CHAMPIONS WANTED! REAL FIGHTERS

Use RIOT to Get Your Child into the High School of Your Choice, and Avoid Gangs, Stop Violence, Bullying or Drugs!

Welcome:

It's your eighth grade year, and everyone is trying to get into a good high school. However, all of the schools you are looking at are extremely competitive. How are you going to get in? This article covers what admissions directors look for in a student, and how you can use that to get in.

Remember, be yourself. If you are sporty but not academic, don't try to hide it. You might think that the school won't like you if you be yourself, but do you really want to spend four years of your life in a school where you have to pretend to be someone other than yourself? This article is mainly for private school entrance. If you are applying to a public school, this advice may not be for you.

Working the System to Get The School of Your Choice

Smart parents know they may need to work the system to get the school of their choice. It used to be that when it was time to find a school for the kids, most Americans looked no further than the neighborhood school.

Now, however, with the expansion of open enrollment policies and the growth of the charter school movement, competition to get into public schools with good reputations has become more wide-spread. A competitive admissions process is not just a private school phenomenon anymore.

“About a quarter of kids go to a school other than the one they’re assigned to,” says Bryan Hassel, co-author, with Emily Ayscue Hassel, of The Picky Parent Guide: Choose Your Child’s School with Confidence. “Some fraction of the other three-quarters choose where they live because of a school, which is another way of exerting school choice. About 50% of families are exercising school choice.”

With the ever increasing assortment of options available to parents, it’s become important to not only research the schools themselves, but also the various rules, written and unwritten, of admission.

In many communities, the admissions process can be fairly complicated. In New York City, for example, parents greatly increase their chances of success by learning the system. “New York City has 32 districts, 10 regions and
1400 schools,” says Pamela Wheaton, Deputy Director of InsideSchools.org, a Web site devoted to New York City public schools. “In some districts in the city you can apply to schools that aren’t in your neighborhood and ask for what is called a variance. There are some programs that are open city wide. High school is pretty open, but there are some schools in certain areas of the city where unless you live in the district you can’t apply. What counts for admission to many schools are the scores on the seventh grade test, but there are several systems. One is an Educational Option, which is a way of ensuring a mix of high-, middle- and low-achieving kids. So there’s a specific formula of how they accept kids. Fifty percent are selected by computer and fifty percent are selected by the schools.”

Basic Rules of the Game

Regardless of how simple or complicated, competitive or not, your district’s system is, there are some basic strategies that can be applied to help your child get into a great school.

1. Look for Those Up-and-Coming, Hot New Schools

“The first tip to figuring out strategies is to broaden your perspective on which schools you would want to apply for,” says Deena Zacharin, Director of the Office of Parent Relations for the San Francisco Unified School District. “The best way to do that is to go see the schools themselves. Schools often have reputations that are seven to 10 years old. It takes a long time for a reputation to turn around with a school. But when you go and see the school, you see all the wonderful things that might be happening there.”

2. Avoid the Herd Mentality

Parents should look at a school’s test scores as a measure of how well students achieve, but that is only part of the picture of a school. “You really have to talk to the principal and see what is going on in the classroom to determine if it’s a good fit for your family,” says Sandra Halladey, Founder and Associate Director of the San Francisco chapter of Parents for Public Schools. “Just because it’s a good fit for all your friends doesn’t mean it’s a good fit for your family. What your next-door neighbor or your best friend might think is a wonderful school and is a perfect fit might not be the same for you.”

3. Don’t Mess Up

Don’t lose out because of missed deadlines or incomplete paper work. Bryan Hassel, author of The Picky Parent Guide, cautions, “If it truly is a purely mechanical system, such as a lottery, then the most important strategy is to make sure that you get things in on time. Don’t mess up. Don’t mess up is one of those basic technical requirements.”

Even after you’ve gotten your child into the school, complete all the steps. “Make sure that you read all the paper work that you get from the school district and that you respond in a timely manner to all the deadlines,” says Sandra Halladey, of Parents for Public Schools. “If you’re offered a seat and if you don’t go within the required time frame and accept that seat, then you’ve lost it.”

4. Get Your Information from the Right Source

“Make sure you get information from the correct source, which is the district office,” warns Halladey. “Your school secretary or teacher might not have the latest information.”
5. Investigate the District’s Gifted and Talented Education (GATE) Admission Rules

If you believe your child is a bright student, a GATE program might be an entree to a better educational opportunity. Find out if GATE programs in your district are only offered in certain schools. Some GATE programs ask for nursery school assessments, while others might not require anything until third or fourth grade, when a GATE test is administered.

6. Consider Having your Child Start RIOT Tae Kwon Do Martial Arts... How you can stop school violence and drugs?

School shootings are every parent’s worst nightmare. But researchers say school may not be the safest place for children to be, and there are steps parents can take to prevent campus violence.

The American public is reeling after the horrific shooting at an elementary school in Newtown, Connecticut. This latest attack follows campus shootings around the country, most recently in Ohio, California, Illinois, Pennsylvania and at Virginia Tech.

Despite the recent violence, school shootings have been generally on the decline since the notorious 1999 attack at a high school in Colombine, Colorado, which left 12 students and one teacher dead. As the police investigation unfolds in Connecticut, the fact remains that school shootings are rare and that children are safer in schools than they are outside of them.

Some Troubling Indicators Persist

While these numbers are encouraging, some indicators are troubling. When 24 percent of all students report gangs present at their school, and 25 percent of high school students say illegal drugs are available on school property, clearly there is still much work to be done to improve the safety of our schools.

The Latest Trends in School Violence Prevention

Vigilance in implementing both hard and soft programs has resulted in more comprehensive approaches and, as a result, improved school safety. For instance, RIOT Building Champions Special Programs to Help Kids Get into the Schools of their Choice, Avoid Gangs and Drugs

1. Tae Kwon Do
WHAT RIOT TAEKWONDO CAN DO FOR YOUR CHILD?

- **Enhance self-esteem** by heightening your physical and mental powers.
- **Build confidence** by encouraging you to succeed and to take control of your life.
- **Develop discipline** by thoroughly training your body and mind in the tenets and techniques of Taekwondo.
- **Teach self-defense** by training you to recognize situations in which physical self-defense may be necessary, and teaching you how to control such situations to your advantage.
- **Strengthen your mind and body** through increased physical coordination and mental discipline.

THE FAMILY & TAEKWONDO

- Respect, trust and open communication are the foundations of strong families. Taekwondo training promotes values such as honesty, courtesy, loyalty, and cooperation. Each is an essential component in maintaining a good family structure.
- **RIOT** provides quality instruction and service with a view toward the overall health and well-being of every participant. Our philosophy ensures that learning will take place in a safe, nurturing environment. RIOT cares about its students, families, and staff and we provide a supportive environment for learning and personal growth.

HOW YOUR CHILD CAN BENEFIT FROM TAEKWONDO?

- Tae Kwon Do is a total learning activity. Lessons are tailored to your child's age and skill level. Your child begins by practicing basic patterns and forms, board breaking, kicking, blocking, striking, and punching. These fundamental skills increase your child's physical coordination, flexibility, balance, and mental acumen.
- Tae Kwon Do develops your child's athletic abilities and self-awareness, and improves the child's capabilities in self-defense.
• **RIOT** provides quality instruction and service with a view toward the overall health and well-being of every participant. Our philosophy ensures that learning will take place in a safe, nurturing environment. We care about our students, families, and staff, and we provide a supportive environment for learning and personal growth.

• **RIOT is the place where nothing is impossible.**

RIOT Tae Kwon Do has Both Mental and Physical Benefits for Kids and Teens?

• Tae Kwon Do, a martial art that originated in Korea, is one of the world's most popular martial arts. Mimi Johnson of the American Academy of Pediatrics' Committee on Sports Medicine and Fitness recommends 6 years of age as a good starting age for kids taking martial arts, although some classes will take children as young as 3 years old.

• Taking RIOT Tae Kwon Do can bully-proof your child, prepare them for higher earning, and will it impart practical self-defense skills that can be used in a street encounter.

• The other benefits it does provide can be enormous.

• **Physical Strength and Balance:** One of the main benefits of Tae Kwon Do is improving a child's strength and balance. Because Tae Kwon Do depends on kicking, practitioners learn to balance their weight on one leg to leave the other one free to strike. This also helps strengthen the muscles of the torso. Tae Kwon Do can also help improve coordination. Arm and leg muscles become stronger as a child practices strikes.

• **Concentration:** Learning the patterns and sequences of Tae Kwon Do requires concentration and attention, and sparring requires focus on both one's self and one's opponent. Taekwondo teaches breathing and meditation techniques to assist in learning focus.

• **Discipline and Respect:** Tae Kwon Do students must learn to follow directions from an instructor and are expected to show respect to the instructor. Students are also expected to show respect to their opponents before and after a sparring match. Tae Kwon Do may turn a hard-to-discipline child into an angel, though. You will see an improvement in general politeness.

• **Self-confidence:** As children dedicate themselves to a goal in Tae Kwon Do -- say, learning a particular strike, earning a belt or practicing how to break a board -- they gain confidence as they observe their own progress and increasing mastery. This self-confidence can then be carried over into other areas of your child's life.

• **Reduced Aggression:** RIOT Tae Kwon Do will teach your child self-defense skills to directly deter bullies. Taking Tae Kwon Do might prevent your child from becoming a bully. A study published in "Psychology in the Schools" in 2008 showed that martial arts participation reduced aggression in boys. The study also showed an increase in bystanders choosing to intervene in a bullying event after taking a Tae Kwon Do course.

7. Consider New Schools

Often public schools create small academies within larger schools, or new public, charter or private schools are opened, after the regular enrollment process is over. These schools may have seats available for months before word of their existence spreads. Check with your district for more information about new public and charter schools. Choosing a school without an established reputation is a risk, but new schools can provide exciting opportunities to form communities and to create positive change.
8. Find Out If You Can Apply to More Than One Program at a School

“Some larger schools have several programs—such as one in art, or one in government,” says Wheaton of Insideschools.org. “So if that’s the school you want to go to, apply to all the programs, because once you get in you can transfer to the program you really want.”

9. Write Directly to the School Principal

“One tip, even for the public school system, is to write a cover letter to the school that really zeros in on what we call your child’s fit with the school,” says Hassel. “It certainly can be provided, even for the more mechanical lottery type systems. It never hurts to try, right? Plus, it’s part of building your relationship with the school, if your child does ultimately go there. This letter should be brief and to the point.”

10. Apply to Schools That Require Auditions or Special Admissions Procedures, As Well As to Regular Lottery Schools

Some schools require auditions or portfolios of past work for admission. If you feel that your child has a special talent or a strong interest in a particular field, preparing for these schools will create more options for your child.

11. Use All Preferences that Apply to You

“Find out what kinds of preferences are built into the system,” says Hassel, “and make sure that you’re taking advantage of those that apply to you, such as sibling preferences and neighborhood preferences. Often public school lotteries have preferences for race, although race is supposed to be counting less, but with court decisions it’s possible that income counts. There are all kinds of preferences that are built into the system. There is nothing that you can do about those preferences, either you have them or you don’t, but make sure that you get any advantage that you can out of them.”

For example, there’s a twist on sibling preference that can sometimes be used. “It may be that getting your kindergartner into a school is easier than getting your second-grader in,” says Hassel. “If you get your kindergartner in, maybe your second-grader can go there the next year with the sibling preference. Understanding how that works can be really helpful.”

(Note: Sibling preference deadlines are often earlier than regular enrollment deadlines. Be sure to know the different enrollment deadlines.)

Finally, if it applies to your situation, find out what the inter- and intradistrict transfer rules are. Every state has rules that govern the use of interdistrict (between districts) and intradistrict (within a district) transfers. For example, in California, you can legally apply for a transfer to a district in which you work, regardless of whether you live in that district. The district must consider your request, although they do not have to admit you if there are no seats available. Knowing the rules of district transfers might allow you to place your child in a school in a better district, however it probably won’t help you land a spot in an oversubscribed school.

12. Always Have a Plan B!

If your child doesn’t get into that must-have school on the first go round, here are a few Plan B tips

About the author: Marian Wilde
Nine Additional Things to Do to Get Your Child into a Good School, Stop Gangs, Violence, Bullying or Drugs

To get your children into an excellent private High School you do not really have to push your children but you can help them to accentuate the positive.

1. Don’t be fooled by those "enlightened" individuals who tell you they allowed their son or daughter to pick their own high school. This is not going to be an area in which your 7th or 8th grader has ANY experience or knowledge. If you think a private school is the best choice, stick to your guns. However, this does not mean keeping them out of the loop. Discuss with them your wishes and their wishes. Convey any relevant facts and why you want to send them to a good school.

2. There are three things which get your child into a competitive school: talent, money, connections. Use them to your advantage.

3. Have your child read books. Most interviewers ask the student about the last book she read.

4. Offer strategic rewards and punishments for getting into a school of choice.

5. Emphasize to them the importance of getting along well with their present teachers. Many a cheerful, polite, nice kid gets a better recommendation than their obnoxious-but-brilliant grade-hound peer.

6. Make nice with their teachers. Don’t be a noodle. Their recommendations will reflect that you are a pain and it may damage their chances.

7. Make sure your children understand the work and are concentrating on what you are telling them.

8. Buy Spectrum books or some other practice test resource if it will help your student to fell better prepared for entrance exams.

9. Send your children to a recommended private tutor or an accredited/licensed commercial tutoring center

13 Additional Things to Do to Get Your Child into a Good High School of Your Choice, Stop Gangs, Violence, Bullying or Drugs
[1]: Application and Resume! One of the most important things you can do before you start on your search for a great high school is to draft your resume as early as possible. Your resume is your marketing message that should be presented in such a way that the Admissions Department and Committee will want you as a student for that school.

Try to participate in activities you like out of school. Tae Kwon Do-martial arts, sports, choir; alter-serving, piano/other instrument, academic decathlon, chess, dancing, and Student council all look amazing to high schools. However, make sure you like the activity and aren't doing it just for high schools. Don't do too much, either, or your grades will suffer.

[2]: You should be applying to at least two schools; three is even better. The more backup you have, the more likely it is for you to get accepted. However, you don't really want to apply to more than four, because it costs money to apply, and you have to interview at all the schools you apply to.

[3]: Start early! The place to start is in fifth grade, not eighth! You want to get your grades up and participate in as many extra-curriculum activities as possible. Starting something in eighth grade looks like you're trying to do it to impress the high school!

[4]: Teacher Recommendations! Your teachers hold your fate in their hands. If you are a talkative student who never does their homework, the teacher isn't going to lie! Again, it's better to start early on this one. Do all your homework from your sixth grade year, don't talk in class, and if you have trouble go to the teacher afterwards for help. Try to make friends with your teachers-if the teacher likes you, it will show in the amazing recommendation you will be given!

[5]: Make sure all your applications and recommendations get in on time. In some schools the teachers will take care of this, but in others you must approach them. Most high schools want a recommendation from the English teacher and the Math teacher. However, you can ask for personal recommendations from other teachers, too. As University Adjunct Professors and Tae Kwon Do Instructors, Master Reitenbach and Michael Kissinger have given many recommendations to their students seeking High School and College admission. Call 650-992-3939 early and make your request.

[6]: You applications and recommendations are usually done in December. The standardized test should be taken by January, or, at the latest, early February. However, you won't know if you have been accepted or not until early March. Don't waste time and energy worrying! Keep your grades up and apply yourself to the extra activities you do. Don't let your grades fall in the second trimester; some schools have waiting lists and some acceptances are only if you keep your grades up.

[7]: Grades, grades, grades! The high schools look at your report card of seventh grade and the first trimester of eighth grade. Having high grades is a very good idea! Try to aim for 20% and above. If you have other skills, show them to the school.
[8]: Testing! Your ITBS (Iowa Test of Basic Skills) scores are sent to the high schools you’re applying to, so make sure you try to do well. Also, most high schools make you take an entrance exam. Catholic high schools usually use the HSPT. Other private high schools use the ISEE. Boarding schools use the SSAT. You are required to take the SHSAT for Specialized high schools in New York City. You should sign up to take the test at your favorite school to show them that they are first on your list. However, if that isn’t possible, you can take it at another location and have the score sent. You want to do extremely well on these tests, and you don’t want your real one to be the first time you’ve taken it. If possible, contact a tutoring agency about three months in advance. This gives you time to learn all the vocabulary you might encounter and learn tricks for math sections and reading comprehension. You could have a private tutor in which study sessions are tailored to your needs, or go to an agency such as Renaissance Kids. If you do not want to be tutored, buy a preparation book, which will teach you the tricks and will usually include a practice test in the back. Take at least one practice test administered like the real thing before you actually take the real thing.

[9]: The Interview! The interview is an extremely important part of the admissions process. If you have a full resume, amazing grades, great score on standardized test, and recommendations extolling you, this is the high school’s chance to see who you are as a person and see if you’re really right for that school. If you shake hands, make eye contact. Try to include the extra activities you do when they ask questions. The hard part is not to sound like a braggart. Remember, always be true to yourself. If you are pretending, they’ll notice! If it is asked if the school is your first choice, LIE! The schools rarely accept you if you say that they are only a backup! YOU HAVE TO TELL THEM THEY ARE YOUR FIRST CHOICE IF YOU WISH TO GET ACCEPTED! Try to show how unique you are, and what you would add to the school community. Be extremely polite, don’t wear casual clothes, and don’t get too nervous. Remember, even though the interview is important it is only 1/5 of what you are judged on!

[10]: Go to school events! Come to the open house; ask for a shadow day, if they are putting on a musical, go to it. This not only gives you a good taste of the school but it also shows the school how committed you are and how much you want to be there.

[11]: If you don’t get accepted into your first choice of school, don’t be too upset. Maybe it’s just not the right place for you. Most schools allow you to send your acceptance as late as the end of March, so don’t hurry to send in a "yes" to your backup. If you didn’t get in, you’re probably high on the waiting list, so wait until the end of March before making your final decision.

[12]: If you do get accepted to the school of your choice, congratulations! Send in your reply immediately, so that the schools know that you are coming. Send "No thanks!" to all your backup schools as soon as possible too, so that someone on their waiting list can get in and doesn’t have to wait.

[13]: Don’t stop working hard even after you have been accepted. If the process has given you better study habits, you want to keep them! The schools you applied to are probably hard, so make the most of the rest of your junior high education because you may need it!

Who We Are & What We Do...

About Grand Master, Champion, Referee, Adjunct Professor Sydney Reitenbach
**Master Reitenbach:** Sydney Reitenbach is a 7th Degree Black Belt (Kukkiwon), a graduate from San Francisco State University in 1976, has been a staff member (1977) an Adjunct Professor at The University of San Francisco (2007) where she teaches Tae Kwon Do in the Kinesiology Department. She is a member of the Kukkiwon, World Tae Kwon Do Federation, the CUTA and help Tae Kwon Do become an Olympic Sport.

Sydney started her martial arts journey in 1971 while studying Criminology at San Francisco State University. Convinced that there was a better, she began her study of Tae Kwon Do with Grand Master Jerome Reitenbach. It helped her so much, that in 1973 she began a new career as a Tae Kwon Do martial artist and instructor, competitor and international referee.

Over the past 40 years, Sydney has helped thousands of people to discover how to protect themselves, and apply Tae Kwon Do for better self-defense, and to create more fitness, health, happiness, well being, and self-mastery. She is regarded as a global authority on Tae Kwon Do. Her powerful new training is yours when you request it.

Her emphasis goes far beyond just learning physical moves and martial arts techniques. Martial arts is implemented as a mechanism to develop positive character and life improvement skills in students such as increasing self-confidence, improving focus and concentration, learning respect for others, developing self-discipline, and optimizing physical fitness. For interested students she has over the years written many letters of recommendations for qualified students to enter high school or college of their choice.

**About Black Belt Instructor, Metaphysician, Minister, Professor Michael Kissinger**

**Michael Kissinger** Michael started his martial arts training in 1965-66 when he joined the US Army and ultimately because a member of the 10th Special Forces. He returned from the military and attended the University of San Francisco and taught business for over 16 years at Golden Gate University, San Francisco State University and Canada College.

In 1981, he started his Tae Kwon Do training under Grand Master Jerome Reitenbach in Daly City, California. He subsequently received his Black Belt from Master Sydney Reitenbach. Then he started teaching Tae Kwon Do at the Reitenbach Institute. For interested students he has over the years written many letters of recommendations for qualified students to enter high school or college or get the careers of their choice.

**Six Life Changing Ways Your RIOT Black Belt Journey Can Transform Your Child to Get into a Good High School of Your Choice, Stop Gangs, Violence, Bullying or Drugs**

When awarded his fifth degree black belt at the age of 81, Willie Nelson said, "I think martial arts is one of the best exercises you can do. Mentally, spiritually, physically, everything." His achievement is especially interesting because he started training in his sixties.

**Passing the black belt test is an experience any martial artist will remember for a lifetime.** The highest color belt awarded in many martial arts grading systems, your black belt does not turn you into a Zen-spouting superhero, but the process is transformative and rewarding.
Having just earned my own black belt at the age of 45, here are six lessons learned from my years of training and from the wisdom and patience of my instructors that perhaps can enhance and inform your own black belt journey.

1. It Is Up to You

Maybe you chose your martial art to learn self defense, get in shape, compete in tournaments, or discover yourself. Whatever your motivations, while your coach/sifu/sensei will show you the path, he or she cannot walk the road for you. Sure, life sometimes happens and you might have to miss a practice. Family, job, and other responsibilities pull you in different directions. You get sick and injured. You don't want to miss the game on television. Simply put, life throws you many excuses not to train, but it’s up to you to make it work.

Have to go out of town on travel? Arrange with your coach to review material in a private session or practice on your own. At home with an illness? Fine, no one wants your Dojang to be shut down because of a typhoid outbreak. Injured? **You can still show up and watch or participate as best you can.** Want to watch television? While I understand the temptation, especially on those sultry summer days when the cookouts stretch late into the night or when it's storming outside and the couch is soft and comfortable, just remember that the responsibility for your advancement, or lack thereof, rests alone on your shoulders.

2. Be in It for the Long Term

They say the journey of a thousand miles begins with a single step. You began your martial arts adventure by showing up to practice that first day. Now you have to survive to the end. I don't mean survive as in not be killed - hopefully the martial art you chose is not that hardcore. But the road to black belt is in some sense a journey of attrition. Many who started training when you did will not be there when you take your black belt test. Though things can happen that cause you to quit your training, chance, as they also say, favors the prepared.

The black belt journey takes years to complete and you certainly won't make it if you flame out. As new students, we give every practice 110%, with the intention of transforming into Bruce Lee by the end of the first month. But your body needs time to recover as muscles are taxed, joints are stressed, and bones are hit. **Adequate rest, active recovery, and healthy food help keep the body in tune.**

Likewise, injuries can hinder progress and enthusiasm. While you should not train timidly, it makes no sense to purposely ruin your body with reckless training. **You can't cram for your black belt test and you won't make it by going all-out all the time.** You get there through consistent practice with constant, incremental improvement over the long term.

3. It’s More Than Just Technique

By definition, martial arts focus on training armed and unarmed techniques for self-defense, sport, and combat. Over time you will become proficient with the basic techniques of your chosen style. **While the black belt test will verify that you know your stuff, technique is just part of what makes a black belt.**

If you think about it, your coach already knows whether or not you know the techniques. After all, he or she has trained with you for years. **But one thing your coach needs to see is how well you can bring together all the techniques you've learned and apply them as a whole.** In other words, you need to demonstrate understanding of the art of your martial art.
Also, while knowing the techniques is an obvious, tangible part of the black belt, there is an important intangible component that is just as critical. Some call this grit, courage, or character. **My coaches call it heart.** Whatever the name, it’s that quality that keeps someone from quitting in a fight - never giving up.

Say you have two people who are equally proficient with the techniques. Also, say one of the two has this heart quality. **Yes, both can fight, but if you had to pick one of these people to fight on your team or to cover your back in a combat situation, you’d pick the one with heart.** Thus, the one with heart will earn the black belt.

### 4. It’s Not All About the Black Belt

If you are doing martial arts just to get a black belt, you are missing the point and will likely fail in your attempt. The belt is a reminder of the tremendous growth you've made while training in your art - becoming fit, learning technique, gaining confidence, becoming disciplined, showing respect, overcoming mental and physical challenges - all important life skills that make you into a better person. Similar to how a diploma is just a piece of paper, a black belt is just a belt. **It's the mountains you climb while on your black belt journey that should be your focus and your reward.**

### 5. It’s Not All About You

Though it's true the journey is all up to you, the real secret is that earning a black belt is not all about you. **Though you may think that when training you should concentrate only on your own technique, you should also focus on your training partner's technique.** Your training partner is spending time holding pads or being uke for you. In turn, you should try to be the best pad holder or uke for him or her. By helping your partner get better, your partner in return will help you get better. Also, by learning the receiving side, your understanding, technique, and performance are improved.

**In addition, you should be a good member of your Dojang.** Support your Dojang’s activities, represent well your coaches when out in public, and encourage teammates when they are testing, competing, or want extra training time. Remember that in order for your gym to be awesome, it needs to have awesome members, so do your part.

**Finally, try to be considerate of the impact your training has on your family.** While it is true that no one is going to take the black belt test for you, no one will support you more than the other members of your gym and family, so be sure to show the love in return.

### 6. It’s Really Just the Beginning

Unfortunately, I suspect that a large percentage of students, upon earning their black belt, soon quit martial arts training. This is sad for several reasons. First, earning a black belt does not mean there is nothing else to learn. In fact, there are enough applications, subtleties, and variations to explore to last a lifetime. Second, there are other martial arts to add to your current skills, which can increase your understanding of not only how to fight, but also of yourself. Third, you can pursue teaching opportunities. They say you really don't understand something until you can teach it to someone else.

No matter how old you are, training in the martial arts is one of the best ways you can invest in yourself, and the black belt serves as a stepping-stone for a lifetime of growth, learning, and exploration. **Hopefully these thoughts will help you make the most out of your own black belt experience.**

By Kendall Giles-- He is an author, engineer, teacher, and researcher. He has worked in a variety of fields and industries, including medical imaging, defense intelligence, and computational statistics. He has designed and taught a variety of courses at the undergraduate and graduate levels. He earned an undergraduate degree in Electrical Engineering from Virginia Tech and a PhD from Johns Hopkins University in Computer Science. Kendall enjoys a variety of martial arts and fitness activities.
Can My RIOT Black Belt Help Get Me A Job After High School! - Absolutely!

Do you know of any jobs or career I can use your Tae Kwon Do or martial arts Black Belt in?

Let’s say your highly trained in Tae Kwon Do, or another martial arts, and have the ability to fight well but you don’t want to do MMA fighting but you want to use your skills to help yourself or your family, what jobs or careers are available to you? See: Martial Arts jobs found on Monster

Are there any careers can benefit from Tae Kwon Do Martial Arts training and discipline. Yes, most if not all careers can benefit. After all, Tae Kwon Do Martial Arts teach not fighting per se, but inner harmony and communication with the outside world.

Tae Kwon Do is not a prerequisite or a requirement for most jobs or careers. However it can open a lot of doors for you.

- The only career other than owning a Dojang (school) or working in one where this Martial Arts training is mandatory is MMA or UFC.

Careers that Use Your Tae Kwon Do Or Martial Arts Black Belt Training Besides Teaching

The following are careers where Tae Kwon Do martial art training is discretionary:

- High level government agents (CIA, FBI), or secret service
- Law enforcement, police, military branches, professional fighter, security guard, bouncer, bodyguard, valet, limousine driver, just to name a few of the main ones. Many law enforcement agencies are ridiculously hard to get into. Something more along those lines might be a private investigator or bounty hunter.
- Some professional wrestlers know some martial arts and some stuntmen. Again it is not a prerequisite

These careers don’t require extensive martial arts training, but it would be highly beneficial. In these careers Martial Arts training would help a lot in the situations you might find yourself in.

Before you decide we recommend you to on Payscale.com and check yourself.

- The average pay for a U.S. Naval Officer is **$82,648 per year**. A skill in Leadership is associated with high pay for this job.
- A Soldier earns an average salary of **$40,777 per year**. Experience strongly influences income for this job.
- An FBI Agent earns an average salary of **$62,813 per year**.
- The average salary for a Police Officer is **$47,921 per year**. A skill in Leadership is associated with high pay for this job.
- The average pay for a Bodyguard is **$69,353 per year**. Pay for this job rises steadily for more experienced workers, but goes down noticeably for the few employees with more than 20 years' experience.

• The average wage for a **Limousine Driver** is $11.80 per hour. People in this job generally don't have more than 20 years' experience. Pay for this job rises steadily for more experienced workers, but goes down noticeably for the few employees with more than 20 years' experience.

• **Security Guards** in the United States take home an average $10.42 per hour. Compensation ranges from $8.47 per hour on the lower end to $14.97 on the higher end.

• A **Bouncer** earns an average wage of $9.98 per hour. Most people with this job move on to other positions after 20 years in this field. Experience strongly influences pay for this job.

• Median pay for **Health Coaches** in the United States lies in the neighborhood of $45K annually.

• An average **Wellness Coach** in the United States can expect to take home roughly $19.22 per hour. Pay generally varies between $9.81 per hour and $38.30.

• A **Strength and Conditioning Coach** earns an average salary of $39,570 per year.

**NOTE:** This website was designed as a resource to help students get into high school or college of their choice, get their careers started and to help Tae Kwon Do grow in a positive direction. We provide resource information for students on how to get trained in Tae Kwon Do, go to high school, college, find jobs, gain exposure or acquire sponsors.

**RIOT** is here to help the up and comers of Tae Kwon Do Martial Arts and students become the champions of tomorrow. Everyone deserves the same equal opportunity to get started in this great and wonderful sport and get the profession or career of their choice.

We hope that others will join in on our network to give back to the Tae Kwon Do Martial Arts and instructors that have given us so much. With everyone’s help and support we can assure that Tae Kwon Do Martial Arts will be around as an Olympic Sport for years to come. We encourage everyone that has an interest in Tae Kwon Do Martial Arts, going to a High School or College of their choice to join us.

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**Start your High School Career with RIOT martial arts today.**

**Begin your dream journey now.**

Get One Month of RIOT Korean Tae Kwon Do-Martial Arts-Fitness Classes or 5 or 10 Sessions (Up to 74% Off)! Unlock Inner Health, Happiness and Natural Beauty With Amazing Speed Using Your Body's Innate Healing Power!

**Get ALL The Details---Answer the VIP Questionnaire---Get Access Now!**

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