

1.0 2020

BLACK SUN BOXING

Initiation Protocol

This curriculum is designed to be a 1-to-2 month survey of basic techniques, fundamental concepts, and conditioning across Classical Boxing Methods, specifically our blend of Chinese, French, and English Boxing. The cornerstone of our foundation is Wing Chun Kung Fu, as it sits squarely between the farthest reach of our hands, and the close contact of submission grappling.*

We operate as a guild; a group of craftsmen training and operating under a single banner for a common goal. Our craft is Martial Arts and Physical Culture, and our goal is to elevate the creed: *Be Strong To Be Useful*. Our motto is: *Intelligence. Strength. Skill*.

Ranking:

- Initiate – A short introductory phase designed to catalyze the journey.
- Novice-Apprentice – The foundation building phase.
- Acolyte-Apprentice – The tailoring phase.
- Journeyman – The experience phase.
 - Class C –General Competency
 - Class B –Going Beyond competency to practical ability
 - Class A –Adept Proficiency
 - Class S –Special Class (*awarded, not formally earned*)
- Master – Only awarded to those who have achieved a masterwork. (*awarded, not formally earned*)

NOTE: The founder, Solomon Blake, may never have or take rank within the guild. He has earned the titles of Sifu and Coach under his teachers, and acts as Director, Teacher, and Owner of Black Sun Boxing. It is ultimately inappropriate to confer rank upon oneself, and as founder, may only take on job titles and roles.

*Time frames may be occasionally referenced, but are not to be taken as face value. These are administrative-organizational tools to help organize teaching in a useful way. The time a student spends at any particular level of development is primarily based on individual comprehension, and consistency of training.

Initiate Syllabus

Warm-ups and Conditioning: *10-15 minutes at beginning of class, may be cherry-picked for daily variation.*

Kung Fu Laps: Stance and Footwork line drills

Long Pole Conditioning: Wrist Lift, Level Snap, Press&Hold/Snap, Circle Snap (+/- press), Basic Thrust, Cross Thrust, Sliding Thrust, Up/Down Snap, Left/Right Snap (low and high), 7-8-Z

Structure Conditioning: Bridge and Stance holds

Impact Conditioning: 3-Star Drill, Hold and Kick (leg impact), Wall Bag Punching, Hard Falls, Impact Receiving in Stance

Mandatory Formal Drills: *Must be practiced regularly (appropriately adjust for individual level of skill)*

Paak Da: Basic pattern (L&R), +Switch (L&R), 4 Corners (+switches), (in stance first, then with movement)

Daan Chi Sau: Basic pattern (side A, side B, L&R), 6point (L&R), Free Play (single hand only)

Basic Attack/Response Drills. Gap-Closing Drills. *Technique Du Jour, explore-don't memorize*

Formal Basics: *Must be practiced regularly, but should be dynamic and embedded in drilling*

Stances: Yi Ji Kim Yeung Ma, Horse (Ma Bou, Sei Ping Ma), Bow (Neutral, Forward, and Back), Cat, Crane

Guards: Middle, Modern Standard, Side Shell, Low, Front Shell/High Guard, Open Guard, Mixed Lead

Footwork: Push Step, Pull Step, Drop Step, Passing Step, Gathering Step-Splitting Step (Replacing Step), Cross Step (F/R)

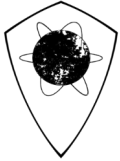
Punches: Straight (Classical & Modern), Hook, Shovel Hook, Uppercut, Swing

Open Hand Strikes: Straight Palm, Angled or "Spade" Palm, Side Palm, Palm Up and Palm Down "Chops", Biu Sau (finger jab)

Kicks: Nailing Kick, Front Snap, Round Snap, Front Thrust, Side Thrust, Front Reverse, Lateral Reverse

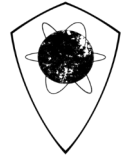
Bridges & Actions: Fuk, Taan, Bong, Hyun, Biu, Jat, Cham, Paak, Gang

Falls: Back, Side, Front, Roll (fwd/bkwd) (+how to stand back up)



BLACK SUN BYLAWS

We reserve the right to amend these rules as necessary.



Mission Statement

We are a martial arts and physical culture club. We understand martial arts to be defined as the skills necessary to combat (in its many forms); and physical culture, of which martial arts is a part, to be defined as the pursuit of development of the human body, and its ability to perform tasks in various environments. To this end, we promote a simple motto of "Intelligence. Strength. Skill." Intelligence to understand and parse information to make useful decisions. Strength to withstand and overcome trials. Skill to employ and apply knowledge and power effectively and efficiently.

Standards and Practices

Pay Your Dues: We do not employ contracts, and we leave our prices publicly available. When I was young, my dad told me, "If they don't state the price, it's too expensive." People who hide their pricing are trying to sell you. They believe they have to manipulate you to make a sale. We don't believe in that here. We believe you're a capable adult who can make decisions for yourself without having to be conned by a carnival barker. The same philosophy goes for contracts. We believe that it is unethical to legally bind someone to payment for something they are not using, or no longer want.

"There can be no truly moral choice unless that choice is made in freedom."

~Murray Rothbard

As responsible adults who value their time and money, you understand how important it is to be timely and honorable. We expect tuition payment on time, and may allow a grace period if you communicate with us prior to the due date. Failure to pay on time will put your membership on hold, and failure to return to classes within one (1) month will remove you from membership, and you will have to sign up again, without the benefit of any special promotions you may have enjoyed previously. *All special promotions are contingent upon continuous membership*, and discontinuing membership will subject you to whatever the then-current tuition is. Discontinued membership will also close your access to members only benefits like private groups and forums, student discounts, and special events. *Special price promotions are for brand new students only*, unless explicitly stated otherwise. Your tuition buys you access to the school during regularly open hours, according to the class load you have purchased. Tuition does not buy you a specific number of classes, or a specific schedule, it buys you a class load (a number of classes per week that you may attend). You may attend classes on whatever schedule suits you best at the time, according to your purchased class load. It is your responsibility to make use of your class load. There are no "make up" classes.

Attendance: We are more of a club than a school. Showing up late to class only harms you, the individual. If you choose not to attend, that is your decision. There are no "make up" classes. However, if you are going to be more than 15 minutes late, you should notify us prior showing up, if you don't want to arrive to a locked door. We will give prior notice if we need to cancel class, unless it is an emergency, in which case we ask for your understanding. *Class may be canceled due to lack of attendance without notification.* You may contact us to verify class schedule if

need be. If the instructor is late starting class, the instructor will run the class long to compensate for it. Classes may occasionally run long anyway, and you are free to leave on time (or early) as you need to.

Students must be clean and conscientious: Wear clean, appropriate clothes, use deodorant (but please avoid strong perfumes, colognes, and other scents), have reasonably trim nails, and you should remove any potentially hazardous jewelry (at the school owner/manager/instructor's discretion). Any other potentially hazardous clothing or accessories, should also be removed before stepping on the mat. Mat shoes may be worn if approved by the instructor. They should be mat shoes only (not street shoes) and have flat, soft soles. If you use school owned equipment, please return it to the same place you got it from, and if it is a wearable item, it should be sanitized prior to being put away.

We do not require uniforms. Our martial arts are not based on playing dress-up, and our arts do not require any special clothing to practice. There may be gear you wish to purchase, but you are free to do so voluntarily. We also sell shirts with the school logo and some graphics on them. These are not required, but purchase is greatly appreciated. *School shirts do not confer membership, standing, or rank, and are publicly available to any who wish to purchase them.*

Students must be sober while in the facility. Showing up intoxicated is grounds for removal. If you show up smelling of alcohol, smoke, or other chemical smells, you may be asked to leave, or to remedy it prior to training.

Respect is earned, but courtesy is mandatory: Please be conscientious of those you are working with, and try not to be disruptive to class, or the learning environment. We reserve the right to remove disruptive forces from our premises. You do not have to like your training partner to work productively, and we will not tolerate personal squabbles in training.

Respect everybody's, including the school's, private property. Ask before you touch something that is not yours, and treat it with care.

We do not teach children*. Children certainly should be involved in martial arts, but that is not our calling. They would do well to join the local school wrestling team, or practice a simpler, more athletic curriculum offered in a place that is equipped to handle them. We aim our training at serious adults who lead busy lives, and teenagers (adolescents) who can be trained like and with the adults.

**Children, here being defined as anyone under the age of thirteen (13) years old.*

Be a gracious host and guest: Do not brag to, push around or test, or show off to visitors. When you visit another school, you are expected to train as instructed. Do not make arguments, "Well, my teacher said this was the right way..." or any other such contentions. Do not drag us down with indecorous behavior. There is more than one way to do a thing, and we all have our preferences and reasons for those preferences.

All classes are contact classes: You will hit and get hit. Grappling is a regular part of our curriculum, and you will have to make close bodily contact. *This is a major part of why cleanliness is important.* Even more so, it means that you will feel pain and frustration regularly. That is an important part of the learning process. We strive to keep the training as safe as is manageable to still be effective, but accidents can and do happen. We expect you to behave like adults when things get difficult. *Remember not to treat others in a way you yourself would not want to be treated.* It should go without saying, we will not tolerate assaults of any sort, nor malicious intent to harm. If anyone touches you inappropriately (know the difference between uncomfortable, and assault), please bring it to our attention. Training to fight is not the same thing as starting or escalating fights.

Freedom of Speech: We recognize your right to your beliefs and practices, however, divisive topics of discussion are not welcome on the mat, which includes discussions of politics and religion, and specifically the dogmas thereof. Such discussions are not pertinent to training, and may serve only to distract from valuable training time. We are, as an organization, non-political, and secular.

“Suppose you were an idiot, and suppose you were a member of Congress; but I repeat myself.”

~Mark Twain

We want you to enjoy your training, and build camaraderie, and so as long as you can put in the necessary work to develop your skills, please feel free to have light conversations, and laugh and joke while you train. We encourage people to speak freely as long as it does not detract from training, and that may often include coarse language that some are sensitive to. *There is no such thing as a "bad word" only "bad intent"*. Learn the difference and don't let mild vibrations in the air bother you. At the same time, if you are aware of someone with a sensitivity, try to be as accommodating as is reasonable to keep friction low.

Personal Development, Personal Problem Solving: You are an individual. What is right for you is not necessarily right for the next guy. So to that end, while we teach our system with a general architecture, we also try to coach the person as a party of one. To this end, you are encouraged to ask questions, do personal research, bring a notebook, take pictures, experiment, etc. (provided it is not disruptive to class). We also encourage you to take hold of your own strength and conditioning practice, which we will happily consult on, if necessary, but should be done outside of class, and/or during open mat time. Only you know what makes sense to you, and what you struggle with, so please communicate questions and concerns as they occur.

"The ultimate diverse population is a population of individuals, so you let the individuals sort it out."

~Dr. Jordan B. Peterson

We will not tolerate a mob mentality, or appeals to authority. In fact, appealing to the group or to authority are both logical fallacies. “Because my teacher said so.” is not a valid explanation of why something is correct or useful, nor is, “because all these people say so.” You must be able to articulate the problem, and also articulate and justify your proposed solution using logic, science, experience, and meet the burden of proof. If you cannot articulate, you cannot argue.