

**Welcome to**

*Arnold's*

**PREMIER**

**MARTIAL  
ARTS**

**New Member Guide**

## Your Journey Into The Martial Arts



The world-wide popularity of the martial arts and their endurance for over twenty centuries is due to the tangible benefits martial arts students derive from them. Through proper training, one can achieve any or all of the following.

**HARMONY OF MIND AND BODY  
PHYSICAL AND MENTAL DISCIPLINE  
SELF CONTROL  
SELF CONFIDENCE  
REDUCTION OF STRESS  
SUPERIOR PHYSICAL CONDITION  
THE ABILITY TO DEFEND ONESELF UNARMED**

In today's competitive, results oriented, demanding and often hectic world, the need cannot be over-estimated for preparing oneself to cope with the daily pressures of life. However, be patient, persevere and try to achieve slowly but steadily. It takes time to break old, bad habits and to develop new skills, confidence, a sharper mind and a more fit body.

### STRENGTH

Strength does not come easily, but it can be developed and improved if you concentrate on it. As students of the martial arts, we should all concentrate on developing our physical and mental strength.

**PHYSICAL:** To increase physical strength, you must exercise regularly and strive for slow and gradual gain. Calisthenics including those done in your classes, progressive resistance training and weight training are some ways to increase your physical strength.

**MENTAL:** Mentally, you must develop the power to resist stress and fear in order to be able to sustain or resist stress and fear in order to be able to sustain or resist an attack. Moral courage, as well as your degree of concentration and intensity, are also forms of mental strength.

### STAMINA

Stamina refers to physical and mental endurance. Well developed endurance gives you the power to withstand hardship and stress. To endure is to persevere; to remain constant to a goal or purpose regardless of obstacles or problems that may occur.

**PHYSICAL:** To improve your physical stamina or endurance you must perform aerobic exercise regularly and raise your heart rate 75% of its maximum. Maintain this level for a minimum of 20 minutes, 3 to 4 times per week, and you will make progress toward improving your stamina and cardiovascular endurance. The following are some examples of excellent aerobic exercises: Martial Arts including Kickboxing, Fast walking, Running, Cycling, Swimming and Cross Country Skiing.

**MENTAL:** In the martial arts, mental stamina is a great advantage. It's the slight edge that may allow you to out-last an opponent or challenge. Well developed mental stamina will help you learn to look at obstacles and problems as challenges. It will permit you to overcome these challenges and accomplish your goals. Remember: It's not the challenges in life that come your way, as much as **HOW YOU HANDLE THE CHALLENGES. THAT DEFINES YOUR CHARACTER**



## **NUTRITION**

Put good things into your body and you'll realize good results. Fill your body with junk food and garbage, and it won't perform with the proper intensity necessary to reach Black Belt level skills and confidence.

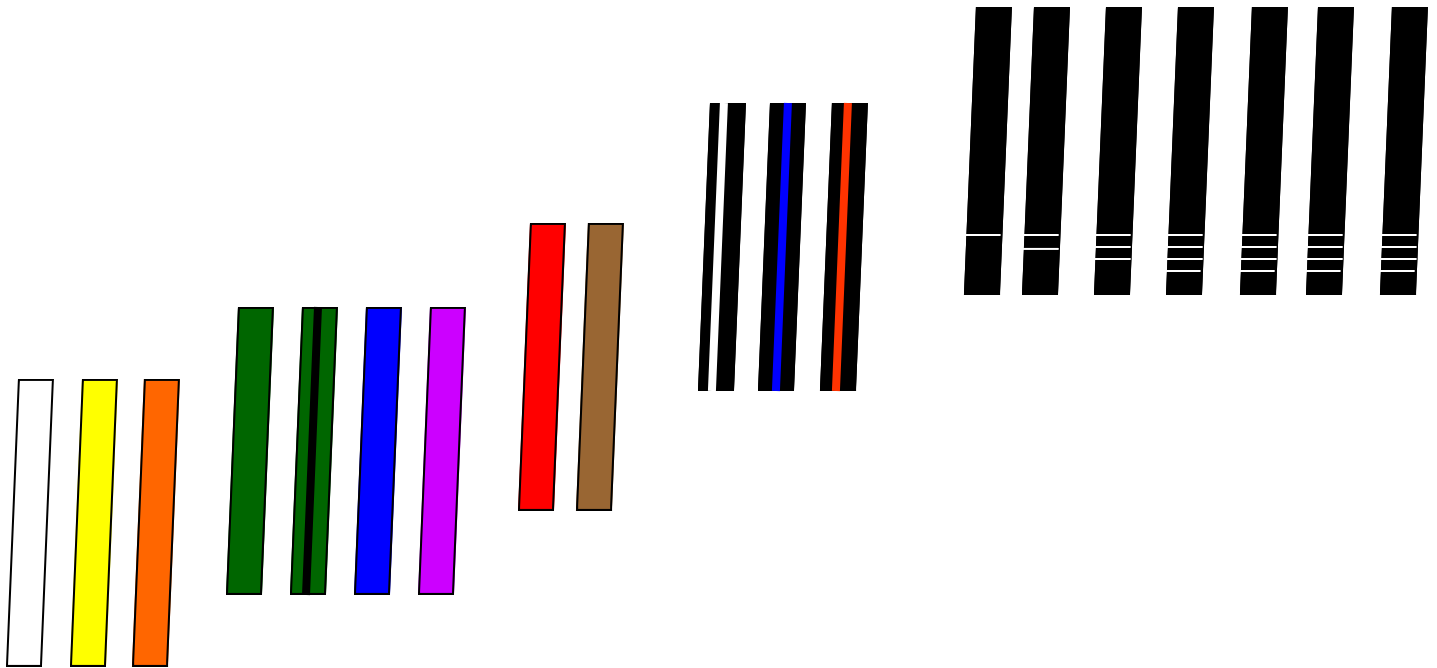
Poor eating habits result in lack of energy, depression and moodiness, as well as excess body fat. Proper eating habits provide you with more energy to perform better at martial arts, work and other activities that you enjoy. Putting the right "fuel" into your tank will help you maintain a positive and enthusiastic outlook on life.

Energy is provided in the form of calories and these come from the foods you eat. Basically, foods are made up of three groups: Carbohydrates, Proteins and Fats. High energy, "clean burning" calories come from foods in the complex carbohydrate and protein groups. Good complex carbohydrates come from fruits, vegetables, pasta, rice, and whole grains. Good sources of protein are chicken, turkey, fish, beans and nuts. Try to limit your consumption of red meats (such as beef) and other high-fat foods. Limited fat intake is desired to achieve a quality fitness level. Also try to avoid foods high in sodium and sugar. Sweets such as candy bars, cakes, and soda tend to give you a short boost of energy followed by depression and/or fatigue.

It is also important to drink plenty of water (8 to 10 glasses per day) to replenish your body with the fluids you burn off (drink extra water after heavy workouts). By regularly drinking water you will avoid dehydration and should feel an increase in your energy level.

Needless to say, smoking, consumption of alcohol, and the use of drugs are totally discouraged. They inhibit your progress.





## THE PROFESSIONAL BLACK BELT SUCCESS SYSTEM

Our system is designed to see everyone make gradual, steady progress toward optimum physical and mental development. This progress is measured through a built-in goal system and incentive program with structured belt levels. The steps to Black Belt is referred to as **THE BLACK BELT SUCCESS SYSTEM**. Arnold's Premier Martial Arts is a Professional Black Belt Academy. Each member is "certified" through 3 of the most respected martial arts associations in the world. That means each black belt student is recognized around the world.

In the beginning phases, the belts represent short term goals that are obtained by learning basic techniques, while following general guidelines. As you gain knowledge you should also gain confidence in your ability to achieve your goals. Gradually you will learn to set more difficult, long term goals. As you climb the ladder toward Black Belt, your knowledge and skill will increase as well as your capacity to concentrate and learn. These higher levels of development require pursuit of a stronger mind and a more fit body, along with an increase in regular practice and class attendance.

## **We welcome you to Premier Martial Arts.**

*Congratulations on your decision to take the challenge towards personal excellence! The purpose of this guide is to make your start with our academy easy and comfortable.*

### **YOUR ATTENDANCE IS KEY**

Attendance is the key to progress. A minimum of two classes per week are encouraged to gain the benefits Premier Martial Arts offers.



### **ATTENDANCE PROCEDURE**

You will receive an attendance card. It is your responsibility to present your attendance card to every class. You will then be given credit for that class. Please remember that advancement through the ranks is highly dependent on your attendance. It is very difficult to advance when you only train once in a while.

### **CLASS TIMES**

Please refer to your schedule for class times. We highly recommend you attend class at a rate of two times per week. We also recommend you attend class on consistent days and times each week to make your attendance with our academy part of your weekly schedule.

If for some reason you are not able to attend class we ask you call the academy and inform the office manager.



### **WEEKLY EMAIL & TEXT**

As an Arnold's Premier Martial Arts member you will be emailed a weekly "update" on Monday's. This info. can also be found on our website at [www.pmasherman.com](http://www.pmasherman.com). Weekly updates will also be texted to you upon request.

### **PARENTS DROPPING OFF THEIR CHILDREN**

Parents dropping off children should do so ten minutes prior to the class and pick them up within ten minutes of class ending. The academy becomes very busy around class times and we can not be responsible for watching unattended children.

## A KEY TO THE BLACK BELT SUCCESS SYSTEM THE BELTS



Students in Martial Arts show their progress in the art by the color of the belt they wear. Each color belt is a step toward the goal of Black Belt. Requirements for each belt differ for little warriors, kids, teens and adults. We post requirement sheets at the beginning of each new cycle or quarter both at the academy and on the website. The progression towards BLACK BELT goes as follows -- White, Yellow, Orange, Green, Senior Green, Blue, Purple, Red, Brown, Recommended 1, Recommended 2, Recommended 3, 1st Degree Black Belt, etc. Note: Students under the age of 16 will receive a Junior Black Belt.

### IMPROVING BY STRIPE TESTING

The purpose of stripe testing is to make sure each student is improving. All curriculum requirements and stripe testing dates are posted in the academy, on the website and emailed to each member every Monday. The first stripe is “red”, it is presented by the instructor. This stripe is awarded for great effort and improvement in classes. The second stripe is “white”, it is awarded because the student’s parents agree that their behavior at home has been satisfactory. The third, and final, stripe is the “blue”, it is given by the students teachers at school. Excellent behavior at school is of the utmost importance for Black Belt. We pride ourselves on our “brag board”. Each semester students bring their HONOR ROLL report cards and CITIZENSHIP AWARDS to be displayed.

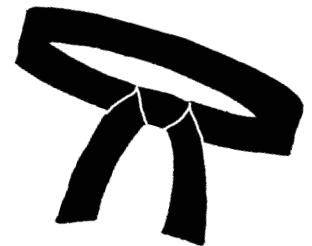
The color stripes represent a quality of a champion—

#### Physical Stripes

Red — Intensity  
White — Speed  
Blue — Power

#### Mental Stripes

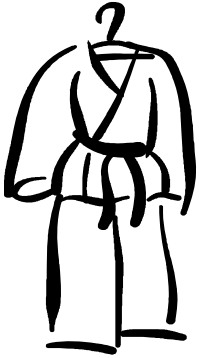
Black — Focus  
Green — Growth or Accuracy  
Gold — Excellence  
Purple — Courage



Once a student receives three stripes they are allowed to test for a new belt. Little Warriors have their own ranking system. Once a Little Warrior is recommended for kids class they will begin the standard children’s ranking system beginning at Yellow Belt.

## PAYMENTS

Students who budget their programs will make monthly payments. It is the policy of Premier Martial Arts that all tuition must be up to date before any testing or extra curricular activities can be attended.



## DRESS

Student uniform consists of a Premier Martial Arts uniform plus a belt. These uniforms come complete with all your required patches already sewn on! All students must wear a full uniform or the uniform pants, belt, and one of our PMA t-shirts (during summers) to all classes.

## VIEWING CLASSES

Parents are encouraged, but not required, to watch classes. All we ask is that you respect the class by remaining quiet and that if you are bringing younger children with you that you keep them quiet and under control. We ask that you read the SUCCESS SECRETS OF BLACK BELT LEADERSHIP PARENTS when joining. Guests are welcome to come and watch the classes also. However, only students are permitted on the classroom floor, so please inform your guests of the academy protocol.

## ELITE TRAINING, MASTERS, AND LEADERSHIP COURSES

The Elite training course is designed to give the student more. Many students fall in love with martial arts and want more. More training time, more moves, more of everything. Elite training does just that. This course allows the instructor “extra” time with these members. The class is 1 hour long and includes more of everything. Most kids and parents love our famous “knockout workout”. Everyone loves “balance” day or “power” day or even “speed” day. These workouts allows kids to HAVE FUN while getting fit and improving their martial arts skills. These members are also allowed to wear a “red or blue” uniform which they love!

Have you ever thought about earning your Black Belt? How would you like to see your Black Belt, with your name embroidered on it, hanging in the academy? How would you like to earn “special” chevron patches for your excellent behavior or physical skills? How would you like to learn weapons? Saturday mornings you will be taught weapons that were developed centuries ago. How about board and brick breaking. This class allows every student to excel by this specialized class taught by Master Instructor Rick Arnold.

Eventually you may wish to take your training to a new level and become an assistant instructor or even a “certified” instructor. Remember, not just anybody can become “certified” in martial arts. We have a very intensive Leadership Program to help you meet that goal. Saturday mornings are also the day we develop great leaders by challenging them to be their best. A detailed leadership guide, complete with reward system, is used in this class. There are no additional charges for this class... we simply want to make as many AWESOME LEADERS as we can!

## **TOURNAMENT COMPETITION**

Periodically we hold competitions at the academy. We also support state, regional, national and international competitions. These events are very organized and fun for the entire family. Every “certified” referee has gone through intensive training before being awarded the “judging” chevrons for their uniform. Premier Martial Arts is proud to announce that we have members who have made the UNITED STATES NATIONAL TKD team that competes on an international level. Any student wishing more information or having questions should feel free to contact Ms. Lynne for details.



## **EXTRA HELP / PRIVATE LESSONS**

If for any reason you fall behind and need extra help see a Team Member (staff). Achieving goals at Premier Martial Arts is one of the most vital instruments used in building our student's confidence. Communications, teamwork and action are essential for the benefits to be obtained.

## **HOLIDAY SCHEDULE**

The schedule will be modified for the holidays. Notification of all holiday schedules are posted on the monthly calendar. We are closed New Years Day, Memorial Day, 4th of July, Labor Day, Thanksgiving Day and Christmas.

## **VACATIONS or EXTENDED ABSENCES**

If you will be missing class for vacation or illness for a period of more than one week, please notify Ms. Lynne.

## **BIRTHDAY PARTIES**

The academy is available for birthday parties on Saturdays. A “Karate Party” includes a class, games and prizes. The entire party is 1 1/2 hours and also includes a Free week or classes for all the guests. We handle everything from the decorations to the cake! You provide the invitations, the goody bags, and the kids! Students love to cut their birthday cake with a REAL SAMURAI SWORD!







### LOST AND FOUND

If you have left something behind, we put it in the lost and found. Please see an instructor and they will try to help you locate it. All items are held for 2 weeks before being donated to charity. If you do not put your name on your equipment, we will not know whose it is to return it.

### FAMILY MEMBERSHIPS

The family that kicks together, sticks together! We encourage families to train and we have a bunch of them! Mom, Dad and kids have a blast by learning together and winning!! Please see Ms. Lynne for details and family discounts.



### PASS A FRIEND



New students will receive 4 guest passes, named **PASS A FRIEND** upon enrollment. These are for you to pass out to friends that you feel would benefit from our program. As a token of our appreciation you will notice a list of gifts you will receive for recommending our academy to others.

### SPECIAL MERCHANDISE ORDERS

To order supplies not in stock, please see our office manager. Special orders take about 7 days to come in. We can place orders from all the major martial arts suppliers. We encourage you to support your academy and we can save you money!

# WE ARE A BLACK BELT ACADEMY!

Excellence is an art won by training and habituation. We do not act rightly because we have virtue, but we have those virtues because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.

Aristotle

For over 26 years now Arnold's martial arts has been taught in our community. Hundreds upon hundreds of students have trained hard and earned various belts. A goal that is put in front of every martial artist is the coveted Black Belt. Many strive for it, but only a few succeed. A Black Belt is not only a symbol of power, but a mark of character. The physical skills of a great martial artist are very small compared to the mental preparation and maturity that is required for that belt. "Our goal is Black Belt Excellence" is a saying you will hear over and over. We feel confident that the word "excellence" will carry over into your everyday life. You will first see it in the way you treat others. The respect and honor shown to a true Black Belt is amazing. In modern days many martial arts schools do not really emphasize this aspect of "an honored warrior". Tournament competitions and gymnastics moves have, in a way, taken the place of "the warrior". Real techniques were practiced over and over and perfection was sought after. Unless a student understands the commitment and dedication, struggles for excellence, and sweats, the belt is meaningless. As a master instructor, I would ask each martial artist these questions: "how respectful are you to others?" "how do you treat your family?" "how many people have you helped in your journey through the martial arts?". If you wear a Black Belt there is a tremendous responsibility that goes with it. It is something that will improve you for the rest of your life. Take your time, enjoy the growth and understand that those who have gone before you have paved a way, and set a standard that is awesome!