

BE SURE TO VISIT OUR WEBSITE AND  
SEE ALL THE GREAT INFORMATION  
THAT IS AVAILABLE TO YOU.

**[WWW.PMAFA.COM](http://WWW.PMAFA.COM)**

**AT THE 1ST LOG-IN, YOU MUST CREATE OR  
USE YOUR OWN PERSONAL USERNAME AND  
PASSWORD FIRST TO ENTER. THE 2<sup>ND</sup> LOG-IN  
REQUIRES THE USERNAME AND PASSWORD  
BELOW.**

YOUR USERNAME AND PASSWORD FOR  
THE BASIC MEMBER AREA FOLLOWS:

Username: p39238177-0  
Password: pmafabasics

**Please do not pass on our member login  
information to non-members.**

**WHEN THE STUDENT PROGRESSES IN RANK,  
THEY WILL RECEIVE ACCESS TO AREAS  
RELEVANT TO THEIR RANK.**

If you have any questions regarding anything on  
the site, just e-mail Master Purefoy directly  
[masterp@puremartialarts.com](mailto:masterp@puremartialarts.com)



# Rank Promotion

## Attendance\Credit Criteria

Student examinations are held Quarterly in the Spring, Summer, Fall, and Winter. White Belts are tested in-between along with some Pre-test Ranks. Color Belt Rank testing is only quarterly. Black Belt Testing is during the Spring and or Winter.

**1 Class = 1 Credit**

**1 Private Class = 2 Credits**

[www.privatetraining.pmafa.com](http://www.privatetraining.pmafa.com)

Quarterly Student Examination Class Credit Requirements							
Membership	Classes per Week	Approximate Credits per month	Possible Credits for Quarterly Testing	Credits Required for Quarterly Testing	Credits Needed	Private Classes Needed	Credit Balance
Bronze	1	4	13	23	10	5	-
Silver	2	8	26	23	(3)	-	3
Gold	3	12	39	23	(16)	-	16
Platinum (BBC)	4	16	52	23	(29)	-	29

Credits do not carry over to the next month or quarter. Additional credits reflect the level of expected expertise of the student.

Due to the level of expected expertise of Black Belt Club (BBC) members, they are able to skip pretesting and move toward Black Belt sooner.





# P.M.A.F.A. SKILL, ATTITUDE, CHARACTER EXAMINATIONS



White	Pre_test	Yellow	Pre_test	Orange	Orange	Pre_test	Green	Green I	Green II	Pre_test	Red	Red I	Red II	Black	Total
10	9.5	9	8.5	8	7	6.5	6	5	4	3.5	3	2	1	0	Cost-4yrs
	10.00	50	10.00	50	50.00	20	60.00	65	70.00	30	80.00	85	90.00	325.00	995.00
White	Pre_test	Yellow	Pre_test	Orange	Orange	Pre_test	Green	Green I	Green II	Pre_test	Red	Red I	Red II	Black	

The above schedule is a testing payment schedule to Black Belt. It is on a progressive scale just as the curriculum progresses in skill demands and training intensity. As you can see, the cost over 4 years to be certified thru the ranks to Black Belt is only \$995.

Each successful examinee will receive a Certificate of Rank from The School of Pure Martial Arts for each test including the pre-test and an authenticated Certificate of Rank from The Korean Martial Arts Federation for each test but not including the pre-test.

Be sure to cherish and preserve your certificates as they are evidence and proof of your hard work. You will be able to look back and trace your path of success and tell your story to those who will eventually follow you.

It is very important to understand that although tests are scheduled quarterly, a member may not always test consistently due to lack of skill, behavior, attendance, discipline, conduct in and outside of the Dojang, etc. The purpose and mission of Pure Martial Arts is to build character first before building a weapon of self-defense. Therefore, one may require additional time or monitoring before he/she is nominated by the Master Instructor and granted permission by the Grand Master.

For example, there are children that have missed a number of test because they were not ready either mentally or physically. The School of Pure Martial Arts prides itself on technique and perfection and will not be labeled a belt factory or pass students without just cause or not deserving. If a student is granted permission to test and does not succeed in passing the examination, a re-testing fee in the amount of half the original fee will be charged.

Testing is a very important aspect of any form of learning which requires memorization and skill advancement. Not only does it keep one on a success track but it measures their progress and regulates their character. In today's society, life skills, discipline, respect, and integrity are crucial to being successful. The School of Pure Martial Arts will continue to impress upon the individual to exemplify these characteristics and solidify its foundation in providing such needs to the individual.

**"One needs discipline and control (Good Character) in order to hold a weapon of destruction (gift of Self-Defense), without that, one is not ready to receive the gift."**

~ Master D. Purefoy

Please understand and read my quote carefully.



# Tang Soo Do Class Test



It's that time to move to the next level and demonstrate what you have learned.

**NO CAMERAS OR VIDEO RECORDING!**

Examiner(s):	Master Instructor \ Seniors Belts
Place:	Pure Martial Arts Fitness Academy
Date:	December 21st 2013 [40th Testing Class]
Time:	

## **REMEMBER PROPER CLASS ETIQUETTE:**

(1) Answer loudly with Yes Sir\Mam or No Sir\Mam. (2) Move quickly when called upon. (3) Stand at attention when spoken too. (4) Ensure full uniform is ready, clean, and wrinkle free. (5) If you arrive late, you DO NOT test. (6) Be sure all patches and stripes are on uniform properly (Green Belt and above) before the test day. (7) Be courteous and show respect to all.

Return this form to the Instructor before the test date. Come early and be sure to be properly dressed in full uniform, warmed up, and ready. NO T-SHIRTS.

Test Fee = \$ \*cash\* Please turn in FEE and signed FORM prior to December 6th.

Permission to test: ☐ Granted ☐ Not Granted ☐ Rank Compliance ☒ Pre-Test

Comments:

Name:	Address:		Age:	Last Test:
			3.5	
Student Signature	PECS <b>0</b>	Parent\Guardian Signature:	Rank Now:	Testing for:
		<b>X</b>		

1 – Excellent 2-Above Avg. 3 – Average 4-Below Avg. 5-Unacceptable

Customs & Courtesies (In\Out)		Hyungs (Forms)		Sparring
Terminology		Kicks		** Obedience
Attendance		Self-Defense		** Chores\Homework
Attitude		One-Step Sparring		** Respect\Discipline
Work Ethic		Attention To Detail		** School Behavior





5. & 21. Step. LH Middle Punch



4. Turn R. 180°. RH low blk

20. Turn R. 180°. RH low blk



1 & 22. Choon Bee/Ready



2. Turn L. 90°. LH low blk

18. Turn L. 270°. LH low blk



3. & 19. Step. RH Middle Punch

## Kicho Hyung Il Bu

1. Choon Bee Jaseh
2. Turn L 90° Left Low Block
3. Step, Right Hand Center punch
4. Turn R 180° and Right Low Block
5. Step, Left Hand Center punch
6. Turn L 90° toward center and Left Low Block
7. Step & Punch (R)
8. Step & Punch (L)
9. Step & Punch (R) & Kiyap
10. Turn L 270° Left Low Block
11. Step, Right Hand Center punch
12. Turn R 180° Right Low Block
13. Step, Left Hand Center punch
14. Turn L 90° toward center and low block
15. Step & Punch (R)
16. Step & Punch (L)
17. Step & Punch (R) & Kiyap
18. Turn L 270° Left Low Block
19. Step, Right Hand Center punch
20. Turn R 180° Right Low Block
21. Step, Left Hand Center punch
22. Back to Choon Bee.



6. Turn L. 90°. LH low block



17. Step. RH Punch, Kiyap!



7. Step. RH Punch



16. Step. LH Punch

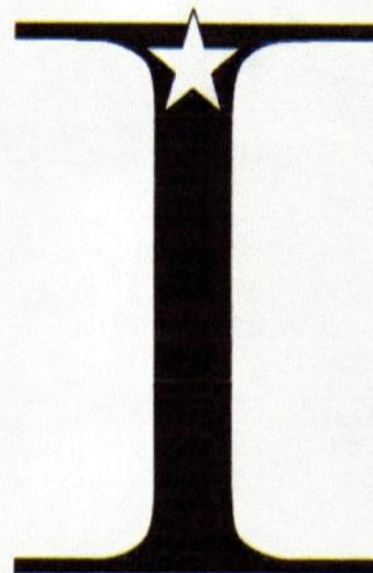


8. Step. LH Punch



15. Step. RH Punch

"I" formation.  
Start and end at "Star".



11. Step. RH Middle Punch



10. Turn L. 270° LH low blk



9. Step. RH Punch. Kiyap!



14. Turn L. 90° LH low blk



12. Turn R. 180° RH low blk



13. Step. LH Middle Punch





**PURE MARTIAL ARTS FITNESS ACADEMY, INC.**

2338 Main St  
Bridgeport, CT 06608  
Tel. 203.368.0773

E-mail: [masterp@puremartialarts.com](mailto:masterp@puremartialarts.com)  
[www.puremartialarts.com](http://www.puremartialarts.com)

[Date]

[School Name]

[Address]

**Subject:** [Student's Name], [Grade]

Dear Madam or Sir,

I am writing this letter to inform you about the assistance that I am receiving from Pure Martial Arts Fitness Academy. My son attends classes at this school of martial arts. It is this schools policy to interact with the academic school system and teachers in an effort to keep my son, [Student's Name], productive academically and to maintain good character and personal conduct.

I am authorizing a representative, Master D. Purefoy, from Pure Martial Arts Fitness Academy to act in my behalf by visiting and interacting as necessary with the school and teachers in an effort to accomplish this goal. This would also include bringing lunch to him, of his choosing, as a reward for achieving honors.

Thank you,

\_\_\_\_\_  
[Parents Name][Tel.]

\_\_\_\_\_  
Date

\_\_\_\_\_  
Master D. Purefoy, President and Director  
Pure Martial Arts Fitness Academy, Inc.



# PURE MARTIAL ARTS FITNESS ACADEMY, INC.

## Student Reprimand\Disciplinary

\*\*\* Notice \*\*\*

STUDENT NAME: XXXXXXXXXXXXXXXXXX	RANK: Orange Belt	DATE: 09/23/2013
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- |  |  |
|--|--|
| <input type="checkbox"/> Customs               | <input type="checkbox"/> Bullying  |
| <input checked="" type="checkbox"/> Courtesy   | <input checked="" type="checkbox"/> Unexcused Tardiness\Excessive Absences |
| <input type="checkbox"/> Attitude              | <input checked="" type="checkbox"/> Misrepresentation of P.M.A.F.A.        |
| <input type="checkbox"/> Misuse Of Skills      | <input type="checkbox"/> Late Payments                                     |
| <input type="checkbox"/> Bad Manners           | <input type="checkbox"/> Disruptive In Class\School                        |
| <input type="checkbox"/> Unsatisfactory Grades | <input type="checkbox"/> Self-Conduct\Discipline                           |

<input type="checkbox"/> WARNING	<input checked="" type="checkbox"/> SUSPENSION
1 <sup>st</sup> 2 <sup>nd</sup>	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>

You are hereby given notice that your RANK at Pure Martial Arts is in jeopardy. You are advised to reread the Mission and Goals of P.M.A.F.A., the Customs & Etiquette outline, and the Ten Articles of Faith of Tang Soo Do. If you are suspended from class a 3<sup>rd</sup> time, it will be for an indefinite period.

Three warnings will result in a suspension, two for Black Belt Club members. A warning will consist of one or more items listed in the table above. A suspension can come without warnings at the discretion of the Master Instructor.

☒ Your suspension will begin on Tuesday, 09/24/2013 and will end midnight on Tuesday, 10/8/2013. You will be required to complete any task listed in the notes section before reinstatement in the Black Belt Club and Kickboxing Program.

☐ This is a warning notice.

NOTES: Unfortunately, xxxxx is being suspended from the Black Belt club for two weeks as a result of unexcused tardiness and or absences from class. As stated in the nomination letter, a Black Belt Club member is required to hold higher standards than a regular member and anything less, at the discretion of the Master Instructor, a reprimand by warning or suspension from the BBC will be in order. During the suspension, xxxxx will not be allowed to wear the Black Belt Club uniform.

Parent (If under 16)\Student Signature \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Master D. Purefoy, Instructor, 5th Dan \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_



# **REFER A FRIEND**

## **INCREASE YOUR PRODUCTIVITY AND RESULTS**

One of the most effective ways to increase your enjoyment and productivity from any PMAFA program is to have a friend or family member working side by side with you. We have noticed that the most productive students are those that get started with friends or family members. Why? Because there is a sense of camaraderie and competition, of which, both brings out the best in an individual?

## **IN YOUR FIRST 30 DAYS, INVITE 5 FRIENDS**

Just list 5 friends and or family members that you think will be a good fit for Pure Martial Arts Fitness Academy. In your behalf, we will do the work for you by calling and e-mailing a special invitation with pictures and video clips of what we do and what we stand for. If you have selected the right people, within a week, you will have a friend or family member training on the floor with you. Of course it may not be for everyone, but maybe just two or a few will see what you seen.

## **HELP MAKE OUR SCHOOL GROW WITH PEOPLE YOU KNOW**

Growth happens on many levels. As you grow in the martial arts, you will begin to take on leadership roles as new students enter the ranks. When you become a leader, you enter a new phase of growth and learning. When that happens, our school grows and becomes more mature.

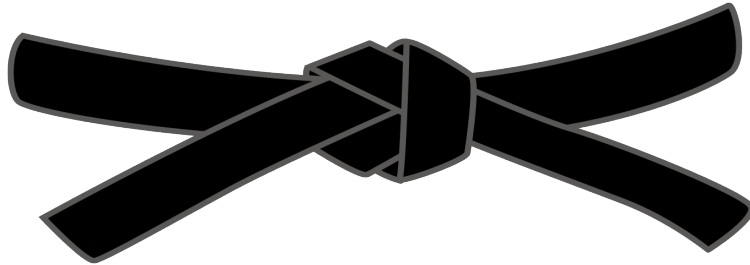
LIST 5 FRIENDS OR FAMILY MEMBERS AS TRAINING PARTNERS					
NAME	AGE	SEX	CITY	TELEPHONE	RELATIONSHIP





# BLACK BELT CLUB

## FAST TRACK



**Black Belt** is a coveted position and one that is respected in all walks of life. Attaining a Black Belt is an achievement that not many can accomplish due to the commitment level to self. It is important to note that the training becomes a lifestyle and one that will carry the student through many challenges in life. Not every student is made for the Black Belt Club nor will they be selected for it as there must be something that other current Black Belts see in the student.

The student will be trained with advance techniques, rolling, falling, throwing, and the Bo Staff weapon. These members become the elite of PMAFA, but they also become the most humble as they give back what they have learned to junior belts which enhances the Black Belt Club member's already advanced abilities.

The Black Belt Club member will be on a fast track to Black Belt within 3 years instead of the average 5 to 6 years of most students in which many never make it. Some younger students may even take longer.

### Requirements

1. A Black Belt Club member must be enrolled as a Gold Member which is 3 classes per week. The Black Belt Club class will be their 4<sup>th</sup> class.
2. With the long term commitment to the student, the Black Belt Club requires a 3 year contract and an additional \$30.00 training fee per month.
3. The contract cannot be broken once it starts for any reasons accept relocation to a city greater than a 15 mile radius of Bridgeport.
4. Student must have at the least reached the Yellow Belt level.

If you think your child is Black Belt Club material, let the Instructor know and your child will be put on a Black Belt Club Inductee Assessment List.