



*Piscataway Martial Arts  
A Goshin Jitsu MMA Training Program*



## Your Kyu-Rank Journey (Current White Belt Student)

*The goal of your training is to attain knowledge.  
Knowledge and execution of that knowledge are the keys to your success throughout this journey.  
A consistent level of effort and performance at every class is what allows you to rise above the rest.  
Only YOU can determine how quickly or how slowly you progress.*

As a new student / white belt, the philosophy is that you are beginning your journey with no knowledge and no understanding of anything in martial arts, or of yourself. You are a blank sheet of paper, ... an empty cup.

At white belt, we start by working on the most simple techniques, and exercises which you can practice anywhere.

And that first, simple technique is to ...

### Stand Still

Practicing Standing Still is an exercise for your mind (brain) and body. Ultimately, everything you do in martial arts at any rank is about focus and control. Standing still is also a way to calm the spirit and find peace. When your spirit is peaceful, you are ready to learn. That is when you are an “empty cup”

If your head is too busy looking around, and your hands are fidgeting with your belt, your toes wiggling around, or you are itching, or squirming, or rocking back and forth ... you are not ready to learn.

So start by Standing Still. Try for 5-seconds, then 15-seconds, then 30-seconds, then 1 full minute. Do not move anything. No looking around, no rocking, no itching, nothing. All you should be doing is breathing. If you can stand still on a consistent basis, you have mastered a very difficult technique. Now you are ready for more.

#### Other Things Taught at White Belt Level

- o Traditions
- o Philosophies
- o Focus (Pay Attention)
- o Effort (Try your best)
- o Perseverance (Keep Trying)
- o Self-Confidence (“Yes, I can do this”)
- o Strength
- o Stamina
- o Coordination
- o Basic Stances (Foot Positions)
- o Basic Strikes (Kick & Punch)
- o Basic Guard Positions
- o Basic Blocks (Defense)

#### Phrases to Remember at White Belt Level

- o 3-”O”s : Open Mind, Open Heart,  
Open Arms
- o 5-”A”s : Aware, Alert, Avoid  
Anticipate, Act
- o 3-Center Line Principles  
Attack, Defend, Move
- o “Do your own work”
- o “You do not have to be better than  
anyone else. You just have to be  
better than YOU used to be”
- o “Martial Arts is a physical exercise  
to achieve a mental state”
- o “We are a free program, but we do not  
give anything away”

Yellow Belt

Student

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White Belt

