

- Blue Knight Taekwondo Fall 2025

Berrien Springs Partnership Course Syllabus and Instructor Qualifications

CLASSES ARE PROVIDED AS AN EDUCATIONAL SOURCE FOR PBL (PROJECT BASED LEARNING)

- **COMMUNITY CLASS TITLE:** Taekwondo Chung Do Kwan

AGE LEVELS: Ages 5 and up

FORMAT: In-Person (Online if needed at instructor's discretion). Days of week may be adjusted upon request with instructor's approval.

LOCATION: Blue Knight Taekwondo 9880 Maple Street, Bridgman, MI 49106

CONTACT INFORMATION:

Primary Contact by Email: blueknighttkd@hotmail.com

Secondary Contact by phone: (269) 465-9880

Registration at site required with at least one parent present at initial visit in September.

Please send email to blueknighttkd@hotmail.com by September 1st to notify intent to enroll.

INSTRUCTOR QUALIFICATIONS:

We are certified professionals with accredited credentials from the highest, most recognized authority in Taekwondo. Our program is taught with the love a parent has for their child, and with detailed attention to the needs of each individual. Students are not berated or humiliated, but encouraged and supported as a family. Training is tough in order to challenge the student, and change them for the better. Each belt rank is earned, and not merely given for showing up. It is the Instructor's job to ensure each student benefits and improves through a structured educational program which has been established by leaders in the field of Martial Art Instruction.

Authentic Korean Taekwondo:

- Blue Knight Taekwondo is a Chartered Branch of the U.S. Chung Do Kwan Association
- Certified through the Kukkiwon – World Taekwondo Headquarters – Seoul, South Korea
- * More information available on the [Blue Knight website here](#)

Founder: Grandmaster Darwin J. Eisenhart – 8th Degree Black Belt

- Former U.S. Army Field Artillery Surveyor, 1981-87
 - Former St. Joe Police Officer, 1981-86
 - Past Director of Native American Education, Benton Harbor Area Schools, 1979-80
 - Past Director of Security at Pebblewood Country Club, Bridgman, MI, 1984-92
 - Executive Protection Specialist, 1992
 - 46 years teaching experience in Berrien County, MI,
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- New/Present Owner: Senior Instructor Chester C. Little:
 - 4 Years in the U.S. Army, 1975 to 1979 Honorable Discharged at the rank of E-5 Sergeant
 - 41 years employed at D.C. Cook Nuclear Plant, 1984 - Present
 - 10 years experience in the Security Department at D.C. Cook Nuclear plant as an Armed Security Officer. 7 of those years as a Central and Secondary Alarm stations Supervisor.
 - 24 Years in the Operations Department at D.C. Cook Nuclear plant as an Auxiliary equipment operator and Lead Auxiliary Equipment Operator.
 - 7 years working in the Operations Department as a senior Operations planner.
 - 6 years, Studied under GrandMaster Darwin J. Eisenhart.
 - Grandmaster Darwin J. Eisenhart Passed away in December of 2024 after a long fight with Cancer. Grandmaster Darwin J. Eisenhart was such a great Leader and influencer for this community. We have learned so much under his leadership.
 - My goal, in my position, is to continue his Legacy, keep the bar high in reference to: Courtesy, Integrity, Perseverance, Self-Control and maintain an Indomitable Spirit.

STAFF OF INSTRUCTORS:

Associate Instructor/Partnership Graduate: Eric Loucks – 1st Degree Black Belt – Age 28

Associate Instructor/Partnership Graduate: Elijah Loucks – 1st Degree Black Belt – Age 18

Associate Teen Instructors in training:

Easton Loucks - 2nd Poom Belt - Age 16

Aiden L. Little - 1st Poom Belt - Age 16

Emma Lee - 1st Poom Belt - Age 15

Ajaden P. Little - 1st Poom Belt - Age 14

Shelby Lee - 1st Poom Belt - Age 12

COURSE DESCRIPTION (OVERVIEW):

Education & Physical activities for development of health and fitness, self discipline, confidence, coordination, self defense skills, and general life improvements.

SYLLABUS/OUTLINE:

Students learn the official curriculum of the United States Chung Do Kwan Association (Est. 1967), and the rank promotion requirements of the Kukkiwon, World Taekwondo Headquarters in Seoul, South Korea. Skills include standard classroom procedures, safety requirements, basic postures, stances, defensive movements, blocks, parries, nerve pressure points, & joint manipulation.

Categories of self defense include the following:

- Striking (with hands, elbows, knees, and feet/kicking)
- Throwing (including sweeps, reaps, throws, flips)
- Grappling (Including wrestling take-downs, restraints, escapes, and ground-work)

Students will train in class alone, and with partners under instructor supervision. Students are also required to train at home at least 15 minutes every day on solo practice taught in class, and record home study in their student guide book record sheet provided. Learning the commands , counting etc... in the Korean language is also required.

COURSE OBJECTIVES:

Each of the semesters at Blue Knight Taekwondo are scheduled for 11 weeks.

The first 8 Weeks are instructional where the students learn everything required to pass their Final Exam and promote to the next grade level (except for higher belt grades where two or more semesters are required for advancement).

Week #9 is Pretest Evaluation where students practice their Final Exam, and are checked for readiness to take the advancement test.

Week #10 is for review and corrections of any areas that need improvement before testing.

Week#11 is the Final Exam.

COST: At Blue Knight Taekwondo in Bridgman, MI, Partnership Students pay nothing. Uniforms, gym bags & training gear are all provided as needed.

REQUIRED HOURS, CLASS TIMES AND DAYS OF THE WEEK:

TOTAL REQUIRED HRS FOR THE SEMESTER: 16

TOTAL SEMESTER HOURS POSSIBLE: 28

Classes will be held on Tuesday, Wednesday and Thursdays from 5:00 to 6:00 PM for Beginners

Yellow Belts and above on Tuesdays, Wednesdays and Thursdays from 6:30 to 7:30 PM
Students may request alternate times and dates for additional or alternative training.

SCHEDULE OVERVIEW:

Partnership students must register and attend registration & orientation class in September 2025 on one of available days (choose one): If unavailable for either one of these classes, please contact Blue Knight Taekwondo via email by September 1st to arrange an alternate date.

* Choose to attend only one Registration class in September

Registration at the site is required with at least one parent present at initial visit in September.

September 2025

Tuesday September 23rd:

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12 – Registration & 1st class
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12 – Registration & 1st class
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up – Registration & 1st class
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up – Registration & 1st class

Wednesday, September 24th:

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12 – Registration & 1st class
- 5:00 to 6:00 PM – North Gym – Color Belts Age 5 to 12 – Registration & 1st class
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up – Registration & 1st class
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up – Registration & 1st class

Thursday, September 25th:

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12 – Registration & 1st

class

- 5:00 to 6:00 PM – North Gym – Color Belts Age 5 to 12 – Registration & 1st class
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up – Registration & 1st class
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up – Registration & 1st class

Students must attend at least 2 classes per week.

October 2025

Classes Every Tuesday, Wednesday and Thursday:

Tuesdays

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up

Wednesdays

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up

Thursdays

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up

Students must attend at least 2 classes per week.

November 2025

Every Tuesday, Wednesday and Thursday:

Tuesdays

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12

- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up

Wednesdays

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up

Thursdays

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up

NOTE: Thursday, November 27th 2025 is A holiday: Thanksgiving day, We will be closed.

Students must attend at least 2 classes per week.

Pretest Evaluations: Attend one night only this week according to your belt rank

- Tuesday, November 25th – 5:30 to 7:00 PM: White, Yellow, & Gold Belts
- Wednesday, November 26th – 5:30 to 7:00 PM: Blue, Red, & Brown Belts
- Thursday, November 27th – 5:30 to 7:00 PM: Black Stripe, Poom, & Black Belts

Note: Doors will open at 5:00 pm on pretest days.

December 2025

Review Week:

Tuesday, December 2nd:

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12 – Review class
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12 – Review class
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up – Review class
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up – Review class

Wednesday, December 3rd

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12 – Review class
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12 – Review class
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up – Review class
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up – Review class

Thursday, December 4th

- 5:00 to 6:00 PM – South Gym – White Belts: Age 5 to 12 – Review class
- 5:00 to 6:00 PM – North Gym – Color Belts: Age 5 to 12 – Review class
- 6:30 to 7:30 PM – South Gym – White Belts: Age 13 & up – Review class
- 6:30 to 7:30 PM – North Gym – Color Belts: Age 13 & up – Review class

Final Exams: Attend one Exam only this week according to your belt rank

- Parents, family & guests may attend and watch

- All students and parents are invited to attend Presentation Ceremony & Party on

Thursday

- Tuesday, December 9th – 5:30 to 8:00 PM: White, Yellow, & Gold Belts
- Wednesday, December 10th – 5:30 to 8:00 PM: Orange, Green, & Purple Belts
- Thursday, December 11th – 5:30 to 8:00 PM: Blue, Red, Brown, Poom & Black Belts
- **NOTE: Doors open at 5:00 pm on test days.**
- Tuesday, December 16th – 5:30 to 8:30 PM: Presentation Ceremony/Christmas Party (Subject to change)

STUDENT ASSESSMENT:

At the end of the semester at the Final Exam in week #11, students will be evaluated for advancement in grade based on a minimum of 80% attendance, proper attitude, discipline, and respect. Students are required to be able to demonstrate the physical skills, techniques, and memorize a set amount of prearranged patterns for solo practice, and 5 to 10 controlled sparring sequences with a partner. Some Board Breaking, and Free Sparring skills are required to be demonstrated, and any written knowledge and Korean terminology will be tested verbally. If a student is not ready to advance, they will be scheduled to retest at a later date.

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Students should arrive at least 15 minutes before start of each class to dress in Taekwondo training uniform, and warm up before class starts. If late or missing entire class, parents should call (or email) to notify Instructor.

Weather: Blue Knight Taekwondo will close for any severe weather, and if Bridgman Public schools close for severe weather. We might close for dangerous travel conditions, power outages, When we close, we will update our website's "closing" page, and put a

notice on the WNDU Channel 16 business closing website page. (note that if power is out, or internet services are interrupted, we might not be able to update website or notify students, so a lack of communication will indicate that we are closed)

Other: **BEHAVIOR** – Students who display undesirable behavior at the Taekwondo school toward Instructors, other students, or parents, or at home or in public towards their own parents, siblings, or others in public will not be removed from our program, but counseled in private. Depending on the circumstances, the student might not be eligible for advancement, and rather than being pulled from training, they might be required, at the Instructor's discretion, to attend a private lesson which is modified for discipline training until the problem is corrected, and their attitude and behavior improves.