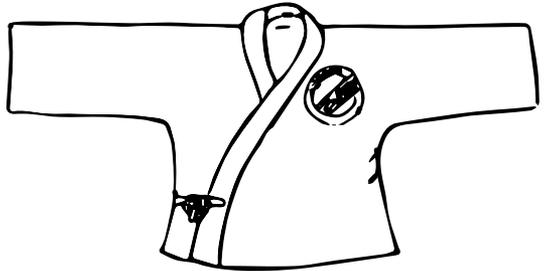
- ▲ **Jacket:** Tie the left side (inside) first, then cross the left panel over the right and tie on the right side (outer tie). (See diagram, pg. 9)
- ▲ **Tying the belt:** It is a class requirement for students to know how to tie their own belt. As your child is

learning this complex task, you will likely feel compelled to help them, but please allow us to teach them to tie it themselves. We will continue to help them until they have developed the motor skills and manual dexterity required to accomplish it on their own. This is an important part of their training!

Tying the jacket



- 1** First tie left side (inside)
- 2** Then tie right side (outside)



Sewing the patch



- 1** Placement over heart
- 2** Pyramid points straight up



Patches

Once your child is promoted to the rank of Yellow Belt, they need a Quantum patch (\$8) for their uniform.

- ▲ **Needle & thread:** The patches are not iron-on; you must sew the patches on the uniforms.
- ▲ **Placement:** The patch goes over the heart with the pyramid pointing straight up to the sky. (See diagram, pg. 14) Many professional tailors will insist that the word “Quantum” be centered across the top, which is incorrect.
- ▲ **Pin first for placement:** When pinning on the patch, note that the two sides of the uniform top are slanted; have your child try on the uniform to make sure the pyramid is pointing straight up *while wearing*.
- ▲ **Other patches:** After a Quantum patch is affixed to the uniform, your child may add any other decorative patches they like, placed anywhere. Encourage ownership and reward your child for doing well in the class! Patches are a great way for students to express themselves, and are highly encouraged.

Black & Red uniforms

At Green Belt, students are allowed to wear color uniform. It takes about a year to get to Green Belt, and this accomplishment represents commitment and tenacity.

- ▲ We stock black and red uniforms at the Dojo. We can special order pink and other colors.
- ▲ Uniforms can be mixed and matched (i.e. white top with black pants and rank belt).
- ▲ The black uniform must be washed once before your child can wear it in the Dojo, to prevent the black dye from staining our white mat.

- ▲ To keep the uniform from fading, soak it in a half cup of white vinegar upon initial washing.

Testings

- ▲ All students must be in a full white uniform with rank belt in order to participate in a belt testing.
- ▲ Yellow belts and above must have a Quantum patch.
- ▲ Green belts and above who have purchased black or red uniforms must still wear all white on the day of the test, *and* the day of the belt ceremony.
- ▲ To receive their new belt a student must be wearing their full uniform. If they forget their uniform on the day of the ceremony, they will receive their promotion next time they are in class in uniform.

Summer

- ▲ During summer months students are permitted to train in a Quantum t-shirt, or a completely plain shirt, instead of their uniform top. No other graphics are permitted. The teachers will announce when this period begins and ends. Quantum youth t-shirts are for sale at the Dojo and are a great reward for hard work toward a test or rank promotion.

Uniforms outside the Dojo

- ▲ Please do not allow students to play outdoors in their white uniforms, especially in sand or grass. Rolled pant cuffs fill up with sand, which is deposited on our training mat during class. The white uniform should stay clean and special for training only.
- ▲ Please do not allow students to eat in their white uniforms. Meals, snacks, and treats before and after class should happen in street clothes.

Dojo rules

1. All students must pause and bow when entering and leaving the Dojo.
2. When entering the training floor, students should always use the towel & vinegar solution to disinfect and clean their feet. Bowing is always required when entering and leaving the training floor.
3. Once class has begun, students are not allowed to leave the mat unless excused. Students should place water bottles at the side of the mat.
4. The training mat is a no-shoes space.
5. Students may have cell phones during class only to receive communications from their parents.
6. Students are asked to say “Yes, Ma’am” or “Yes, Sir” when an Instructor or Assistant speaks to them.
7. Students should address their teachers by last name, or by adding a title in front of the first name. So Master Evans, or Master Rachael, but never “Hey, Rachael!” Master Evans is the only one with the title of Master, which is earned at 4th degree black belt.
8. There is no swearing allowed in the Dojo.
9. There is no fighting allowed in the Dojo.

10. Martial arts skills learned in class should only be used outside the Dojo for self-defense and protection of others. Students who are found using their martial arts skills to harm others inside or outside the Dojo could be demoted, lose their rank belt, or expelled.
11. Running is not allowed in the Dojo. Students are not allowed to play chase or hide & seek through the hallways or locker rooms. Kids are not allowed in the back hallway past the restrooms.
12. Water is the only drink allowed on the training floor. If a student brings any drink other than water, they must keep it in the lobby and consume it after class.
13. The Quantum Dojo is a vegetarian space; please do not pack snacks that include meat of any kind.
14. Food can only be consumed in the hallway or a bench away from the mat. There is absolutely no eating on the mat.
15. Chewing gum is prohibited anywhere in the Dojo.
16. Shoes, backpacks, and all belongings should be stored in lockers, not on the floor in the lobby. There is no overnight storage allowed in the lockers, and your student does not need a padlock.

Korean Terms

Tae Kwon Do is the root style of the Quantum curriculum, and we use several Korean terms in the class to pay homage to and invoke a traditional martial arts culture.

Chah-ryut : Attention

Kunea : Bow

Kamsahabnidad : Thank you and you're welcome

Chum-bi : Ready stance

Ki-hap : Soul scream (yell)

Baro : Return (to attention)

Sho : Bow

Dobak : Uniform

Tae Kwon Do : Fist Foot Way (or Fist Foot Art)

Dojang : Martial Arts School (Korean)

Dojo : Place of the Way (Japanese)

Counting to 10 in Korean

Hana : One

Dool : Two

Set : Three

Nyet : Four

Deoset : Five

Yeoset : Six

Ilgup : Seven

Yeodul : Eight

Ahap : Nine

Yuhl : Ten

Summer Camp & Events

Quantum offers several weeks of summer day camps for ages 6+. Dates and registration will be announced in January with an early-bird enrollment discount. Sliding scale and scholarship enrollment is available, as with our weekly classes, to make the summer camp experience available to all.

- ▲ **Karate Camp** teaches a different style of martial arts each day, giving a comprehensive lesson plan.
- ▲ **Superhero Stunts Camp**, our most popular camp, teaches campers 'stage combat', engages them to write and choreograph fight scenes, which are then filmed and edited to short clips as an end-product debuted at a red-carpet evening event.

Movie Nights, Talent Shows, Community Events Throughout the year we hold several community events at the Dojo. We host movie nights inviting students, friends, and family to bring blankets and get cozy in a nighttime Dojo experience with a karate movie. We also have an annual Talent Show on the stage in the Dragon Room.

Beyond our martial arts student community, we host community events like concerts, comedy shows, sound healing, workshops and more, and rent the Dojo space to like-minded entertainers and artists seeking an alternative arts venue. The Dojo is a shoes-off, alcohol-free space for community engagement and art.

Costs

Quantum is a qualified 501(c)3 not-for-profit organization in the State of California.

Fees are as follows:

Uniform: \$40–\$55

Yearly membership fee: The starting point for children is the \$60 “Student” level. This is 100% tax-deductible, as there is no exchange of goods or services. Below are the annual membership options at which families can elect to support the Quantum Dojo:

- △ **Base Rate** \$60
- ▲ **Family** \$80 (Covers two or more family members)
- ▲ **Benefactor** \$150
- ▲ **Supporter** \$250
- ▲ **Patron** \$500
- ▲ **Angel** \$1000

Monthly dues: Our monthly base rate is \$132/month for a single student. A second sibling or cousin enrolled receives a discounted rate. The third sibling is free.

Sliding scale: Our monthly dues are less than 50% of the current market rate for martial arts classes in San Francisco. We keep our starting point low to make classes

accessible to families in need, and then slide up or down depending on level of need. We ask families with more resources to contribute above the minimum; currently the highest monthly contribution is \$250. Anything above the base rate of \$132 (Kids) or \$120 (Quarks) is considered a 100% tax-deductible donation.

Others who are in need are offered a reduced rate. We currently provide 100% scholarships to several families.

There are no contracts; you are free to cancel at any time. We ask that you provide 30-days-notice when canceling. Most families prefer to enroll in auto-pay and provide a credit or debit card number, but cash or checks are also fine. Please aim to drop off cash or check payments during the last week of each month.

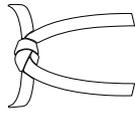
As a non-profit, Quantum fees are not for access to the classes. Many classes are taught by volunteers—the fees are for maintenance and upkeep of the Dojo. As such, please consider your Quantum membership dues an on-going obligation even when traveling or taking time off.

Questions and resources

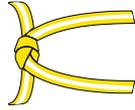
Website: quantumsf.org

- ▲ Read about the classes, the Quantum style, our history, weekly class schedule, community events, as well as details of the curriculum, including videos.
- ▲ The steps to the forms, one-steps, and rank level techniques are all listed on the website under ‘Kids’ or ‘Teens’ Curriculum. When practicing for a test, use the website resources as an at-home study guide.

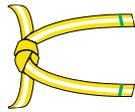
courtesy ★ integrity ★ perseverance ★ self-control ★ indomitable spirit



WHITE BELT
BASIC FORM



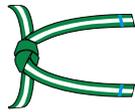
YELLOW BELT (R)
CHONJI



YELLOW BELT (D)
ONESTEPS 4-6



GREEN BELT (R)
DOSAN



GREEN BELT (D)
ONESTEPS 10-12



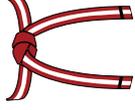
BLUE BELT (R)
TERRA MOTO



BLUE BELT (D)
ONESTEPS 16-18



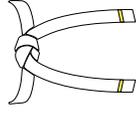
RED BELT (R)
ATTITUDE



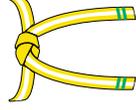
RED BELT (D)
ONESTEPS 22-24



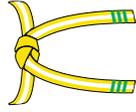
JUNIOR BLACK BELT
SPIRIT
GROUND FIGHTING



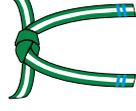
HIGH WHITE
ONESTEPS 1-3



HIGH YELLOW (R)
DANGUN



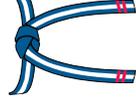
HIGH YELLOW (D)
ONESTEPS 7-9



HIGH GREEN (R)
GRAVITY



HIGH GREEN (D)
ONESTEPS 13-15



HIGH BLUE (R)
RIVERBEND



HIGH BLUE (D)
ONESTEPS 19-21



HIGH RED (R)
WATERFALL



HIGH RED (D)
ONESTEPS 25-27

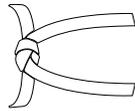


(R) Recommended (D) Divided

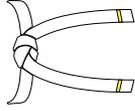
QUANTUM MARTIAL ARTS KIDS PROGRAM

Curriculum for Kids Program ages 6-9. Full curriculum can be found at quantumsf.org/kids

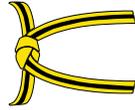
courtesy ★ integrity ★ perseverance ★ self-control ★ indomitable spirit



WHITE BELT
BASIC FORM



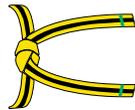
HIGH WHITE
ONE-STEP 1-6



YELLOW BELT (R)
CHONJI



HIGH YELLOW (R)
GRAVITY



YELLOW BELT (D)
YB ONE-STEP 1-3



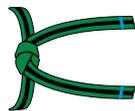
HIGH YELLOW (D)
YB ONE-STEP 4-6



GREEN BELT (R)
TERRA MOTO



HIGH GREEN (R)
RIVERBEND



GREEN BELT (D)
GB ONE-STEP 1-3



HIGH GREEN (D)
GB ONE-STEP 4-6



BLUE BELT (R)
ATTITUDE



HIGH BLUE (R)
WATERFALL



BLUE BELT (D)
BB ONE-STEP 1-3



HIGH BLUE (D)
BB ONE-STEP 4-6



RED BELT (R)
SPIRIT



HIGH RED (R)
WALK IN THE PARK



RED BELT (D)
RB ONE-STEP 1-3



HIGH RED (D)
RB ONE-STEP 4-6



JUNIOR BLACK BELT
QUETZALCOATL
ARNIS (STICKS)



(R) Recommended (D) Discontinued

QUANTUM MARTIAL ARTS TEENS PROGRAM

Curriculum for Teens Program ages 10-14. Full curriculum can be found at quantummf.org/teens

Contact information

Before and after class can be a busy time in the Dojo to have a conversation. Master Evans is reachable by phone and email should you need to discuss your child's training or have further questions that can't be easily answered between classes in the Dojo.

Dojo phone: 415-810-1420

Master Evans' email: rachael@quantumsf.org

Assistant Instructors

Quarks, Kids, and Teen classes are taught by a rotation of Assistant Instructors, with support from other Quantum students. All Assistant Instructors are authorized to teach classes, receive payments dropped off at the Dojo, and answer questions about the classes and style.

Amy Popovich, Asst. Instructor, Communications & Design Director, Board President, amy@quantumsf.org

Michael Shehane, Asst. Instructor, Community Engagement Officer, michael@quantumsf.org

Yasi Lowy, Volunteer Coordinator, Class Assistant, yasi@quantumsf.org

Class assistants: Julian Marquez, Peter Annunziata, Cara Zharkova.

Word of mouth

Review sites like Yelp and Google have been our most successful outreach tool. Please give us a review!



quantumsf.org

San Francisco, CA

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