

Accessing Your Student Programming

Mireu Martial Arts USA



www.MireuMartialArtsUSA.com

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Step 1:

- Go to the Mireu Martial Arts website <https://www.mireumartialartsusa.com/>

Step 2:

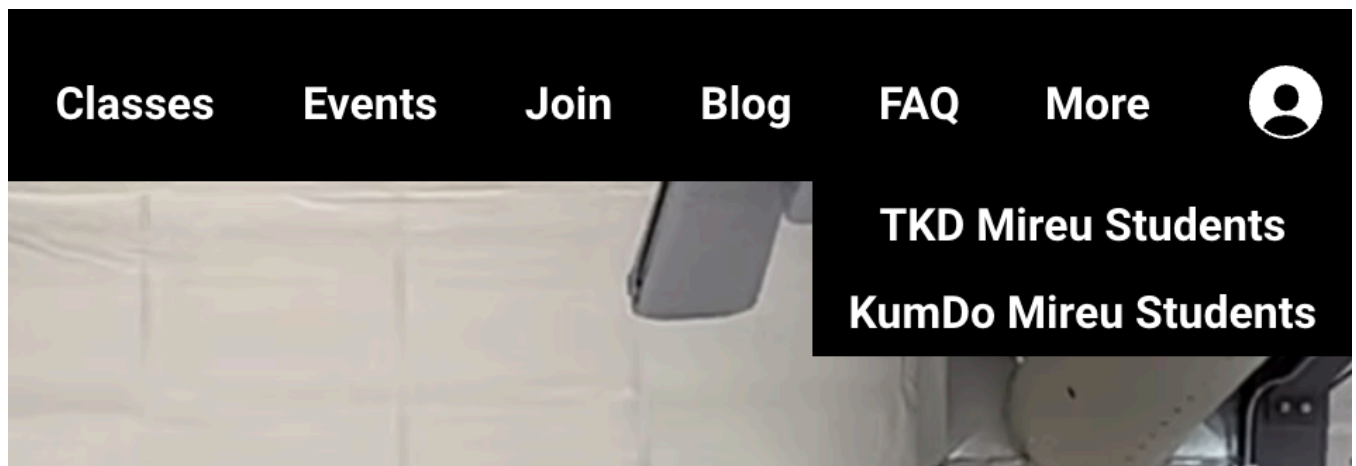
- Go to your Student Page

Located in 2 spots on the website:

- Under [More] at the TOP of the website [see Picture 1]
 - If you are a Taekwondo Student, click on ***TKD Mireu Students***
 - If you are a KumDo Student, click on ***KumDo Mireu Students***
- In the footer at the BOTTOM of the website [see Picture 2]
 - If you are a Taekwondo Student, click on ***Taekwondo Mireu Students: Manuals, Forms, & Step Sparring***
 - If you are a KumDo Student, click on ***KumDo Mireu Students: Manuals, Forms, & Step Sparring***

****Both spots are available no matter what webpage you are viewing****

PICTURE 1: Showing [More] at the TOP of the website



PICTURE 2: Showing the footer at the BOTTOM of the website



Step 3:

- Log into the site using the Student password [passwords are case sensitive]
 - Taekwondo = MireuStudents
 - For KumDo, you need to ask Master Cusmano.
- Do not share the programming password with anyone. Only students are provided with the passwords. All information within the programming is confidential and is copyrighted.
- Please note: you do NOT need to be a site member to access your programming.

Guest Area

Please enter the password below.

Password

Go

Step 4:

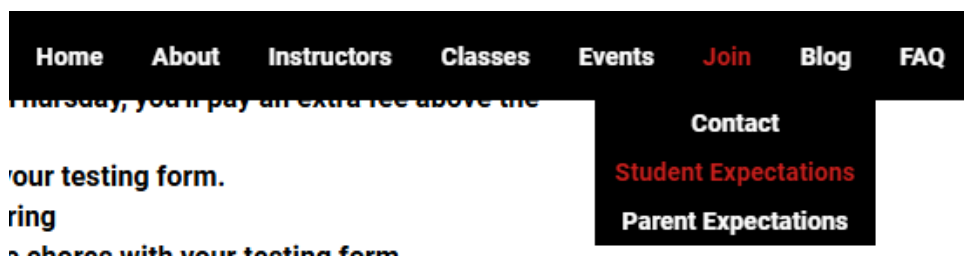
- Note this paragraph: All manual, video, written, and website content and organization of curriculum is under Copyright: **“Copyright @ Mireu Martial Arts USA 2025. Any illegal reproduction of this content will result in immediate legal action.”**

Step 5:

If you have not read the Student Expectations or the Parent Expectations:

- Click on the **Student Expectations** button or the **Parent Expectations** button and read through everything.
 - Martial Arts Benefits
 - Code of Conduct
 - Home Rules for all color belts
 - Dojang Rules for all color belts
 - House Chores [access to the Chore Sheet]
 - Community Volunteering [access to the Volunteer Sheet]
 - The 5 Tenets of Taekwondo [for yellow belts and above]
 - The 5 Ethical Rules of Taekwondo [for orange belts and above]
 - Promotion Pre-Testing Protocols [includes what is expected of you BEFORE testing day]
 - Promotion Testing Guidelines [includes what is expected of you on testing day]
 - **Parental Policy [on Parent Expectations page only]**
- We understand this is a lot of information. You'll be able to go back to either button anytime you want to review the content. Neither button is password protected.
 - You can find them under the Join dropdown menu at the top of the website.

PICTURE 4: Showing the Student Expectations and Parent Expectations under the Join dropdown menu.

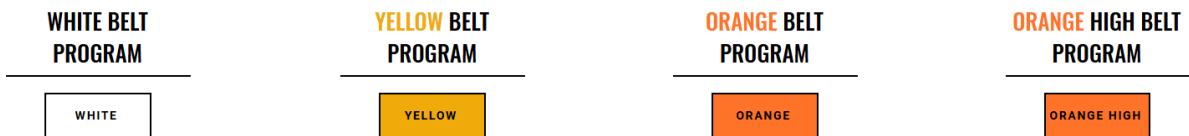


Step 6:

- Find your color belt under Student Programs
- We have programming from White Belt all the way through Black Belt.

PICTURE 5: Showing a snip of the Student Programming buttons.

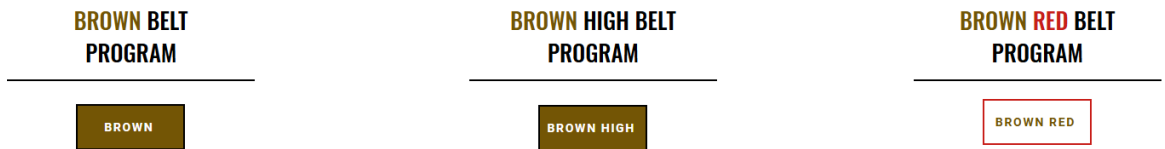
Student Programs



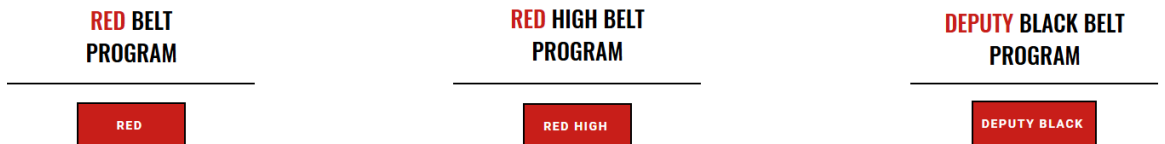
Student Programs



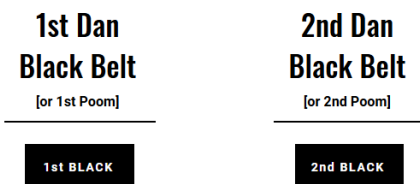
Student Programs



Student Programs



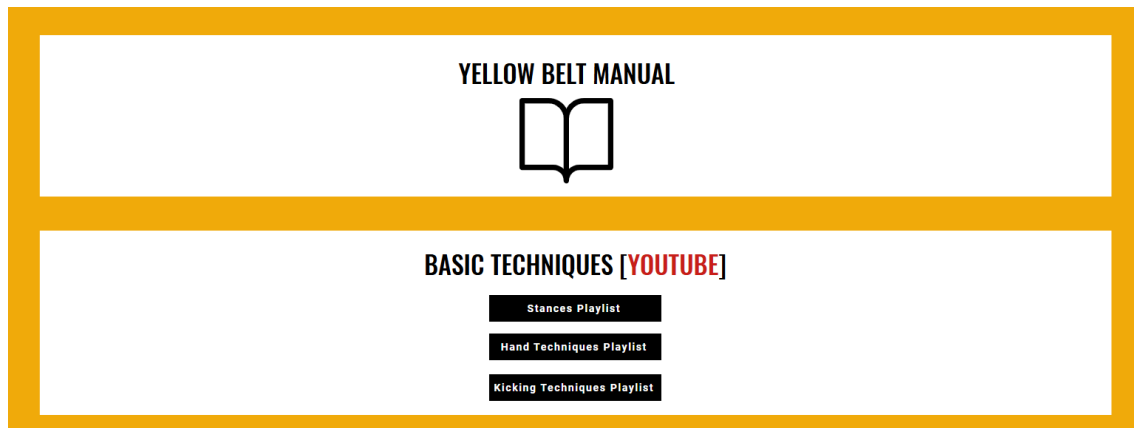
Student Programs



Step 7:

- Click on YOUR color button.
- **Welcome to your color-coded Student Programming page!!!!**
 - White belts have a black background so our new students could see their sections more easily. All other color belts will have a color-coded background that matches their belt level.

Picture 6: Showing part of the Yellow belt Taekwondo page



At this point – the Taekwondo and KumDo programs are set up differently.

For KumDo – you have a manual, your Form video, and your Step Sparring 1 and Step Sparring 2 videos. We'll continue to update curriculum as needed.

The Taekwondo outline is on the next page.

TAEKWONDO PROGRAMMING

Step 8:

- Scroll through your color belt page. Get familiar with the layout because all color belt pages are set up in a similar way.
 - Student Expectations button [easy access]
 - Parent Expectations button [easy access]
 - PDF Belt Manual
 - You can download your manual and have it printed at either the local library or a store location such as Copyworks. We do not print manuals for students.
 - Please note that this content is copyrighted and cannot be shared with those outside the school [paper or electronically].
- Quick Links to our YouTube Playlists
 - Stances
 - Hand Techniques
 - Kicking Techniques
- Home Rules to memorize; required based on belt color
- Dojang Rules to memorize; required based on belt color

[some belts have something fun to learn in this section]

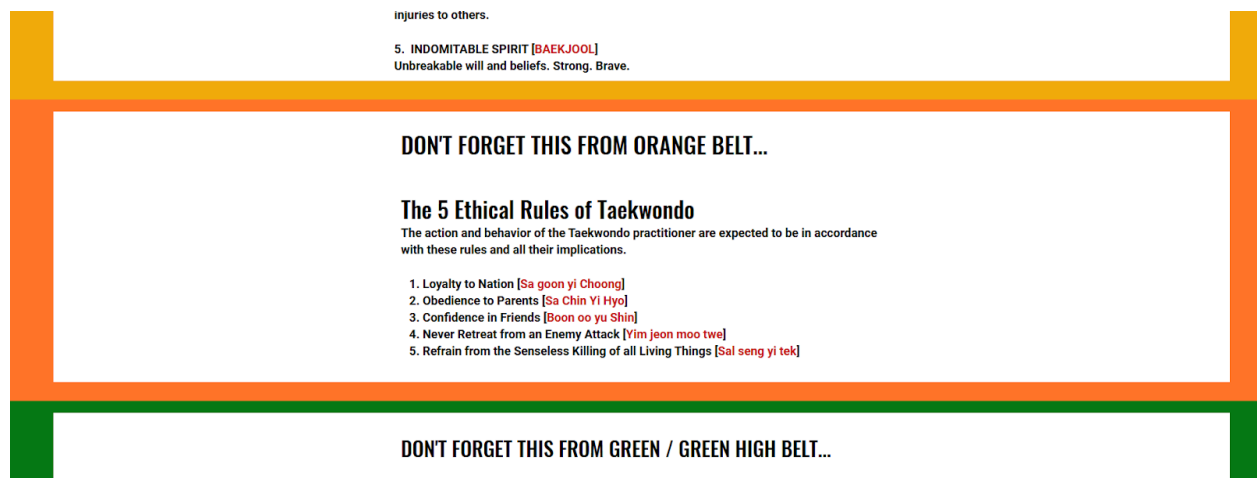
- Name of your Form / Poomsae
- Meaning of your Form / Poomsae
- Video of your Form / Poomsae
- Audio ONLY of your Form [coming soon]
- Video of your Step Sparring #1
- Video of your Step Sparring #2
- Video of your Step Sparring #3
- Self Defense Application of your Form [coming soon]
- Name of your High Kick in English and Korean [you need to know both for testing]
 - See your Kicking Technique Playlist!
- Name of your Free Sparring Technique
- Name of your Free Sparring Tactics

After the Free Sparring Tactics, you'll see a mix of new and previous material you need to know / remember.

- White Belts have the Korean words for Unity (our school word) and Thank You.
- White and Yellow Belts have Korean Numbering 1 – 10. We count in every class!
- Orange belts have Korean Number 1 – 20, but also a YELLOW section for the 5 Tenets.

Our goal was to keep things color coded, so you could remember what belt you learned some of the requirements in. All higher-level belts have the lower belt requirements listed, so you don't waste time trying to find what you need.

Picture 7: Showing Brown Red Belt example of yellow, orange, and green belt requirements to remember:



gam sa ham ni da!

[Thank you!]

Thank you for being our new student!

We know that this is a lot to process, especially if you are a new White Belt. Here's the coolest thing – you have about 2 months between each testing cycle to *slowly learn* your content at home and in class. Our instructors and black belts are extremely helpful! Just ask! And practicing is key!