



## TEACHING METHODS

KENPO IS TAUGHT IN THREE PHASES:

1. Basic Movements - Kicks, blocks, punches, strikes, etc.
2. Self-Defence Techniques - Step by step solutions to specific defence attacks.
3. Forms - The practice of basics and self-defence techniques in a continuous dance.

(at times it may seem that your child is not learning new material, but at different levels we review to develop perfection of these movements)

## TIMES BETWEEN BELTS

Two or four months to advance from one belt to the next is average, but you must go at the pace that fits you. The levels earned steps after White belt are, Yellow, Advanced Yellow, Orange, Advanced Orange, Purple, Advanced Purple, Blue, Advanced Blue, Green, Advanced Green, 3rd Degree Brown, 2nd Degree Brown, 1st Degree Brown, Black.

One stripe indicates one third of program accomplished, second stripe indicates two thirds accomplished. Three stripes on the belt is an indication that the student will be testing to the next belt soon.

## BELT GRADING PROCEDURES

Grading for the belts is the best time at the studio, your accomplishments of hard work and discipline are finally realized. All students are pretested to make sure they are ready for the graduation which is done every month. During the week of pretest and stripe week we have our instructors review every student's progress. At this time you will get a stripe or they are put up for the next pretest. You will receive a letter telling you the time and date of the grading and the fee.

(the belt graduation is open to family and friends, they will enjoy every second of it. They may video tape and take pictures at this event)

## FREQUENTLY ASKED QUESTIONS

### 1. What do I call the teachers?

Part of our philosophy at MMA is to encourage the concept or "respect for others". To encourage this concept, Adult Black Belts are referred to as "Sensei" or "Sir" regardless of whether they are male or female. For an adult to acknowledge an instructor by these titles is only to show respect for their experience and the amount or time they have devoted to the Art. Adult students who acknowledge these titles also serve as a good example to the children in terms of teaching the concept or "respect". Children will follow your example and will hopefully transfer this respect to their own parents, school teachers and to other adults in general.

### 2. How do I enter a class if I am late?

You are always welcome in class even if you are late. If you are late, you are encouraged to bow in ~ meaning you may wait in a meditative horse stance at any corner of the Do Jo (preferably the corner closest to the Black Belt). Please wait there until you are acknowledged by the Black Belt on the floor. To acknowledge you, the Black Belt will "bow" to you and will invite you in. This again, encourages common courtesy. It also helps the staff tremendously in terms of "keeping attendance". Attendance is very important to us and we like to acknowledge that you are with us.



### **3. What happens at a Grading?**

(Grading fees based on age and belt rank) Gradings are a very important part of our program. A grading is designed to be a very Positive experience. The purpose is to build a student's self esteem and confidence. It teaches the student how to perform in front of other people and how to do so with confidence. Once again we are hoping that students will take this confidence and transfer it to other areas of their lives. (i.e. in school or in careers.) A grading is scheduled for a specific day & time. Friends and family are invited right into the do JO where chairs will be set up. People often bring cameras or video-tape the event. The Black Belt will usually sit at the mirrors. The students are asked to sit in one large group. The Black Belt will then call the students up in groups according to rank and will ask them to perform a certain task. Keeping in mind the original purpose for gradings, the level of performance expected is always age-appropriate. At the end of the grading, the Instructor will formally present a certificate and new belt to the student. The Right of Passage will then occur. A parent or family member is asked to stand behind the student to catch him. The Black Belt will then "kick" the student. This kick symbolizes the passing of knowledge from the Black Belt to the Student. It also symbolizes the sense of trust between student and instructor. This time-honoured tradition is presented in a fun & light-hearted way. Gradings are usually 1 to 1.5 hours in length. When a student is ready to grade, a grading form will be sent home with the student indicating the date and time. In terms of time frame, also use the "stripe system" as a general guide as to when gradings may take place. Generally speaking, a student must have 3 stripes before they are eligible to grade. Also, please remember that when a grading date is given, the student MUST attend at least 2 classes during the week immediately prior to the grading. This ensures proper review for the student. It also builds confidence before the grading takes place. If you are unable to attend at least 2 classes during that week, please advise us promptly as this may affect the grading date.

### **4. What is a Progress Check?**

Progress Checks were designed to encourage clear communication with parents. A Progress Check is an opportunity for students and parents to meet directly with Sensei Steve to review your child's progress. It also provides an opportunity for you to voice any questions or concerns that you may have. "Student Profiles" will also be reviewed at this time which include areas such as "school conduct", "home conduct", "self-esteem" and confidence levels, "goals presently being worked on", etc. If a parent needs to speak to Sensei Steve BEFORE the child comes in, please indicate this beforehand. Such meetings can be arranged at the parent's request. "Progress Checks" are scheduled on a regular basis. They are usually done when a student "moves up" an entire level. Example: from Beginner to Intermediate. You will receive a phone call to schedule a specific time with Sensei Steve. Progress Checks usually take 5 to 10 minutes and are scheduled during your child's regular class time so that it is more convenient for you. Progress Checks are unique to Modern Martial Arts and have been extremely successful.

### **5. What happens if I do have a question or concern?**

It is very normal for questions to arise as you become more familiar with our program. At Modern Martial Arts we have always encouraged strong and clear communication. You are ALWAYS WELCOME to call us any time. You may direct your call to me, I will most likely be able to help you out. If you do need to speak to Steve or Melanie directly, please feel free to request that. We realize that the world of Martial Arts is BRAND NEW to many of you, so remember, No Question is Too Silly Too Ask!!.

We hope you enjoy our program! If you do have any additional questions or concerns, please do not hesitate to contact us at 438-5425 or e-mail: [drsteve@ssmma.com](mailto:drsteve@ssmma.com)