

Members Information Booklet



Studio of Modern Martial Arts and Fitness Pty Ltd

ABN 91 134 140 122

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Northern Suburbs - Western Suburbs - Southern Suburbs

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What is the Studio of Modern Martial Arts?

The Studio is a martial arts and fitness centre designed with you in mind. It offers a wide range of Martial Arts styles – Kenpo Karate, Muay Thai Kickboxing, Kyusho Jitsu (Pressure Points), MMA Fight Training, Traditional Boxing (Fight Training and/or Fitness), Kali/Escrima (Weaponry). Classes are specialized for Adults, Teens and Children. Offered within our classes are some of the world's best known street defence tactics, as well as practical sparring that will help prepare you for the real world.

A dedicated team of Martial Arts Instructors and Personal Trainers are available to help you achieve your martial arts and fitness goals.

Group fitness sessions are offered at the Studio including Boxing, Circuit Workouts and Boot Camp style classes.

At the Studio, we have specialised programs to suit all ages and fitness levels, and cater to all self-defence needs:

- **Children** have a choice between the awe-inspiring art of Kenpo Karate Cubs and Tigers, or Junior Kickboxing.
- **Teens** can train in the no holds barred systems of Kenpo Karate (Dragons for ages 12 to 16), Junior Kickboxing (Kickboxing for ages up to and including 13) and Muay Thai Kickboxing (for those teens 14 years and over).
- **Adults** have a good selection of martial art and fitness styles including American Kenpo Karate, Muay Thai Kickboxing, MMA and Boxing with additional specialized sessions including Weaponry, Sparring and other martial art styles.
- **One-on-One training** is available at the Studio to develop personal strength and fitness.
- **One-on-One Martial Arts Private training** is available at the Studio to help you gain that extra edge!

Who are the people behind the Studio?

The Studio has a top notch, professional team with an incredible diversity of skills and experience. Below is a little bit of information about our Senior Instructors, Assistant Instructors and Directors.



Jo Stenzel – Director and Instructor

Jo Stenzel is the director of the Studio. She brings more than 20 years of experience in Financial Planning to the business and has a Diploma in Financial Planning. Jo recently retired from the financial services industry to focus on family, the Studio and to further her studies in Martial Arts, Sport Coaching and Exercise Science.

Jo is a 1st Degree Black Belt in American Kenpo Karate, which she was awarded by 8th Degree Black Belt Graham Lelliott in early 2010 and a 1st Degree in Kyusho Jitsu awarded in 2012 by Professor Steve Stewart 9th Degree Kyusho Jitsu and 8th Degree Kenpo Black Belt. Jo also achieved a 2nd Degree Brown Belt in Women's Tactical Defence in 2008 and was training toward her Black Belt before the Studio of Modern Martial Arts was launched in March 2009. Jo is a qualified instructor in all levels of Kenpo Karate and is also a qualified instructor in Women's Alternative Self Protection (WASP) and Kyusho Jitsu.

Jo is the founder and Senior Instructor of the Western Suburbs Satellite School situated in Springfield. The Springfield school commenced in February 2010 and there are plans to make Springfield the next location for another full time studio.

Jo has a Certificate III in Fitness and has studied Personal Training and Fitness for Children and the Over 50's. Jo recently qualified as a PunchFit Boxing and GX Boxing Trainer and has completed the Certification for Coaching – General Principles. Planning to continue

further studies in coaching and fitness and Certificate IV in Training and Assessment.

Jo continues her training for 2nd Degree in Kenpo Karate and 2nd Degree in Kyusho Jitsu. She is also studying weaponry and plans to obtain Instructor Certification in the near future. Jo is Senior First Aid and CPR qualified and is a holder of a valid Blue Card.

Stephen Broadbent – Instructor and Technical Director

Steve is a 1st Degree Black Belt in American Kenpo Karate, which he was awarded by 8th Degree Black Belt Graham Lelliott in early 2010 and a 2nd Degree in Kyusho Jitsu awarded in 2012 by Professor Steve Stewart 9th Degree Kyusho Jitsu and 8th Degree Kenpo Black Belt.

Steve offers private tuition from his Forest Lake studio and regularly offers assistance with some of the teen and adults classes at the Brendale Studio, the Springfield and Loganholme satellite schools.

Steve provides specialized technical support to the Studio and its members with his extensive knowledge of American Kenpo Karate. He is in training for 2nd Degree Black Belt in Kenpo Karate and 3rd Degree Kyusho Jitsu. Steve is Senior First Aid and CPR qualified and is a holder of a valid Blue Card.

Jordan Mayberry – Instructor (Kenpo)

Jordan is one of our Kenpo Karate Instructors. Jordan has been steadfastly pursuing his goal of American Kenpo Karate Black Belt. He is qualified as a 3rd Degree Dragon Black Belt and is approved to instruct all classes in Kenpo Karate.

Jordan currently holds a 1st Degree Brown Belt in the Adult Kenpo Karate Syllabus and is in training for 1st Degree Black Belt in Adult Kenpo Karate. He is Senior First Aid and CPR qualified and is a holder of a valid Blue Card.

Elise Teston – Instructor (Kenpo)

Elise is one of our Kenpo Karate Instructors. She is a 2nd Degree Dragons Black Belt and is approved to instruct all classes in Kenpo Karate. Elise has attained her 2nd Degree Brown Belt in the Adult Kenpo Karate syllabus and is currently working towards her Adult Black Belt.

Elise and her father, Andrew Teston recently commenced teaching and developing their from Loganholme.

Dean Bracey – Instructor (Kenpo)

Dean has attained 1st Degree Dragons Black Belt and is one of our Kenpo Karate Instructors. He is a qualified to teach the Kenpo Cubs, Tigers and Dragons classes and to assist with the Adult Kenpo classes.

Dean has attained his 3rd Degree Brown Belt in the Adult Kenpo Karate syllabus and is currently working towards his Adult Black Belt.

He is Senior First Aid and CPR qualified and is a holder of a valid Blue Card.

Ricky Thehu – Muay Thai Kickboxing Instructor

Ricky brings more than 10 years of Muay Thai Kickboxing knowledge to the Studio. He has first-hand experience in professional fighting and is a former Queensland Featherweight Champion. Ricky's fight experience includes seven (7) wins, one (1) TKO, two (2) losses, Evolution 7, Cooktown, Queensland. Ricky recently travelled to Thailand for some intensive training and professional fighting. He has one (1) international win and TKO.

Ricky will be focusing his instruction on fight technique and endurance fitness with the ultimate aim of developing students ready to compete in professional fights.

He is Senior First Aid and CPR qualified and is a holder of a valid Blue Card.

Michael Mitrovic – Muay Thai Kickboxing Instructor

Michael Mitrovic is the instructor for the Kids Kickboxing held on Monday and Wednesday afternoons from 5pm to 6pm. Michael also assists Ricky with the Adults classes.

Michael has more than 14 years of Kickboxing and Amateur fight experience. He has attended numerous training courses including the Department of Communities Sports and Recreation Service, Developing Athletes, How to Achieve Higher Performance from your Athletes, Strength and Conditioning for Athletes and Creating a Career After Sport.

Michael recently travelled to Thailand for some intensive training in Muay Thai Kickboxing.

Dean Purdon – MMA and Boxing Instructor

Dean Purdon joined the Studio in March 2012 running Saturday Bootcamp and Group Circuit sessions. He is a qualified Personal Trainer registered with Fitness Australia and a Register Boxing Australia Coach. Dean is Blue Card qualified and holds a current Senior First Aid and CPR certificate.

Dean has significant fight experience in Boxing and MMA with an impressive win ratio. Dean also held the 2010 NSW Elite Middleweight Division Boxing Title. Current record for boxing is 25 fights with 18 wins and for MMA, the record stands at 5 fights, 4 wins.

Dean has now taken on the task of running Boxing and MMA classes at the Studio as he furthers his own personal training and continues to gain experience in regular MMA fights.

What is Kenpo Karate?

Kenpo Karate is a comprehensive system of modern self defence and fitness. The foundation of Kenpo Karate is SELF DEFENCE but you'll find that Kenpo Karate offers you and your family many, many more benefits including (but not limited to):

- ❖ Self Confidence
- ❖ Self Esteem
- ❖ Self Discipline
- ❖ Improved Ability to Set and Achieve Goals
- ❖ Increased Physical Fitness and Conditioning
- ❖ Reduced stress

In addition, parents often find that our programs help children:

- ❖ Build Character
- ❖ Develop Focus
- ❖ Learn to Respect Authority
- ❖ Improve Manners and Courtesy
- ❖ Withstand Peer Pressure
- ❖ Learn a Sense of Achievement and Accomplishment
- ❖ Improve School Grades
- ❖ Channel their Energy in a Positive Fashion

The origins of Kenpo Karate stem from traditional Chinese martial arts. The basic translation of Kenpo Karate is "Law of the fist and the empty hand" with 'Ken' meaning the fist and 'Po' meaning law.

American Kenpo was developed by the late Mr Edmund Parker who took the more traditional Chinese Kenpo as taught to him by the late William K. S. Chow and modified it to suit modern day needs. It is based on geometry, physics and body mechanics, not just history and tradition. Its arsenal of self defence techniques is the most practical available in martial arts training and a student's training proceeds in distinct stages.

American Kenpo Karate stands as one of the most comprehensive, practical and realistic martial arts systems in the world. It is known for its rapid succession of strikes in sequential flow which involves taking advantage of every conceivable natural weapon during the execution of a technique and Directional Harmony whereby all our action moves in the same direction thus reinforcing the delivery of our strikes.

“Kenpo employs linear as well as circular moves, utilising intermittent power when and where needed interspersed with minor and major moves which flow with continuity. It is flexible in thought and action as to blend with encounters as they occur.”

Grandmaster Edmund K Parker

Who Studies Kenpo Karate?

People from all walks of life (pre-school children, boys and girls, men and women) study Kenpo Karate. Some participants are simply looking to exercise while learning self-defence, some seek new venues for athletic competition and others are working towards improving self-confidence. Regardless of their personal goals, every student is learning one of the most practical and effective systems of self-defence available. Kenpo is a physical art that is appropriate and beneficial for individuals of all fitness levels from the age of four on up. Our programs and training are tailored to fit the individual's physical capability, so training moves at the student's own pace, whether fast or slow.

Kenpo Karate is an ideal family activity, and we strongly support family participation by offering a wide range of training programs as well as family discounts.

The Studio Martial Arts is a much improved system of Self Defence programs based on an integrated approach that will provide continuity of learning for students from as young as 4 years of age all the way through to adulthood. The structure of our individual Kenpo Karate classes is generally:

- ❖ **Cubs Kenpo** - **4- 6 Years**
- ❖ **Tigers Kenpo** - **6 - 12 Years**
- ❖ **Dragons Kenpo** - **12 - 17 Years**
- ❖ **Adults Kenpo** - **17 and above**



Importantly, each of these programs provides essential learning that is more appropriate to the age and abilities of the students. Where previous programs were 'Stand Alone' (i.e. students had nowhere to go beyond completing a Kid's program), the Tigers, Dragons and Adult programs all compliment and build on each other so that there is a formal recognition of prior learning (RPL).

Note:

The age limit for class groups may vary at the discretion of your Instructor, particularly at our satellite schools where availability of classes is currently restricted to Tigers, Dragons and Adults.

What is the outline of the Studio's Kenpo Karate program?

There are ten (15) levels of achievement to the Kenpo 1st Degree Black Belt Karate program.

White	Yellow	Orange	Purple	Blue	Green	Brown	Brown	Brown	Black
	Yellow Advanced	Orange Advanced	Purple Advanced	Blue Advanced	Green Advanced	3	2	1	

Students commence their journey as a White Belt.

Belt rankings continue beyond 1st Degree Black Belt with 2nd, 3rd, 4th, and 5th levels. Students transition into the Dragons (Teen) program between the age of 12 and 13 and to Adults from age 17.

Students commence their journey as a White Belt. All basic moves, techniques, forms and sets will be taught during class time. Our manuals have been designed as a reference tool to assist students with their progress and training. We are also in the process of filming all requirements to assist students with their training.

Kenpo Cubs

Our Kenpo Cubs session is an activity and games based program that is designed to get our 4 to 6 year old Cubs out on the floor, be physically active and socialise with their peers. Our Cubs will have the opportunity to expend lots of energy and also learn some basic Kenpo skills through structured games that require the Cubs to participate in activities like kicking the kick pads and ducking from padded overhead clubs wielded by Sensei in a fun and very safe environment.

Kenpo Tigers

We have designed a fully comprehensive martial arts program for our Kenpo Tigers to learn. This program represents a portion of the American Kenpo Karate syllabus. It includes basic requirements, self defence techniques, forms and sets. Students will learn to focus, improve their balance and co-ordination and will be required to show respect and consideration at all times.

Kenpo Tigers gain a formal qualification as they progress through their ranks so that a Tigers Black Belt has completed up to Green Belt in the Dragons program and Purple Belt in the Adult Kenpo syllabus. At the age of 12, Tigers will transfer to the Dragons syllabus. They will retain their current Tigers belt status with a stripe added to their belt to represent their equivalent Dragons level.

Kenpo Dragons

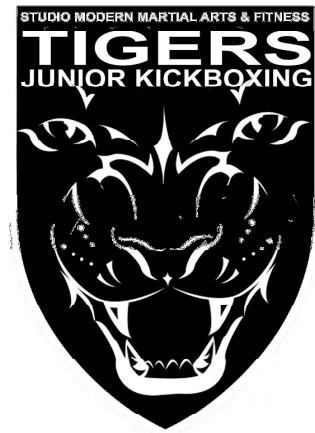
Our Kenpo Dragons are the Teenagers of the System. Our Kenpo Dragons have more material to digest than the Tigers and they will progress through their ranks more quickly than our younger Tigers.

When a Dragon is awarded a Black Belt, they have already completed the material equivalent to 3rd Degree Brown Belt in the Adult Kenpo syllabus. Your Sensei will facilitate a transfer from Dragons to Adult Kenpo through a personalised entrance grading for our new Adult students.

What Kickboxing Styles are offered at the Studio?

Junior Tigers Kickboxing

Our Junior Tigers Kickboxing program is evolving with more focus on the Muay Thai Kickboxing technique and style of training. This ensures a smoother transition between junior and adult classes and gives the student clear direction of the style they are training.



Fitness is an important factor in our kickboxing classes. Students will build their cardio-vascular fitness and develop martial arts skills with focus on instilling correct technique in punches, kicks and manoeuvres.

We teach the importance of self defence, self discipline, control and defensive tactics to prevent misuse of this style of martial art.

Muay Thai Kickboxing

Muay Thai is a combative sport from Thailand that uses stand up striking along with various clinching techniques. Muay Thai is referred to as the "Art of Eight Limbs" or the "Science of Eight Limbs" because it utilizes eight points of contact – punches, kicks elbows and knee strikes – as opposed to "two points" (fists) which are used in boxing and "four points" (hands and feet) which are used in sport-oriented martial arts.



At the Studio, we offer training programs to suit everyone from beginners, to amateurs and professional fighters. Classes incorporate an intensive cardio fitness workout, sparring instruction and self defence technique training.

What MMA and Boxing styles are offered at the Studio?

MMA

MMA (Mixed Martial Arts) has grown in popularity exponentially in recent years as a result of televised fights through UFC and other fight events.

MMA is a combination of martial art styles. Our classes will teach students the combination required to be successful in a MMA fight. Classes will focus on skills in kickboxing, boxing, wrestling, judo, ju jitsu and many other techniques required to fight in MMA. Strikes, takedowns and ground fighting will be included in your training.

Boxing

Boxing classes will focus on cardiovascular fitness, boxing technique and ring skills. A qualified Boxing Australia Coach will teach traditional boxing technique suitable for those interested in amateur level boxing, those who wish to compliment their training in other martial art and sparring styles. Beginners are welcome.

NOTE: Not everyone wants to fight - It is *not compulsory* that you participate in fights when training in Muay Thai, MMA and Boxing classes at the Studio.

Weaponry Styles

We are currently reviewing the weaponry styles at the Studio. Regular weaponry sessions will return to the Studio in the near future. Some weapons training is provided during Karate classes including Kali, staff and knife.



Escrima

Escrima (also known as and similar to Arnis/Kali) is a weaponry and empty hand art from the Philippines that combines the most practical and efficient forms of weapon combat and self defence available in the world today. You'll never choose to be attacked by a weapon, but you can be prepared for it!

Learn the art of Single Stick, Double Stick, Knife, Staff & Kubotan.

Specialised Short Courses

From time to time, we will offer short course sessions on Self Defence, Weapons, Kyusho Jitsu (pressure points). We also host seminars and workshops by International Martial Arts Masters as they travel throughout Australia on tour.

Private Tuition



Private Lessons are a great way to accelerate Martial Arts training. When a lesson is one-on-one, the Instructor is able to focus all of their attention on the student, giving them special tips and hints that are difficult to describe and teach during classes.

Whilst Private Lessons are not strictly necessary for many of the earlier belts/ranks, it becomes important as your child rises higher into the levels of his or her Martial Art.

There are no contracts, no stipulations to consistently book in your child or feel that they have to book in every week to benefit.

The Private Lesson can be beneficial in the following ways:

- Help prepare for an upcoming grading;
- Provide clarity over a technique or drill that is proving troublesome;
- Or just to re-ignite some interest!

Studio Schools

The Studio of Modern Martial Arts and Fitness Pty Ltd (initially registered as The Studio Health, Fitness and Martial Arts Pty Ltd) was established in late 2008 and opened its first full time studio on 7th March 2009 in Brendale, Queensland.

Our Springfield school opened in February 2010 and the Loganholme school opened in January 2012. Kenpo Karate is offered at these two locations with plans to introduce additional classes in future as class sizes grow.

Please visit our website www.studiomma.com.au for further information.

Studio Head Quarters (Brendale)

Address: Units 35-36 South Pine Central
302 South Pine Road
Brendale Q 4500

Phone: (07) 3205 6292

Fax: (07) 3205 6494

Email: info@studiomma.com.au

Studio Satellite School (Springfield)

Address: Camira-Springfield Community Centre
389 Old Logan Road
Camira Q 4300

Instructor: Jo Stenzel

Mobile: 0439 680 033

Email: jo@studiomma.com.au

Studio Satellite School (Loganholme)

Address: Contact Studio for details
Instructors: Andrew and Elise Teston
Phone: 07 3205 6292
Email: info@studiomma.com.au

Class Timetables

Brendale classes run all year. Classes will not be held on public holidays and the Studio will close down for a short period over the Christmas/New Year's holiday.

Springfield and Loganholme classes will run 46-48 weeks per year. We will generally continue classes throughout school holidays albeit with the exception of 4-6 weeks. Instructors provide advance notice of class changes.

Please check our website www.studiomma.com.au for the current events (seminars/celebrations, etc) and updates to timetable.

Brendale Studio

Students of the Springfield and Loganholme satellite school are welcome to attend classes at our full time studio in Brendale. You are eligible to attend one free class per month and additional classes at a cost of \$10 per session.

Please check our website at www.studiomma.com.au for class times.

Classes – General Layout

The layout of a standard children's session includes:

- **Warm-up** of 5-10 minutes including stretching and physical exercises, perhaps even a game designed to warm them up.
- **Technique/Drill/Training** of 30 minutes includes instruction of the basic requirements (kicks, stances, foot manoeuvres, blocks, strikes, etc.); self defence techniques; forms and sets.
- **Grading/Syllabus Practice** of 20-25 minutes splits class up into groups and children practice the materials and drills necessary for their next rank.
- **OPTIONAL - Games/Cool Down** of 5-10 minutes. A variety of games may be played at the end of a session. This is a way to wind down and is offered as a reward for a well behaved and disciplined class, get to know fellow students and further develop balance, co-ordination and confidence.

Membership Fees @ September 2012

* Direct Debit is incremental monthly or fortnightly.

*A 10% discount applies to each subsequent member of a family. Please ask a staff member for more information.

DESCRIPTION	Once Weekly	Kenpo Karate, Kickboxing, Boxing or MMA (NOTE 1)	2 or more Styles – Example – MMA and Kickboxing (NOTE 2) *See Special*	Zumba or Group Fitness
Adults (Age 17+) Monthly	\$ 90.00	\$ 123.25	\$ 144.30	n/a
Adults (Age 17+) Fortnightly	\$ 41.50	\$ 56.85	\$ 66.60	n/a
Teens (Age 13+) Monthly	\$ 78.00	\$ 112.80	\$ 132.00	n/a
Teens (Age 13+) F/nightly	\$ 36.00	\$ 52.05	\$ 60.90	n/a
Children Monthly	\$ 69.00	\$ 92.15	\$ 107.90	n/a
Children Fortnightly	\$ 31.85	\$ 42.50	\$ 49.80	n/a
Casual Weekly				\$ 10.00
Casual 5 Sessions				\$ 45.00
Casual 10 Sessions				\$ 90.00
Studio Membership				\$ 65.00

Note:

1 - Standard rate for single martial art style at Studio. Attendance at two or more classes per week subject to timetable.

2 – Standard rate for two styles of martial arts such as Kickboxing and MMA or Boxing and MMA or Kenpo and Boxing.

3 – New Members minimum membership term is three (3) months.

*** LIMITED SPECIAL OFFER – JOIN NOW AND TRAIN IN 2 MARTIAL ART STYLES FOR PRICE OF 1 ***

Grading Fees @ September 2012

Grading Fee's - **Varies Per Rank/Belt**

Kenpo Cubs – All Belt Levels	\$33
Kenpo Tigers & Dragons – All Yellow/Orange/Purple Belts	\$40
Kenpo Tigers & Dragons – All Blue/Green Belts	\$50
Kenpo Tigers & Dragons - Brown Belt	\$77
Kenpo Tigers & Dragons - Black Belt**	\$150
Kenpo Karate (Adults)- All Yellow/Orange/Purple Belts	\$40
Kenpo Karate (Adults)- All Blue/Green Belts	\$60
Kenpo Karate (Adults)- Brown Belt II & III	\$110
Kenpo Karate (Adults) – Brown I	\$150
Kenpo Karate (Adults)- Black Belt**	\$330
Kickboxing – 1st Rank	\$55
Kickboxing – 2nd Rank	\$55
Kickboxing – 3rd Rank/4th Rank	\$77
Kickboxing – 5th Rank	\$110

Grading Day Arrangements

Our Instructors are always watching and considering students for grading. When an Instructor believes that you are ready for your next grading, they will inform you and a letter will be sent to you stating your grading date, payment costs and instructions. Grading days can be a great challenge and a lot of fun, there is a wonderful sense of accomplishment with each grading, so be proud of yourself when it's your turn!

We have six (6) formal belt gradings each year at our full time premises - Units 35-36 South Pine Central, 302 South Pine Road, Brendale Qld 4500. Students generally qualify to grade at least two (2) times in a year.

Students of our Springfield and Loganholme Satellite Schools are generally graded at different times throughout the year. However, these students can elect to grade at Brendale.

There may also be small gradings occurring throughout the year. These dates (if any) will be decided by the directors.

Note:

Gradings for Kickboxing students will be arranged by our Instructors and dates notified as students qualify for grading.

** Black Belt Gradings under the assessment of an International Master in Kenpo Karate (such as Professor Graham Lelliott), will be subject to additional fees. The rate will be confirmed prior to grading.

STUDIO - POLICY AND ETIQUETTE

The Studio requests adherence to the following rules and conduct:

Attendance

- Students should arrive 5-10 minutes prior to commencement of class.
- If you are away on business or away on holiday for an extended period, please tell a staff member and we will see if we can help (breaks of less than 2 weeks are generally not included.)

Personal Conduct

- As a student of the Studio you must show respect to your fellow students, your Sensei/Instructor, parents and other patrons of the Studio.
- Always treat your training partners with respect, without them you cannot progress!
- Always treat your instructor with respect, no need to worship or refrain, just simply be polite.
- Treat the equipment with the same care as you would your own, this way it will last longer and be in better condition for your use.
- As a Studio Student you will be responsible for your actions at all times.
- If you are not participating in class, please be considerate of others and not make excess noise, there are comfortable seats available as well as complimentary tea and coffee. There are also other drinks for purchase.
- **No food is to be eaten in studio.** Please go outside if you wish to eat.

Student Discipline and Conduct

- Students must Bow or make a Salutation each time they step on to the training floor.
- Students must begin and end each class with a respectful salutation (the salutation and respect is not for any religious means, it is for the knowledge and understanding being passed on from their Instructors, and to signify that they are in the right mindset for training).

- Students under the age of 12 should not be allowed to loiter outside the Studio, if they are awaiting the beginning of a class or for pickup then they will sit on the stadium seats or remain seated/standing near the Dojo floor (not on the floor!).
- Students under the age of 12 should not be left here in-between classes or for extended periods, the Studio is not a child minding service.
- Unless a student has to grab a training item or a drink bottle, they will not leave and exit the floor on a whim, they will remain on the floor until their class has ended.
- If a student is late for a class, they will remain at the edge of the Dojo mats until an Instructor acknowledges them and permits them to join the class. Never enter a class without permission, it is disrespectful.

At the Studio, we strive to maintain a high level of integrity and service. As such, we endeavour to do our best to have a ratio of one (1) Instructor (or Assistant Instructor) per 10 students, please allow for the odd occasion in which we do not. If you feel that this has not been met during a class please see an Instructor or staff member.

The Personal Training Studio will not be used as a play area unless specifically permitted by a staff member. If this area is left in disarray after use then those responsible will be disciplined.

When addressing an Instructor, you must use an agreed upon title of respect. (for Kenpo Karate it is Sensei, Sir, or Mam, for Kickboxing it is Sifu, Sir, or Mam.) When asked a question or to do a task, reply with 'Yes Sir' or 'Yes Sensei', not 'Yep' or 'Sure'.

The Dojo floor is to be used for Martial Arts instruction, learning and practice only. If you are early to class and nobody else is using the floor, you may use it for training. It is not to be used for playing or running around.

Student Uniform Code of Conduct

- Students must have a full uniform by the end of their 1st month of membership at the Studio (for Kenpo Karate this is a Black Gi, for Kickboxing it is a Singlet Shirt and Kickboxing pants).

- If, after their 1st month, a student does not arrive in proper uniform and does not have a reasonable explanation (or is a repeat offender), then that student will not be permitted to return to class until they have their uniform. This is an academy of learning and thus has a uniform policy, please adhere to it.
- A martial arts uniform is worn as a sign of respect for the art and as a symbol of your dedication to personal growth and development, if it is dirty with food stains or has not been properly cared for, you may be asked to leave and clean it before being allowed to continue training.
- A Kenpo belt is not to be worn loosely or not at all, it is to be properly tied before you join class and should not have to be re-tied several times each class.
- If you do not bring your belt to class then you will not step on the class floor to train.
- Footwear - No shoes are required to participate in class. However, if students wish to wear shoes - only approved Martial Arts approved shoes will be accepted. Shoes can be ordered through the Studio.

Personal Hygiene

- Toe and finger nails must be neatly clipped so as to prevent cuts or tears, please follow this rule strictly as many injuries can be prevented.
- Long hair should be tied up and away from the face.
- **All cuts and/or abrasions must be properly covered.**
- Please bring a towel to wipe off any excess sweat if you are staying for more than one class.
- Deodorant or Antiperspirant should be worn to class, if you forgot to apply before class then please feel free to use our complimentary deodorants.

Mat/Dojo Rules

Please remember the following rules for Mat/Dojo use.

- Before stepping onto the mats/Dojo floor please show your respect and willingness to begin training by making the proper salutation (ask your Instructor if unsure).

- When you step onto the Mat/Dojo floor please switch yourself into training mode, if you do not feel like training then do not step onto the floor.
- When on the floor, please follow the directions of the Instructor/Trainer so as to prevent the risk of injury to you or other students.
- If you use any of the equipment on the floor during a class or training time, please return it neatly to where you found it.
- Please do not walk onto Mat/Dojo floor while a class is underway, if you are using the toilet or getting a drink from the fountain, please always walk at the far back of the class.
- **SPARRING** – If you are going to spar with other students in class, you must have all of the protective equipment necessary first. Please ask an Instructor for more details.
- **SPARRING** – If you are sparring with another person, DO NOT go at 100%. Sparring is designed to teach both sides how to defend and improve their skills and confidence. Pummelling your opponent does not teach them how to defend themselves properly. If you show a lack of control in sparring, you will be removed from further sparring sessions.
- **SPARRING** – Sparring is not your chance to stroke your own ego and perform a 'beat down' on your sparring partner. Sparring is a drill designed to improve your and your partners, defensive and offensive sparring capabilities.