

# MILLENNIUM MARTIAL ARTS



**New Student  
Information**



Congratulations on taking the first step towards Black Belt Excellence! We have developed this special program to provide our students with the skills necessary to succeed. This program is based upon decades of experience in developing the world's finest martial artists.

Our programs are not just kicking and punching, but a complete learning experience. We teach individual life-skills including confidence, self-esteem, self-control, patience, and discipline, as well as the physical and mental aspects of self defense.

A common question we hear from people is, "how do martial arts compare to other sporting activities?" As a practicing martial artist for over 29 years, I try to impart that the martial arts are far ahead of anything else. Only by experiencing our training can one fully appreciate the life-changing benefits the martial arts have to offer.

Educators, coaches, and doctors alike credit martial arts for building total personal development. We have developed our children's program to provide your child with the following benefits:

#### **FOCUS...for better grades**

Thousands of parents have attributed our program with improved grades and focus. We teach children the importance of focus and how to use those skills for maximum improvement.

#### **RESPECT...for self, others and authority**

Developing self respect and courtesy is essential for any future black belt. During your first session at our school, we teach respect that is show both inside and outside of the martial arts studio.

#### **PERSONAL DISCIPLINE...to achieve your goals and complete tasks.**

Having the personal discipline to set and achieve goals is important to succeeding in life. While training at our school, students use discipline to conquer fears, achieve goals and complete tasks. In addition to teaching martial arts, our goals are to teach children to complete homework, clean their rooms, pick up after themselves and to always do their best.

#### **CONFIDENCE...to stand up, stand proud & stand out.**

We develop the skills it takes to stand up to the challenges that the life creates every day! Watch as your child learns to conquer their innermost fears and unleash a powerful force. Our students learn to stop self-doubt and achieve anything they put their minds to.



## **PERSEVERANCE...to never give up.**

Children not only have fun, but develop the positive attitude necessary to overcome any challenges. In class, instructors encourage students to never give up, no matter how difficult their task or challenge.

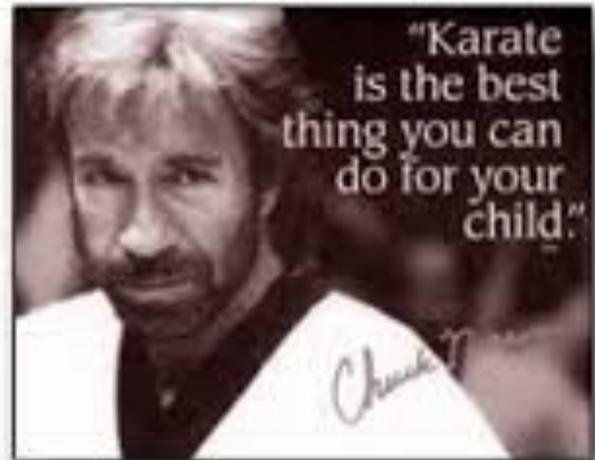
### **Attendance and Class Schedule**

Tuition covers 8 classes per month or 24 classes per quarter. These classes cannot be carried forward to the next testing quarter.

Please refer to your schedule for appropriate class times. We highly recommend students attend a minimum of two classes per week (Black Belt Club & Masters Club students may train three or more times per week) and attend the same consistent days each week. If a student is unable to attend class, please inform an instructor or staff member. Remember The key to success is attendance.

Parents dropping off children should do so 5-10 minutes prior to class and pick them up within five minutes of class ending. For your child's safety, parents must come into the school to pick up their children. Our school becomes very busy around class times; as a result, we cannot be responsible for watching un-attended children.

Each time you come to class remember retrieve your attendance card from the front desk. If the child is too young we will do it for them. Your promotions are partly based on your attendance so this is very important.



### **Holiday Schedules and Class Closings**

We are open most holidays, however, certain national holidays we will be closed. Notification of all holiday schedules will be posted in the studio and announced in classes. Additionally, our regular class schedule may be modified to accommodate graduation ceremonies and belt promotions. See instructor for details.

Students are encouraged to take extra classes before or after holidays or other school closings to keep up their hours for testing and so that you get all of the training you have paid for.



## FAMILY MEMBERSHIPS & DISCOUNTS

Once you have a single member enrolled in a program, additional family members can take advantage of special savings. Please see your instructor to make an appointment for your first class and find out more Information about our great family plans and discounts.

## Uniform

In our school we encourage a certain look of “uniformity.” This is so all students will feel comfortable and a part of their class from the beginning. Therefore, every student must have a complete uniform at all times.

This includes an uniform with our school logo on the back of the jacket with all patches, pants and belt. Everyone (Male and Female Students) must wear a groin protector at all times. One of the aspects of martial arts taught in our school is that the training is done in a traditional uniform.

Therefore it is mandatory that a student have their full uniform whenever they come to train.

Another tradition we observe is that the belt never gets washed. The dirt on the belt is a reflection of the hard work the student has put in and reminds him or her of the time and effort required to get a true “black belt.”



## Required Equipment



By their first belt test, students will need to purchase a set of sparring gear. You can purchase through us at a discount off the retail price or on your own, but the **gear must be Century P2 or Macho Warrior**. This insures that everyone is equipped with the same style and quality of gear that meets our safety requirements. Mrs. Munding will be happy to size and fit you or your child. The gear is an insurance regulation and is mandatory for students that are eligible to spar. We do not recommend sharing gear for sanitary reasons.

## Tuition

Tuition payments are made directly to our billing company. You can choose credit or debit card. We are happy that our relationship will be strictly instructional.

If you go on an extended vacation or are injured and cannot train, your tuition payments are still due to the billing company. If you are going on an extended vacation or are out sick for an extended period get with Mr. Munding to make special arrangements.

If you stop the payments and wish to restart the Registration Fee will be required again.



## The Black Belt/Masters Club

The Black Belt/Masters Club is a special club open to qualified students of all ranks. At our school, we pride ourselves in cultivating the "black belt attitude." This program is designed to develop students to Black Belt and Beyond. Black Belt/Masters Club students share in special seminars, as well as one special training session per week. Ask your instructor for more information.

## PRIVATE LESSONS

Our instructors are always here to help you. For students that have missed classes, strive for extra effort or want to take their training to the next level, private lessons are available. These classes are a one-on-one opportunity to work with your instructor and perfect your skills. Please see your instructor for package pricing and availability.



## Performance Stripes

To achieve the maximum results in developing black belt character and discipling we have a reward system in which students earn colored stripes for completing different activities. We have designed some special forms which you can use and placed them in our Members Access section of the web page [www.MillenniumMartialArts.net](http://www.MillenniumMartialArts.net). If that is not convenient you can track their activities on a sheet of notebook paper.

*Performance Stripes continued...*

### Stripe requirements and meaning:

- *Self Discipline = Yellow Stripe:* This is earned after the student has preformed 10 things without being told.
- *Reading = Red Stripe:* This stripe is earned for reading 5 minutes per day or 20 minutes per week for an entire month. If you read to your child that counts too.
- *Practice/Homework = Blue Stripe:* This stripe is earned after the student has practiced 10 times at home.
- *Character/Values = Purple Stripe:* This stripe is earned for completing the monthly worksheet that covers the Mr. Norris' Code of Ethics
- *Attendance/Test Eligibility = Black stripe:* Students earn their first black stripe after attending their 8th class and their second black stripe after their 16th class. The third black stripe is earned after their 24th or 27th class, depending upon their rank, and when they know the material well enough to be able to pass the belt test. The 3rd black stripe means they are invited to the test. Black stripes can not be carried forward past the testing quarter.

Students that earn at least one of each color plus 3 black stripes will receive special recognition at their belt test.

### **Black Belt Parenting**

7 Keys to helping your child get the most out of their Martial Arts training at our school.

HERE ARE A FEW IDEAS THAT CAN HELP YOUR CHILD GET THE MOST OUT OF THEIR MARTIAL ARTS EXPERIENCE:

1. Congratulate them on making the decision to come to class today.
2. When they look over at you during class, give them a positive sign of encouragement.
3. Help them to stay focused by letting instructors and assistants do the work when it comes to making corrections.
4. Please feel free to step outside if you have younger children needing your attention.
5. A high energy classroom is important, and we love noise during class! However, it is better for our students if they are the ones making the noise. Thank you for turning off cell phones while sitting in the studio.
6. After every class, talk with your child about their training. Focus on "what" they did instead of "how" they did. This will build their confidence and excitement about their next class.
7. As your child begins class, give yourself a "pat on the back" for being a caring, committed parent and



for supporting your child in all that they do. They may not thank you for years to come, but remember that you are making the biggest difference possible.

### UFAF Membership

Students need to join the national organization (UFAF) no later than after their first belt test.

To join simply go to: [www.ufaf.org](http://www.ufaf.org), then click on UFAF Membership, and follow the instructions. If you have difficulty please let me know. The annual membership fee is \$50/student per year.

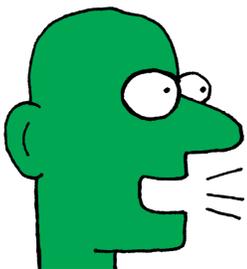
This will do several things for you:

- You will receive an enrollment certificate and membership card from Mr. Norris
- You will receive an official UFAF uniform patch with your first year membership
- In order to test for black belt, students must have been a member of UFAF for at least 3 years. Since a student can be eligible to test for black belt in 3 ½ years it is essential that you join UFAF early.
- Your black belt number will be determined by the date that you joined UFAF.



### Communication is the key to any relationship — Staying Connected

In an effort to keep you informed with the activities and announcements we have instituted the following information sources;



Website: [www.MillenniumMartialArts.net](http://www.MillenniumMartialArts.net) Click on "Members Access" tab

Facebook: [Facebook.com/MillenniumMartialArts](https://www.facebook.com/MillenniumMartialArts)

Facebook Closed Group (Student members and families

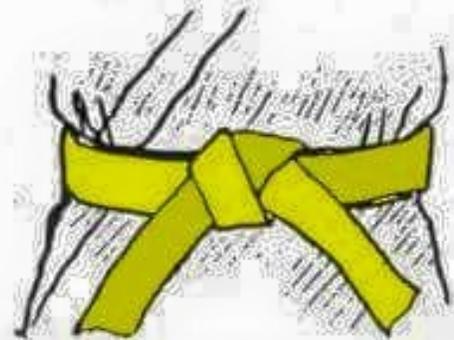
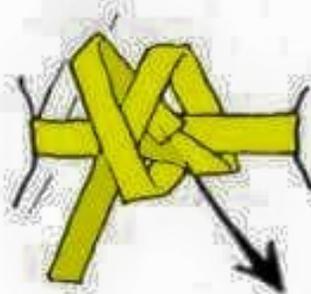
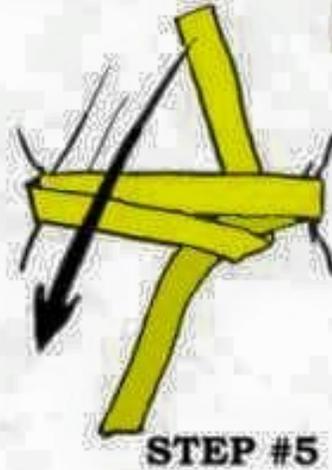
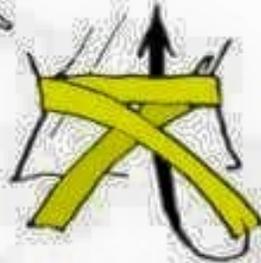
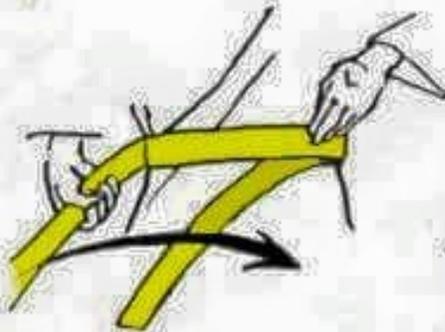
only): Millennium Martial Arts

Email: [Info@MillenniumMartialArts.net](mailto:Info@MillenniumMartialArts.net)

Email Newsletter

Announcement White Board in Lobby

# How to tie your Belt



Thank you for choosing to join our karate family!

We look forward to helping you and your family achieve their goals and reach Black Belt and Beyond in life!

Respectfully,

Howard Munding

