



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.

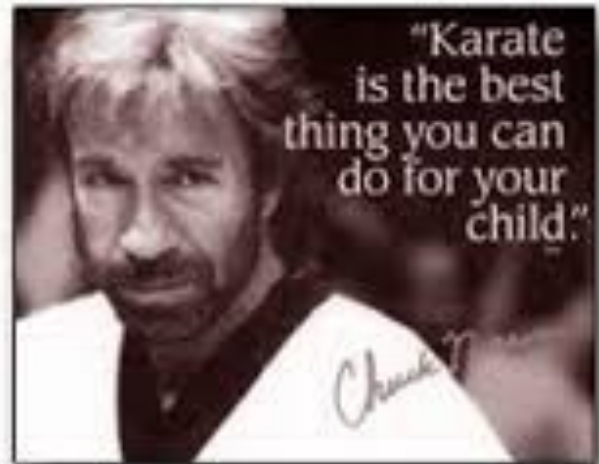
Please refer to your schedule for appropriate class times. We highly recommend students attend a minimum of two classes per week **Student's need to**

attend one A-Day and one B-Day each 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 one of the keys to success is consistent attendance.

We encourage parents to stay and watch their children but sometimes it is not possible. 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 unattended 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 closed most major holidays. We are closed for one week at Christmas and one week for the Chuck Norris International Training Conference in July. Notification of all holiday schedules/closures 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.

Extended Time Guarantee

Here at Championship Martial Arts, we recognize that often we plans and then “life” happens causing us to have to make adjustments.

Sometimes the missed class will be because of something in your life or ours. It could be a school event, family emergency, vacation, or an injury/illness, conflict with work or other extracurricular activities.

That’s why we have our **EXTENDED TIME GUARANTEE!**

Here’s how it works:

1. If you are going to be out of class for less than one month, we want you to take extra classes to make up for the days you missed. That way your student will stay on track and can be promoted with their peers.
2. If you are going to be out for a month or more, your tuition is still due as if you were here, but your time will be credited to the back end of your program. You NEVER lose the time you paid for.
3. If the school is closed for a holiday, special training, special event, or other unforeseen event, we’ll give as much advanced notice as possible so you can take an extra class before or after the closure.

The school is closed on the major holidays: MLK Day, Presidents Day, Memorial Day, Labor Day, Thanksgiving and the Friday following. The school is also closed from Christmas Eve thru New Years Day.

Each year in July is the Chuck Norris International Training conference in Las Vegas. This is where the black belts get advanced training, instructor training , and school owner training so that we can bring the most current and best programs back for our students. Students can also attend this event and participate in training from World Class martial artists and compete in the UFAF World Championship Tournament.



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. **Everyone (Male and Female Students) must wear a groin protector at all times.**

This includes an uniform with our school logo on the back of the jacket with all patches, pants and belt. 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. Students need to wear their complete uniform, including jacket, on Monday & Tuesday classes and may wear a CMA branded t-shirt on Wednesday Thursday, Friday, or Saturday in lieu of their jacket. Other t-shirts are unacceptable.

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

All students are required to purchase a complete set of sparring gear (helmet, chest protector, gloves, boots, shin protectors, mouth piece*, groin protection*) **no later than at GOLD belt.** For insurance reasons and to ensure that everyone has equal levels of protection this equipment must be purchased through Peoria Championship Martial Arts.

**Groin protection and Mouthpiece can be purchased at Big 5, Dicks, Amazon, etc. Since these items are not coming in contact with other students.*

This insures that everyone is equipped with the same style and quality of gear that meets our safety requirements. A staff member will be happy to size and fit you or your child.

The gear is an insurance regulation and is mandatory for students. We do not recommend sharing gear for sanitary reasons.

Required Equipment by Program

Dragons—White Uniform

Order your sparring gear within the first 30 days and receive

15% OFF!



Dragon Patch



American Flag



Square Target



Basic—White Uniform



Headgear



Chest Protector



Hand Pads



Shin Pads



Boots



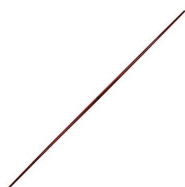
American Flag



Black Belt Club—Blue Uniform



Graphite Staff



Foam Kamas



Foam Chucks



Masters Club—Red Uniform



Wooden Sword



XN-1 Chucks



Competition Kamas



Padded Stick & Face shield



Tuition

Tuition payments are made directly to our billing company. You can choose credit or debit card. We no longer accept checks or cash. 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. Your time will be added to the end of your agreement so you don't lose anything you pay for. (See Extended Time Guarantee)

Programs can be cancelled for one of two reasons: if you move more than 25 miles further away from the address that you resided at when you joined and/or a doctor's note saying the student can no longer physically participate.



The Black Belt/Masters Club

Students in the Basic Program will reach a plateau and need more of a challenge. That is why we have developed the Black Belt Club and Masters Club. In these programs students learn more advanced techniques, begin free sparring, and learn martial art weapons.

The Black Belt/Masters Club are special clubs open to qualified students of all ranks. At our school, we pride ourselves in cultivating the "black belt attitude." These programs are 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 Student section of the web page www.MartialArtsPeoria.com. If that is not convenient you can track their activities on a sheet of notebook paper.

Performance Stripes—Stripe requirements and meaning:

- **Self Discipline = Yellow Stripe:** This is earned after the student has performed 10 things without being told. <https://marketmusclescdn.nyc3.digitaloceanspaces.com/wp-content/uploads/sites/553/2021/11/29164628/Self-Discipline-Card.pdf>
- **Reading = Red Stripe:** This stripe is earned for reading 5 minutes per day for 10 days. If you read to your child that counts too. <https://marketmusclescdn.nyc3.digitaloceanspaces.com/wp-content/uploads/sites/553/2021/11/29163606/Black-Belt-Excellence-Reading.pdf>
- **Practice/Homework = Blue Stripe:** This stripe is earned after the student has practiced 10 times at home. <https://marketmusclescdn.nyc3.digitaloceanspaces.com/wp-content/uploads/sites/553/2021/11/29164231/Karate-Homework-Card.pdf>
- **Character/Values = Purple Stripe:** This stripe is earned for completing the monthly worksheet that covers the Mr. Norris' Code of Ethics
- **Fitness = Green Stripe:** We test the students at the beginning of the quarter and at the end of the quarter on the number of kicks and punches they can do in 30 seconds, sit ups, push ups, and how long they can stay in a Horse Stance.
- **Attendance = Black stripe:** Students are tested for their first black stripe at the end of month one. They must have 8 classes. They are tested for their second black stripe at the end of month two. They must have an additional 8 classes (16 classes total). They are tested for their 3rd black stripe at the end of month three and another 8 classes (24 classes total).
- **Testing = Orange Stripe:** We test the students at the end of month one on that month's material. If they know the material well enough they earn an Orange Stripe. We test them again at the end of month two on the month two material. Month three is a review of month one and two. At the end of month three they are tested again for their third orange stripe. When they have three orange stripes they are invited to the graduation ceremony.



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. Don't allow them to play video games or other playing with friends before karate. Have them do

homework or chores. Kids don't want to stop having fun to come have fun., but they will be happy to stop homework or chores. :)

2. Congratulate them on making the decision to come to class today.
3. Stay and watch their class. Give them your attention instead of your phone. If they don't feel that what they are doing is important to you, it won't be important to them.
4. When they look over at you during class, give them a positive sign of encouragement.
5. Help them to stay focused by letting instructors and assistants do the work when it comes to making corrections.
6. Please feel free to step outside if you have younger children needing your attention.
7. 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.
8. 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.
9. 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 are required to join the national organization (UFAF) before their **GOLD belt test.**

In order for our school to remain an "Official" Chuck Norris System School we are required 100% membership in UFAF.

To join simply go to: **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 \$75/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 required that you join UFAF by **GOLD** Belt.
- Your black belt number will be determined by the date that you joined UFAF.



Pulse Members App

The Pulse Members app can be downloaded for free from the [App Store](#) or the [Google Play](#) store by searching for Pulse Members. The app icon will have the Pulse logo on it.

Once you have downloaded the app, you will need to sign in. To sign in, they will use the email you provided when signing up for a membership. Once you have signed up for a membership you will receive an email requesting you to create a password.

When you log in, you will be taken to the app homepage where you will see your newsfeed. You can tap on news articles from here to view the whole article.

From the panel at the bottom of the screen, they can tap to open the following:

- **Dashboard** - the main newsfeed
- **Shop** - a listing of all of active products you can purchase
- **Cart** - where products from the Shop tab can be purchased
- **Bookings** - where you can see what classes are available and what times for that day. You do NOT need to book your class.

Clicking on the 3 lines in the top left corner of the screen will

open the navigation menu. This is where members can access their **account information**, **curriculum videos**, **change payment methods**, and **membership history**

GETTING STARTED GUIDE

USING THE PULSE MEMBER APP



DOWNLOADING THE MEMBER APP

Search **Pulse Members** on either the App Store or the Google Play Store. The app icon will have the Pulse logo on it and it's free to download.



SIGNING IN TO YOUR ACCOUNT

To login to the app, your username will be the email address used for your membership. When you signed up for your membership, you received an email asking you to create your password. If you need to reset your password, let your studio know so they can reset it for you.



SIGNING UP FOR CLASSES

Once you are in the app, click on the **Bookings** button in the bottom right corner. From here you can see what classes you are able to sign-up for. To book yourself into a class, tap on the name of the class and the tap on the **Reserve Your Spot** button. This will ensure your spot in class is reserved.



ACCESSING CURRICULUM

Within the app, you can access lessons to keep learning at home. Tap on the menu button (≡) to open the left hand panel and then tap on **Curriculum**. Based on your Rank you'll be able to access different categories and lessons from this page.



PURCHASING NEW GEAR

By clicking on the **Shop** button in the bottom panel, you can buy items directly from your facility's pro shop. After you've added an item to your cart, click on the **Cart** button in the bottom panel to complete your purchase.



ACCESSING MULTIPLE ACCOUNTS

If you are the guardian for multiple students, you can easily toggle between student accounts in the app. Click on the Menu button (≡) to open the left hand panel and then click on **My Account**. Tap on the **Swap Accounts** option to switch into a different account.

PLEASE REACH OUT TO YOUR FACILITY IF YOU RUN INTO ANY QUESTIONS!

Communication is the key to any relationship — Staying Connected

The primary method of communication is thru our private Band app. This is how we send out all announcements, notices, newsletters, etc. Scan this QR Code to get the Band App.

If you have a question or need to contact the staff you MUST call 623-486-0970. Please do not email, text, PM, or any other electronic method.

Other resources: Website: www.MartialArtsPeoria.com Click on "STUDENTS" tab

Facebook: Facebook.com/martialartspeoria

Email: Info@martialartspeoria.com

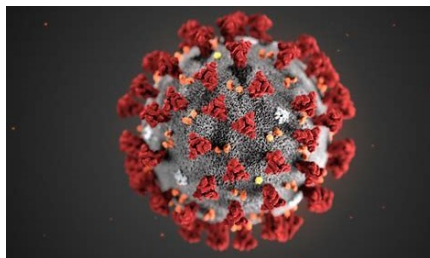


Communicable Diseases

I understand that to enter the studio premises my child must be free from COVID-19 and influenza symptoms. If, during the day, any of the following symptoms appear my child will be separated from the rest of the people in the studio. I will be contacted, and my child MUST be picked up from the studio within 15 minutes.

Symptoms include,

- fever of 100.4 degrees Fahrenheit or higher
- dry cough
- Shortness of Breath
- Chills
- Loss of taste or smell
- Sore Throat
- Muscle ache



While many of these symptoms might be non-COVID-19 symptoms we are proceeding with by assuming they are Covid-19. These symptoms typically appear 2-7 days after being infected so please take them seriously. You will need to be symptom free for 72 hours before returning to the facility.

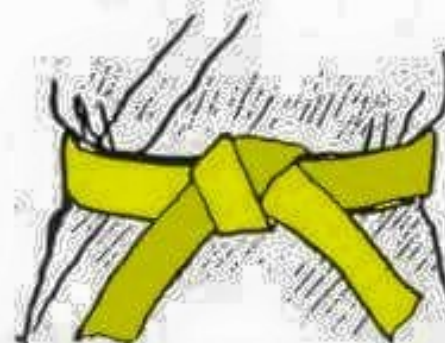
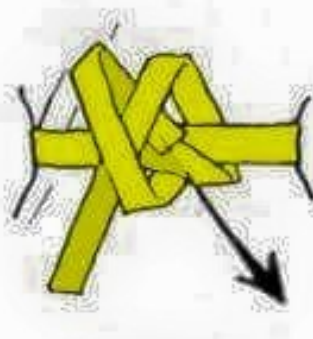
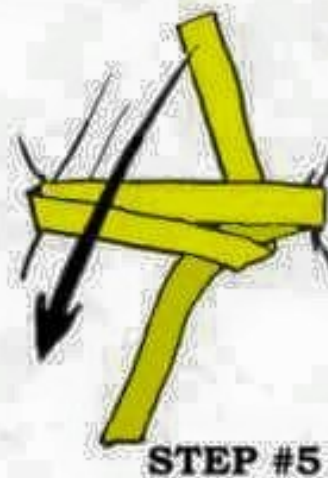
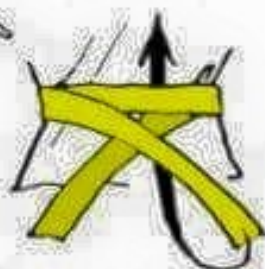
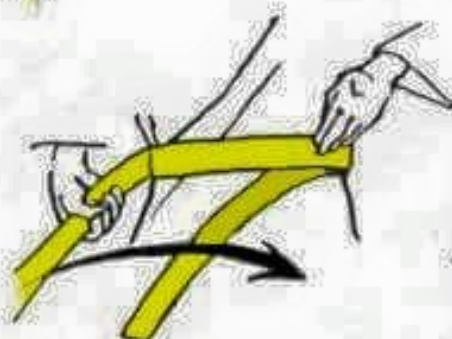
I understand that Students entering our studio will be in contact with children, families and employees who are also at risk of community exposure. I understand that no list of restrictions, guidelines or practices will remove 100% of the risk of exposure to COVID-19 as the virus can be transmitted by persons who are asymptomatic and before some people show signs of infection

I understand that I play a crucial role in keeping everyone in the facility safe and reducing the Risk of exposure by following the practices outlined herein.

Our protocol includes disinfecting the mat daily, disinfecting equipment before it is returned to the Ready pile. And all students are to wash their hands before class.

Bottom line is if you feel sick please STAY home. We cannot afford for our staff and other students to become ill and possibly requiring us to close for an unknown time period.

How to tie your Belt



Self Discipline Card

Write down something you did around the house or at school, that you did not have to be told to do by your parents or teachers. Bring this sheet to class when you have 10 lines filled so your instructor can check it and be awarded your **Yellow Stripe**.

Student Name: _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

Karate Homework Card

Practice at home and have your parents initial and date one mark each day. Bring your card to class when you have 10 marks and you will receive your **BLUE stripe** for practicing.

Student's Name: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____

7. ____ 8. ____ 9. ____ 10. ____

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____

7. ____ 8. ____ 9. ____ 10. ____

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____

7. ____ 8. ____ 9. ____ 10. ____

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

Reading at Home

Student Name: _____

The samurai warriors, when not fighting battles, were scholars, artists, and caretakers.

Being a member of Millennium Martial Arts each member is required to demonstrate Black Belt excellence in the dojo, at home and at school. In the chart below, write the number of minutes that you spent reading at home. A student must spend at least 20 minutes per week reading at home to be eligible for their **RED stripe**. When finished have your parent sign the form and turn it into your instructor for your Reading Stripe.

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____

7. ____ 8. ____ 9. ____ 10. ____

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____

7. ____ 8. ____ 9. ____ 10. ____

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____

7. ____ 8. ____ 9. ____ 10. ____

Parent's Signature: _____ Date: _____

Instructor's Signature: _____ Date: _____

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

