



5 Rings Mixed Martial Arts

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Jr. Dragon Karate & Positive Child Development

Parents Handbook

A Guide to Success!

Welcome To The Exciting World 5 Rings Karate

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EVERY CHILD WE DEVELOP IS ONE MORE FUTURE LEADER

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Welcome to 5RMMA

Parents

Thank you for joining our school. We're proud to have you as a student and look forward to working with you and your Child for many years to come as we progress to black belt and beyond. Sensei Lyle Huffstutler

This handbook is designed to help orientate you with the traditions of the martial arts and rules that are specific to our school. Of course, you may always call or speak to any of our instructors and they will be happy to help you get the most out of your training with us.

Our Instructors

History details and Certifications available from the Head Instructor upon request!

Certainly, we're proud of our instructor's accomplishments. But, we're more proud of the achievements of our students. Our instructors understand that the student's individual progress is the most important focus of their attention. That's why our instructors continue to be students themselves. They take classes, attend seminars and continually work to improve their ability to help our students reach their goals.

Our Commitment to excellence:

The Martial Arts Teachers' Association

As a member of The Martial Arts Teachers' Association, our instructors continue to upgrade their teaching and leadership skills to make your Child's experience in class the best it can be.

Our Commitment to You:

Everything we do at 5RMMA is based upon ideas of respect and courtesy. Children address all adults by surname only. All Black Belts are also addressed by surname only. Responses of “yeah,” or “no” are not encouraged. “Yes sir” or “no mam’ are preferred. We sincerely hope this conduct will carry outside of the school and have a positive effect on our community.

Disrespectful conduct by students will result in lessons on Consequences while teaching your child how negative conduct places their goals further from reach!. Misuse of karate techniques in an intimidating or aggressive manner outside of the school may result in suspension or expulsion from the school. We realize nobody has a perfect child, so we are here to help turn your child in to a positive influence for others, while achieving self respect!

A Special Note To Parents:

Out of concern for the safety of all of our juniors, we kindly request that all children wait in the school after class until their transportation arrives.

We also would like to remind you that children are should arrive 10 minutes before the start of their class. That time is to be spent practicing and preparing for class.

We encourage parents to help us teach the children the importance of arriving on time to class. Late arrivals can confuse the child if he/she has missed part of class and also provides a safety hazard if the child has missed an important warm up. Finally, it is contrary to the principles of discipline and respect that we are trying teach. Arriving on time is a courtesy that we all can appreciate the importance of.

As a parent, your role in developing your child’s positive skills are of the utmost importance! Please read all paperwork and news letters to help your child stay on track.

Maximizing the benefits of our program! (The Ten Ways of The Dragon)

(See Intro section of this book for a list of The 10 Ways of The Dragon)

Our positive behavior program is primarily based on a set of ten rules that we teach our students to follow in life. These rules are to be followed at the dojo, Home, School, Church, and everywhere your child go's! When these rules are broken, your child will learn how negative attitude keeps them from reaching milestones necessary to succeed in life!

We must have your help by communicating with us on your child's ability to follow these rules anytime they are away from our School! Please don't prevent your child from learning valuable life lessons by lack of communication on their progress.

Our staff and Parents are a family team with a common goal of bringing the best out of our students. We are here to help your child succeed. We all live very busy lives so lets work together. We are never to busy to communicate, and we are always open to new ideas on progress. You may schedule a meeting with one or more of our team members at any time. If you fail to communicate with us we can not help your child succeed, or make improvements to our programs! *Thankyou; Sensei Lyle Huffstutler*

Vacations or Extended Absences

If you will be missing class for vacation or illness for a period of more than one week, please notify the program director. A student that is absent for more than 30 days must retest their skills before returning to class.

Make Up Classes

Please contact your instructors for information on special makeup classes for returning students.

Birthday Parties

5RMMA is available for birthday parties on Saturdays and Sundays. If you would like information and prices on parties, please contact us. .

Extra Lessons

All 5RMMA Advanced students are invited to supplement their training by attending both Basic and advanced Classes !

Special Events

Through out the year we will hold special events, seminars, Life skills lessons, and super fun days for all of us to enjoy. Parents are always welcome to join in on special days!

If you are interested in volunteering to help with any special events, just notify one of our staff members and we will be happy to assist you.

Leadership Team

The Leadership Team consists of hand picked students from the Black Belt Club. You cannot volunteer to join this prestigious group. Duties of the Leadership Team include helping with classes, demonstrations, competition and assisting with special events.

Martial Arts Rules of Etiquette

1. Uniforms must be kept clean and wrinkle free. Tightly folding uniforms after drying can prevent wrinkling. Patches must be pre approved before display!
2. Should you arrive late, quickly dress for class and wait for permission to enter the training floor. The decision to allow a late student to enter is entirely the instructor of the class. The instructor may prefer a late student to watch rather than risk injury due to missing important warm-ups.
3. Family members and friends are invited to watch class however, it is important that small children are contained and quiet during class. Also, only students are permitted in the training floor. Please do not enter or cross the training floor.
4. Family members are requested to support their children in class by applauding good efforts and at the end of class. However, we do not permit coaching from anyone other than the instructor.
5. Testing is mandatory at all levels. Testing is performed in full uniform only.
6. If a student attends class without their belt, they will have to perform 25 jumping jacks and will be considered a beginner with limited opportunity to participate. This is necessary to help instill Self discipline. Please Help your child learn the importance of being prepared for Class and Life!
7. Five Rings Mixed Martial Arts has been recognized by the United States Martial Arts council as one of the nation's most respected schools. As such, we look for our students to help keep the school clean and free of clutter. Our school has a lost and found and we will hold clothing for 30-days after which it will be donated to charity. 5RMMA is not responsible for lost items.
8. Students are requested to call the school if they are going to miss class. Our instructors monitor your attendance very closely and will call you if you have missed class without calling in. We expect students to attend class twice a week as often as possible with a recommended minimum of six class's month.

Our Philosophy on Belt Exams

Sometimes we are asked how student exams are scheduled. Our philosophy is that students take an exam after a specified period of time.

One comment we sometimes hear is, "I'm not ready to take the exam. Consider for a minute how the exams are scheduled in school. The math teacher doesn't give the exam when each student becomes ready. He would say, "the exam will be given a week from Friday. Ready or not, all students will take exam on the given day." This is also how our exams are scheduled.

The information that we receive by watching the exams helps us to know which students are in need of the most attention. When a student does well, or not as good, we take that information back to the instructing staff. Upcoming lessons plans are written accordingly.

Finally, as you spend more time in our family, you will come to realize that 5RMMA instructors are the some of the most down to earth people you will ever meet. They are 100% on your side and are only concerned with student progress and family friendship. As you build trust in our martial arts family, you will also realize that we work very hard to position you for victory.

What is the Stripe System?

The key to getting your Black Belt is in the stripe system. Stripe exams could best be compared to the ongoing exams you take in any semester course in school. Every 4 weeks you take an exam on the material you covered that month (1st, 2nd and 3rd stripe) and at the end of the semester you take a final that covers all material covered that semester (red stripe). After achieving the red stripe, students will participate in a final exam for the semester for the opportunity to advance in belt rank. So remember, The Black Belt formula is: Attendance = Improving Skill = Stripes = New Belts = Black Belt!

Why do we have to test?

This is a school and examinations are part of any quality school. In order to gain any real confidence in your technique, you must work it and then demonstrate it under circumstances outside of the comfort zone of the classroom. Nearly all of the confidence thresholds achieved by our upper ranks came as a result of test preparation and performance. It is a challenge that has to be met head on.

We are doing all we can to get you ready and to eliminate excuses.

Small Testing fees for the child program are solely for the purchase of new belts and Certificates.

Once Again Welcome to the Exciting World Of Five Rings Mixed Martial Arts!

**We are about to embark upon a great adventure
together, not only as a team, But also as a Family!**

5RMMA

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