



HANDBOOK



MARTIAL ARTS
OF WEST END INC

Welcome to the STORM Team!

The STORM team is an exclusive team and is an abbreviation for Special Team Of Role Models. Our goal is to help build strong and happy leaders in our community, which means that as a STORM Team Member you hold yourself to high standards in the three most important areas of your life: School, Family, & Your Body.

The Purpose of the STORM Handbook

The STORM team handbook is going to lay out the policies and systems that we have to ensure this is a successful training program for you. You will also learn the benefits of being a STORM Team Member. Our policies and systems must be upheld, if you do not adhere to them, our STORM Team Instructor has the right to remove you from the STORM Team.

Please follow the policies and systems that are outlined in this handbook. These were put in place to make our STORM Team as effective as possible and provide our students with the best role models in our Academy.

Congratulations on becoming a STORM team member! You are now part of an elite team that will lead others to greatness, including yourself.

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STORM Team Core Focus

Our vision is to develop strong and happy leaders in our community.

STORM Team Core Values

1. Be comfortable in the uncomfortable and embrace change.
2. Always be a Team Player.
3. Take responsibility for yourself and your results.
4. Do what you say you're going to do, when you said you were going to do it.
5. Be passionate about excellence and strive for perfection.
6. Perform with speed and precision.
7. Always show up on time.
8. Be happy, have fun!

STORM Team Requirements

There are (5) Main Requirements for being a STORM Team Member.

Download the Team App. We will use this for many things

1. **Grades** - You must maintain at least a B Average on your report card and have zero behavior marks. Doing well in school is important as our grades reflect your ability to learn. If your grades fall below a B Average, you will be suspended until they improve.
2. **Attendance** - You must take a minimum of 2 classes per week and assist 2 classes per week. Your ability to grow is going to help you become a better Instructor. If you are unable to assist in your class, you must call in and let us know. Failure to call in will result in a strike.
3. **Home Life** - We have (3) responsibilities to ourselves as a teenager. We have to do well in school, we need to take care of our bodies, and we need to make sure our responsibilities at home are taken care of. We will keep an open line of communication with your parents, if you are not upholding your responsibilities to your family, you will receive a strike.
4. **Behavior** - You must lead by example at all times, both on and off the mat. Students will be looking up to you as a leader - make sure you are setting the right example. If your behavior at home or at school is not portraying that of a Leader, you will receive a strike.
5. **Meetings** - You must attend our Monthly STORM Team Meetings and bring your STORM Team Folder / Binder. If you are unable to attend a STORM Team Meeting, you must let us know ahead of time and schedule a time with our STORM Team Instructor to go over missed material. All Material will be available on the Team App. Meetings that are missed and are not called in, will result in a strike.

If you receive 3 Strikes, you will be suspended for 90 days.

STORM Team Folder / Binder

Every STORM Team member will receive a STORM Team 3 Ring Binder. This will hold your Handbook, Law Training, and Systems Training. You must bring this Folder to every STORM Team Training. You should also keep all of your notes in this folder and study them often.

STORM Team Meetings

The STORM Team meets once per month to cover new laws, systems, and curriculum. These meetings are 60-minutes long and occur on the **(The third from last Wednesday of every Month at 7:15 to 8:30)**

We will use the following schedule:

- Victories of the Month - 5 Minutes
- Challenges of the Month - 5 Minutes
- Law Training - 20 Minutes
- Systems Training - 30 Minutes
- Review upcoming Months Curriculum - 10 Minutes
- Goals for next Month - 10 Minutes
- Extras - 10 Minutes

Live Training

The lessons that you learn in your STORM Team Meetings will provide you with the guidance you need during your Live Training. You will need to apply what you've learned with our lower ranking and younger students. The more live training you do, the better you will become, and the more opportunities to participate in live training will occur.

STORM Team Rankings

You will begin your journey as a STORM Trainee and you will work your way up to an Assistant Instructor. Each Rank requires specific responsibilities. To advance in rank, you must successfully pass the tri-annual STORM Certifications. You need a certain # of Assists at each rank before you can test for your STORM Certification. Assists will be marked in your Team Binder. You must ask an Asst. Instructor, Instructor/Master or someone at the front desk to make your attendance.

STORM Team Rank 0 (Trainee)

Wears STORM Team patch on right arm. 50 Assists

Trainees will spend most of their Live Training time observing other STORM Team members and Coaches. Their main focus will be learning the Floor Plans, Greeting Incoming Students, Helping students find and mark their Attendance on the iPad, and partnering up with odd number students. You will have the opportunity to advance once you have 50 Assists and have passed the Floor Plan Test.

There are no specific responsibilities assigned to Trainees.

STORM Team Rank 1 (Rookie)

Wears 1 chevron on their right shoulder - 100 Assists

These STORM Team members act specifically as Imitators for the rest of the class. They participate as if they were an actual student so that lower ranking belts have a visual of what they should be doing. You are giving them an example of how our techniques should be performed. They have the opportunity to advance in rank once they have 100 Assists and pass the 1st Quarter Certification Test.

Here are your responsibilities for your rank:

1. Before Class Procedures: Helping students make attendance. Show them where to put their things. How to warm up on their own before class.
2. Where and how to line up for class.
3. Participating in Warm Ups as needed.
4. Overseeing that the students are sitting properly during Lesson.
5. Helping 1 group during Technical Repetition.
6. Drilling - making sure students do not collide into each other.
7. Participating as needed.
8. Mat Chat: Making sure students are sitting properly during Mat Chats and participating.

STORM Team Rank 2 (Apprentice)

Wears 2 chevrons on their right shoulder - 100 Assists

These STORM Team members act specifically as Role Models throughout class. They monitor the students' behaviors and effort levels and help keep them in line. They have an opportunity to advance in rank once they have 100 Assists and pass the 2nd Quarter Certification Test

Here are your responsibilities for your rank:

1. Procedures before class: Overseeing students while they are waiting for class.
2. Line up: Overseeing any students that are late, make sure they mark their attendance, and give them a spot.
3. Warm up: Setting up the Warm Up.
4. Lesson: Overseeing that the students are sitting properly during Lesson.
5. Helping 2 groups during Technical Repetition.
6. Helping the student if they need to go to the bathroom.
7. Drilling: Overseeing 1 group during live drilling.
8. Setting and cleaning up during and after the class.
9. Announcements: Overseeing next class students while they are waiting for the next class.

STORM Team Rank 3 (Rockstar)

Wears 3 chevrons on their right shoulder - 150 Assists

These STORM Team members act as Rockstar assistants to the instructors during class. They are able to run the 1st and 2nd Quarter of class. The main goal of the Rockstar assistant is to provide the Head Instructor and Assistant Instructor with additional help in all areas of the class. STORM Team members can advance to a Rockstar Assistant by having 150 Assists and passing the 3rd Quarter & 4th Quarter Certification Test.

Here are your responsibilities for your rank:

1. Procedures before class: Reviewing with the other STORM Team Members the Curriculum for the day
2. Line up: Making sure Attendance was marked.
3. Warm up: Ability to lead warm-up if needed.
4. Lesson: Overseeing that the students are sitting properly during Lesson.
5. Helping 2-3 groups during Technical Repetition.
6. If a Student Leaves class: Overseeing the students coming back in our bowing properly and knowing how to get in and out of class properly.

7. Drilling: overseeing 2 groups during live drilling.
8. Setting and cleaning up during and after the class.
9. Announcements: Overseeing next class students while they are waiting for the next class.
10. Tipping: marking students who pass individual techniques for a tip.

STORM Team Rank 4 (Assistant Instructor)

Wears 4 chevrons on their right shoulder

These STORM Team members are paid Assistant Instructors. They have the ability to run all 4 Quarters of class seamlessly. Their #1 goal is to make the Head Instructors Job easier and help to Lead the other STORM Team Members

STORM Team Certifications

These certifications will be every 4 Months (Tri-Annually). STORM Team Members who have met all 5 requirements, earned all of their Assists, and have prepared for their test will be invited to the test.

Here's an overview of the STORM Certifications:

- **Floor Plan Certification Test -**
 - 7 Floor Plans Drawn Out & Explained
- **Quarter 1 Certification Test -**
 - Attendance System
 - Call & Response
 - Bow In
 - Warm Up
 - Stretch
- **Quarter 2 Certification Test -**
 - Method of Teaching - Written & Live Test
 - Pairing Students Up Explained
- **Quarter 3 & 4 Certification Test -**
 - (3) Different types of Drills and all of their names
 - Giving the Mat Chats, Announcements, Bow Out

Commitments of a STORM Team Member

1) You are expected to “Lead By Example”.

2) “To be early is to be on time.”

You are committed to arriving at class on time and ready to deliver an awesome performance.

3) You are committed to be able to know, perform, and eventually teach all of the lower ranking curriculum.

4) You are committed to giving it your all when you are training in your own class.

5) You are committed to excellence when you are “Live Training” and will apply your Law Training and Systems Training from your STORM Team Meetings.

6) You are committed to taking care of your body and hygiene.

7) You are committed to abide by the policies of our STORM Team handbook.

5 Important Tips To Remember

- 1 - When you enter the school, be in a positive friendly mood and do your best to say hi, high five or hand shake everyone you know.
- 2 - Ask your instructor/Master if they need anything before and after class.
- 3 - Try to remember to smile during class; it will help positively impact the environment and parents love to see happy kids. Think role model.
- 4 - The entire time you are in the building you have a responsibility to make sure things are safe, clean and friendly to the best of your ability.
- 5 - Be sure to still treat your Instructors/Masters and staff with respect.

This handbook was designed specifically for YOU! Very few, if any, schools have this type of system in place for the development of their youth/teen coaching program. Use it to help you. Also, it's called a handbook for a reason. Be sure to have it available everywhere you go. If you read, re-read, learn, discuss and follow everything this handbook has to offer, you will excel not only as a Storm Team Member but as a young adult on the path to success.

This handbook is challenging and it should be, but a diamond is made with time and pressure. We believe in your ability to succeed using everything outlined in this book. After all, you train in Martial Arts. It is to be a way of life not just to fight. But to be a life fighter!

You and your team are a crucial part in the success of this martial arts school and we thank you in advance for all your hard work and dedication to growing with our Team!

