



**FAMILY**

**INFORMATION PACKET**

• 2228 Hawkins Street • Charlotte, NC • 28203 •  
• 704/333-4155 •  
• [www.charlottesmartialartsacademy.com](http://www.charlottesmartialartsacademy.com) •

# Charlotte Martial Arts Academy

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## How to contact us:

Phone: 704-333-4155  
Fax: 866-217-6078  
Web Site: charlottemartialartsacademy.com  
Face Book: facebook.com/charlottemartialartsacademy  
Sensei Price's email: [Senseiprice@mac.com](mailto:Senseiprice@mac.com)  
Sensei Robert's email: [Senseiroberts@carolina.rr.com](mailto:Senseiroberts@carolina.rr.com)

Please fill out an email address form at the front desk to be added to our mailing list. We use email, our website and facebook to notify students of upcoming events, activities, announcements, unforeseen closings and schedule changes.

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## Purpose of the Family Information Packet

This Family Information Packet is designed to offer you a complete information source to begin martial arts training at *Charlotte Martial Arts Academy*.

Martial Arts training is a new, exciting, challenging, and sometimes intimidating experience. This packet will give you the information needed to feel comfortable and to reach your goals of White Belt and beyond.

If you have further needs or questions, contact any of the *Charlotte Martial Arts Academy* staff.

We, the staff of *Charlotte Martial Arts Academy*, look forward to helping you reach your goal of ***Black Belt!***

Good luck, and welcome to the *Charlotte Martial Arts Academy* **Family!!!**

# Charlotte Martial Arts Academy

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## Background and Purpose of Charlotte Martial Arts Academy

At *Charlotte Martial Arts Academy*, our instructors are professional martial arts instructors who are experienced, mature and dedicated to instructional excellence at all levels. Our instructors are personally selected not only for their skills and achievements in martial arts, but also for their ability to effectively relay that knowledge and understanding to students of all levels and backgrounds. Therefore, our instructors continuously undergo advanced training in Martial Arts and instruction skills and are required to keep abreast of the latest teaching methods and theories.

*Charlotte Martial Arts Academy* offers parents an outside influence in the development of their children. *Charlotte Martial Arts Academy* is an extra-curricular activity for adult students that will assist in developing and reinforcing healthy habits. Our program stresses positive self-esteem, self-control, self-discipline, self-motivation, self-projection, self-expectancy, self-direction and a healthy self-image. These traits, when taught and reinforced through *Charlotte Martial Arts Academy* training methods, will produce a total development that students would not be able to receive from any other source.

*Charlotte Martial Arts Academy's* curriculum involves heavy influences from many different martial arts styles to give our students practical training to handle a variety of situations. In Martial Arts training all muscles of the body (and mind) will be used, thus giving all of our students an overall level of physical and mental fitness that will meet your needs. As an exercise, Martial Arts training is equally suitable for the young and old, male and female and will benefit everyone.

*Charlotte Martial Arts Academy* offers self-defense skills through martial arts training, as well as specific self-defense courses for businesses and individuals. Martial Arts training enables everyone to possess an effective method of self-defense together with the confidence to handle any situation.

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## Our Staff

### **Sensei Michael R. Price**

Sensei is the owner and head instructor of CMAA. Sensei has been a student of the Martial Arts since 1986. He has enjoyed a variety of instructors and trained at many different schools. He currently is a Master Instructor under Sifu Richard Bustillo, one of Bruce Lee's original students and is proud to pass on the heritage, skills and concepts of Bruce Lee's art of Jun Fan Jeet Kune Do. Some of the arts you will learn at CMAA are: Shotokan Karate, Tae Kwon Do, Brazilian Jiu-Jitsu, Boxing, Kickboxing, Arnis and more. His passion has been since 16 years of age the art of teaching students to persevere and strive to realize the many benefits of Martial Arts training and the incredible accomplishment of earning ones Black Belt. You may email him directly at [senseiprice@mac.com](mailto:senseiprice@mac.com)

### **Sensei Mary F. Roberts**

Sensei Roberts is an owner and instructor of CMAA. Sensei Roberts has been training in the Martial Arts since 1994. She is a second degree Black Belt under Sensei Price. She specializes in fitness, nutritional self-defense and empowering young women to reach for their goals. If you have a billing or tuition question, she is the person to talk with. You may email her directly at [senseiroberts@carolina.rr.com](mailto:senseiroberts@carolina.rr.com)

## **STUDENT CREED**

I am a student of *Charlotte Martial Arts Academy*. I strive to improve myself and my world. I train for discipline, honor, peace and respect. I  
am a martial artist

The *Charlotte Martial Arts Academy* Student Creed should be memorized as soon as possible as it is recited at the beginning of every Martial Arts Class.

We, as instructors live by our creed, and expect all students to do the same. The creed is developed for use at *Charlotte Martial Arts Academy*, as well as in our daily lives. We will strive to help develop the positive qualities displayed in our creed during every class.

*Good luck in your Martial Arts endeavor.*

# Charlotte Martial Arts Academy

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## WELCOME TO OUR SCHOOL!

As a new student there are many procedures, rules, and practices that you will need to learn and internalize. It is important that you be very clear on our expectations and procedures for you to be a disciplined and successful martial arts student.

**1. PROTECTIVE GEAR:** Protective Gear (pads) is required by our curriculum and our insurance company. You are required to purchase all protective pads from *Charlotte Martial Arts Academy* to ensure proper fit, durability and safety. Protective Gear (pads) greatly reduces the likelihood of injury and must be kept in good condition. Prior to attending your first class, all male students must purchase a groin cup. See that attached sheet “Required Equipment” for a list of all gear required.

**2. EXAMS:** All students must test for each new belt. These exams are conducted outside of the class typically the last Saturday of every month. *Charlotte Martial Arts Academy* does not hold make up exams. If for some reasons you are unable to attend your test please let Sensei Price know; you will be placed in the next available exam, as long as you remain eligible. Exams are conducted by Sensei Price and senior staff members. Testing requirements are slightly different for each belt level. Please note there is a testing fee for each test. This fee needs to be paid the week prior to testing.

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**3. BLACK BELT CLUB:** An important goal during your journey to Black Belt is obtaining membership in *Charlotte Martial Arts Academy's* Black Belt Club. Qualifying for Black Belt Club is being accepted to a higher level of Martial Arts instruction. It is recognition that you have been selected by Sensei Price, the staff and the STORM team as a student that is capable of achieving the goal of 1st Degree Black Belt from *Charlotte Martial Arts Academy*. The Black Belt club allows for unlimited training as well as specialized classes and the ability to join our Leadership Teams. Focus in on your goals and develop your attitude early!

**5. SOCIAL ACTIVITIES AND OTHER EVENTS:** We run many extra-curricular events. These range from Lock-Ins, Summer Training Camps, Parent's Days Out and instructional Boot Camps. Please check our monthly email newsletter, online calendars and our school facebook page for the most current announcements.

# Charlotte Martial Arts Academy

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## Information Sheet for Parents

At *Charlotte Martial Arts Academy* we have created a fabulous Martial Arts program for children and adults. *Charlotte Martial Arts Academy's* program works hand-in-hand with your child's school work to improve self-discipline, self-confidence, mental alertness, and goal-setting abilities. Young people are taught that through dedicated and intense work, all worthwhile goals in life are attainable. Parents have attributed our program with improved grades. We believe this is a direct result of the increased achievement, motivation, self-direction, and self-confidence provided by our program.

**PROGRAM STRUCTURE:** At *Charlotte Martial Arts Academy* your child will set short-term achievement goals every belt and will graduate to a new skill level, when ready, in order to improve self-confidence as well as ability. In the beginning your child will not be required to participate in any formal exams. This time allows children to become more comfortable in the program, as well as in their skills, before being required to formally test.

**BLACK BELT AS A GOAL:** It is important for each child to learn to set short-term, intermediate, and long-term goals. At *Charlotte Martial Arts Academy* every child's long-term goal is Black Belt. Black Belt is the symbol of excellence in martial arts and an important tool for instructors and parents to use in the development of desire, tenacity, and for teaching the importance of follow-through in all activities.

**EXAM EMPHASIS ON SCHOOL WORK:** All young people in the program are required to bring copies of their grades from school and complete parent/teacher intent to promote forms prior to testing. *Charlotte Martial Arts Academy's* Instructors work hand-in-hand with school teachers and parents to insure a well-balanced and focused development process for each child.

**PROPER USE OF SKILLS:** It is constantly stressed to all students that Martial Arts skills require them never to be abusive or offensive and are only for self-defense only.

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# Charlotte Martial Arts Academy

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## Children's Rules and Tips

### "Always " List

- Always tell your parents about secrets other adults tell you to keep.
  - Always play or walk with a friend if you can.
  - Always tell your parents when someone is bothering you.
- Always tell your parents about strangers and strange cars in your neighborhood.
- Always kick, bite and yell and scream, "This is not my parent" if a stranger grabs you.
  - Always run to a busy place if a stranger follows you. Then get help.

### "Never List"

- Never let a stranger in your home.
- Never tell anyone you are home alone.
- Never tell a stranger on the phone that you are home alone.
  - Never give a caller your name or address.
  - Never let a stranger give you candy.
  - Never wear your name on your shirt.
    - Never get in a stranger's car.
    - Never hitchhike.
- Never go with a stranger unless they give you the secret password. (The secret password is any word you pick, but only you and your parents know it.)

### "Don't" List

- Don't leave your yard until you tell your parents where you are going.
- Don't go into anyone's yard, garage, or home without your parent's permission.
- Don't leave the store if you get lost. Tell the person at the cash register. They will help you.
- Don't forget! A stranger is anyone you don't know. People who sell ice cream, deliver your mail, or work around your home are still strangers -- even if you see them everyday.
  - Don't be afraid. Be careful!

# Charlotte Martial Arts Academy

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## REFERRAL PROGRAM

Our research and experience has conclusively shown us that students who are actively involved with friends and peers achieve greater and more rapid success as a result of having friends, family, and peers with whom to relate, learn, and practice. This is true not only of martial arts study, but of any endeavor in life that requires learning and growth.

The only way the school can continue to have a positive impact on the communities we serve is to have a significant student population that will influence in a positive manner the neighborhoods we live in. This can be best achieved by a large body of students who are experiencing high levels of success physically and mentally.

**All Students who refer a student to *Charlotte Martial Arts Academy* should notify the staff of this referral ASAP to confirm referral bonus.**

**All Students who refer a friend to *Charlotte Martial Arts Academy* will receive “Dojo Dollars” which are redeemable for anything at the Karate School (from equipment to tuition).**

Please see an instructor after any class to identify the friend or family member who you will bring. We will then schedule an introductory class within the next few days.

# Charlotte Martial Arts Academy

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## TESTING FOR RANK

When you first walk into our school, you will notice that various students wear different colored belts and may wonder why. Out of respect to our traditional martial arts heritage, we use colored belts to denote accomplishment and mastery of skill. As you move forward in your training, you like thousands of students who have gone before you, will be allowed to wear a colored belt that symbolizes the level of your achievement.

The testing procedure: Each test has a specific number of techniques to learn and skills to achieve. Sensei Price, upon watching your progress, will give you stripes on your belt for having learned your curriculum. As you progress through the belts and your knowledge/skill increases, your belt tests will become further apart and will take longer to complete. All tests are held in complete safety under the personal direction of Sensei Price and the senior instructional staff.

A Testing Stripe is required for any student to be allowed to test. Sensei Price reserves final judgment on which students receive a testing stripe. Also an Intent to Promote must be signed by all teachers and parents of the student. This form should be either picked up at the front desk or downloaded off of our website. Lastly, a nominal testing fee will be charged to all students when they test. This testing fee not only covers the board that will be broken, it also includes the price of the new belt and administrative costs.

# Charlotte Martial Arts Academy

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## MINIMUM CURRICULUM TESTING REQUIREMENTS

As of January 1, 2011

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| <b>AVG. MONTHS FROM START</b> | <b>BELT LEVEL</b> | <b>MINIMUM TO TEST</b> | <b>MINIMUM # OF CLASSES</b> |
|-------------------------------|-------------------|------------------------|-----------------------------|
| 1                             | White             | 1 month                | 8 – 10 classes              |
| 3                             | High White        | 2 months               | 16 – 20 classes             |
| 5                             | Yellow            |                        |                             |
| 7                             | High Yellow       |                        |                             |
| 9                             | Green             | 3 months               | 24 – 30 classes             |
| 12                            | High Green        |                        |                             |
| 15                            | Blue              | 4 months               | 30 - 40 classes             |
| 18                            | High Blue         |                        |                             |
| 21                            | Red               |                        |                             |
| 25                            | High Red          |                        |                             |
| 29                            | Brown             | Sensei's Discretion    |                             |
| 35                            | Second Brown      |                        |                             |
| 41                            | High Brown        |                        |                             |
| 47                            | Black Belt        |                        |                             |

# Charlotte Martial Arts Academy

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## FAQ

◆ **How long will it take me to become reasonably proficient and how long will it take to attain Black Belt?**

The time it takes to become proficient varies upon the consistency of training and your own abilities. In most Martial Arts systems, you should feel you could defend yourself fairly well after six months to a year. To reach black belt, the same variables are in play, but somewhere between three to five years is about right.

◆ **How many classes per week should I attend?**

Most instructors recommend two classes per week, plus practice time in between classes; we recommend at home time 2 days per week for at least 15 minutes. You should match your involvement with your fitness level.

◆ **Will there be other beginners in my class?**

You will start classes in a beginner belt class with other beginner level students. Throughout your Martial Arts training you will only be in classes with students of similar rank and ability.

◆ **Will martial arts training make my child too aggressive?**

At *Charlotte Martial Arts Academy*, children learn that the martial arts is not to be used as an art of violence. Martial Arts rather teaches the art of how to handle oneself in challenging situations. Aggression will be channeled into assertiveness to increase a child's self-esteem and build discipline and character.

*Martial Arts is to be used for Self-Defense only.*

◆ **Is sparring necessary to learn Martial Arts?**

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Most Martial Arts require at least some sparring. Since martial arts involves dealing with an opponent, it is necessary to practice in conditions similar to an actual confrontation. In this way you learn about reactions, timing and speed. At *Charlotte Martial Arts Academy* students usually begin training to spar at High Blue Belt. Students will not be allowed to spar before they are ready, under proper supervision and given instructor permission.

## ◆ **What are the chances of getting injured?**

The chances of getting injured are very small since the training will be constantly supervised with safety as the highest priority. Proper training, the use of the proper safety gear, in good condition and following all Instructor direction greatly reduces the risk of injury. We are proud to say that we have an excellent track record of safety during supervised classes.

## ◆ **What do the different color Uniforms mean?**

The All Blue uniform denotes the STORM (Special Team of Role Models) Members. These gentlemen and ladies are the assistant instructors in class. The all Red uniform denotes an I.A. (Instructor's Assistant). I.A.'s are members of the Junior STORM team. The Red and Black uniform denotes the SWAT (Special Winning Attitude Team) Team.

## ◆ **What do I do if I have a question or concern about something that is happening at the school?**

We ask that you take all concerns to either Sensei Price or Sensei Roberts. One of us is always available to you either in person, by phone or by email. General questions about belt ranks, required equipment, billing and testing can be answered by the staff at the front desk.

# Charlotte Martial Arts Academy

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## ◆ What are the differences between the three Leadership Teams?

STORM Team: The Special Team of Role Models consists of Students who are at least Blue Belt Level and have shown a dedication to the Martial Arts and to teaching. These students are held to a much higher standard. They are allowed to teach portions of class by themselves. All of the students are well-trained and have been in the Martial Arts for many years. They are serious and knowledgeable. They all have Korean Names to denote their rank within the STORM team, and their overall level of responsibility in the school and on the STORM team.

The names are (in order of increasing rank):

- Sho-Kohai which means ‘junior student in training’
  - Kohai which means ‘junior student’
- Sho-Sempai which means ‘senior student in training’
  - Sempai which means ‘senior student’
- Sho-Sensei which means ‘instructor in training’

Junior STORM team: They are young men and women that have been members of the Charlotte Martial Arts Academy family for a long time and are very knowledgeable of the curriculum and are currently entry level members of the STORM team.

SWAT Team: The Special Winning Attitude Team consists of Students who are members of the Black Belt Club—a club for students who are dedicated to the Martial Arts and chosen for membership. These students are role models in class. They are partners, pad holders, and do the majority class of the class with the other students. In order to “SWAT” as class students have to be at least one level above the class they wish to “SWAT”.

## ◆ What does “Sensei” mean?

Sensei literally means “one who has gone before”. For our purposes, it means “Teacher” or “Instructor”.

# Charlotte Martial Arts Academy

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## ETIQUETTE

1. Students should bow when entering or leaving the mats.
2. Students should wear the appropriate uniform to all classes.
3. All uniforms must be clean and in good condition.
4. All students must keep their bodies clean, odor-free and nails trimmed.
5. Students should not wear jewelry or sharp objects when in class.
6. Students must not chew gum, eat candy or any other junk food while wearing their belt.
7. Students must always be courteous and helpful to each other.
8. Students should never use their skills, except in self-defense.
9. Students should bow the first time they make eye-contact with all Sensei's.

# Charlotte Martial Arts Academy

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## REQUIRED EQUIPMENT

|                            |  |
|----------------------------|--|
| White Belt                 | Uniform and Patch                                |
| High White Belt            | Hand Pads and Mouthpiece, Groin Cup (males only) |
| Yellow Belt                | Foot Pads and Shin Pads                          |
| High Yellow Belt           | None   |
| Green Belt                 | Nunchaku   |
| High Green Belt            | Head Gear w/face cage                            |
| Blue Belt                  | Chest Guard                                      |
| High Blue Belt             | Jump Rope and Boxing Gloves                      |
| Red Belt                   | None   |
| High Red Belt              | None   |
| Brown Belt                 | Sparring Shoes, additional equipment as required |
| 2 <sup>nd</sup> Brown Belt | Additional equipment as required                 |
| High Brown Belt            | Additional equipment as required                 |
| Black Belt                 | Additional equipment as required                 |

# Charlotte Martial Arts Academy

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## Available Extra-Curricular Activities

**SUMMER CAMPS:** We are pleased to offer an entire summer of fun-filled weeks of martial arts.

Training camps are designed to give your child an edge when they return to school next year & they are a great way to keep kids in shape during the summer. Our summer training camp curriculum includes martial arts, anti-bullying classes, foam weaponry classes, field trips, gymnastics and movies on Fridays!

**SELF-DEFENSE CLASSES:** Upon request Sensei Mary Roberts and/or Sensei Michael Price can host a private self-defense class. These classes are for any amount of students. All students must be at least fifteen (15) years of age and have a waiver completed and on file with *Charlotte Martial Arts Academy*.

**PRIVATE LESSONS:** If at any time you feel like you are unable to make regularly scheduled classes or would like more private and individualized instruction that fits your schedule more adequately, private lessons are a fantastic idea. If you would be interested in private lessons please contact Sensei Price.

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**BIRTHDAY PARTIES:** From the moment the party is scheduled, the “Celebration Experts” at *Charlotte Martial Arts Academy* take over. We order the cake, buy the food, decorate, entertain, and serve refreshments and cleanup!! Your only responsibility is to sit back, relax and have a great time.

We pamper not only the guest of honor, but the parents too! With the use of Karate, games and a “Birthday Black Belt,” we make the guest of honor feel special!!

**BUDDY WEEK:** This is your opportunity to show off *Charlotte Martial Arts Academy* and yourself to your friends. During this week your friends and family will be invited to take a free class with you. During these classes the basics will be introduced and fun will be had! Check the monthly newsletter to see when the next Buddy Week is!

# Charlotte Martial Arts Academy

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## Leave of Absence

All Leave of Absence requests **must** be filed in writing on a *Charlotte Martial Arts Academy* Leave of Absence Form. The request must be made at least 3 days **prior** to the start of the Leave of Absence. Under no circumstance will tuition payments be cancelled or refunded if the appropriate paper work is not submitted. While on a Leave of Absence students may not attend regular classes. Students may take up to 60 continuous days off with no penalty. Students will not be responsible for tuition payments during time off. *Charlotte Martial Arts Academy* will **automatically** restart monthly draft at the end of the Leave of Absence.

## Cancellation of Membership

All requests for Cancellation of Membership **must** be done in writing. Please understand that it takes five (5) business days to cancel all bank drafts. Upon cancellation the student forfeits their entire registration fee. Upon cancellation if the student wishes to re-enroll they may either pay 100% of the current registration fee or back dues whichever is less when they rejoin. Upon registration all students will be placed on the appropriate wait-list as if they were a new student (if applicable).

# Charlotte Martial Arts Academy

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## Parent Guidelines

We encourage parents to stay and observe the program at any time. We ask that students not arrive more than 10 minutes before their scheduled class and not stay more than 10 minutes after their scheduled class.

We ask that parents walk their child into the school and come in to pick them up. The parking lot and front lobby can become very chaotic during class transition times and it is much safer for a parent to walk with a child in the parking lot. We do not allow any child to wait outside for a ride. They must stay in the school and away from the front door so they don't impede traffic.

Please make sure that the front desk has current contact information for your child. If you choose to not stay while your child is in class we use this information to contact you if an emergency should arise.

## Staff Guidelines

We schedule at least two adults to be present for all activities involving children. When two adults are not available, a designated person will periodically check the rooms and be aware of the children's whereabouts if they leave the mat area.

Many times in addition to the paid staff members, there will be a variety of youth SWAT and STORM team members on the floor. These students are trained to assist the staff.

We at *Charlotte Martial Arts Academy* are committed to providing all past, current and future students, and their families, the safest possible environment in which to learn, practice and reap the many benefits of the martial arts.