

Whitby Martial Arts Academy

Mission Statement

The aim of this martial arts school is to develop happy well- motivated students according to their varying abilities, in a caring and stimulating learning environment, in partnership with the student. As well-trained Instructors and Coaches supported by the best available resources, we aim to promote intellectual, moral, social, physical and spiritual development. Students will thereby be prepared to derive maximum benefit from the skills they will be taught, and ultimately be able to give back to their families and the Community. They will achieve a high level of tolerance, control and restraint. This martial arts clubs aim is to achieve all of this in a safe, structured and organised environment, conducive of its students learning needs!

Assessment

Assessment of the student's progress and planning for their future learning is a continuous process from the day that they start martial arts and it is hoped that they will continue to make the progress of which they are capable. It is important that students are given activities which are challenging for them and the school. Instructors will make regular assessments as to the student's progress so that they can be suitably challenged and supported as appropriate. It is important that the student makes their best progress; this may be at a faster or slower pace compared to other students in the class. Whatever the rate of the student's progress it will be equally valued. It is important that the student comes to the school in a happy positive frame of mind so they will enjoy their lessons at Whitby Martial Arts Academy. We would rather have a student who is happy to attend and enjoy the lesson with other like-minded students, than one who is forced to attend and may disrupt others.

Discipline

Students who have good skills achieve a great deal more in life. Therefore our martial arts club promotes the idea that students should be encouraged to learn to make their own decisions and, whatever their age, learn how to relate to each other in a mature manner. The rules of the hall reflect this; please ensure that these are read. Also there are a few other basic rules to be applied:

- We call others by their preferred name
- We treat others as we would expect to be treated ourselves
- We will not BULLY others

It is important that the students work together to ensure that students coming to the club have a positive attitude to learn, socialize and make friends. Our discipline procedure is to warn them of their behavior twice before they are excluded from that particular exercise. They will be invited to rejoin once the Instructor sees fit. This will result in having a bad mark put in the register. If 3 bad marks are obtained a discussion with the instructors will be arranged to decide whether martial arts are the right choice for them (if under 16 a meeting with a parent will be arranged). 5 bad marks will result in a ban from the club. To help encourage students, instructors will note down good marks in the register when a student does well in a lesson, unlike bad marks the more a student has the better. These will also help monitor the progress of a student.

Bullying

Bullying is unpleasant and unfortunately present in all communities and it is this school's policy not to tolerate bullying whether it is physical or verbal. It is also important that you recognize this behavior and that you take steps to stop it. It is this school's aim to protect students from instances of bullying wherever possible and to promote ways to change the bully's behavior.

The bully's strength is in silence and we encourage you to speak up if you are unhappy for any reason while at the school.

For more information go to our website at <http://www.wm-aa.co.uk>

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Aims

- To encourage "Good Will" and sportsmanship.
- To reinforce any work that might have been done at another club / school.
- To enable the student to share in the life of our club.
- To encourage a sense of responsibility and help develop control as well as a sense of pride in their martial art.
- To encourage them to help others and share training tips etc.
- To be able to defend themselves, family and friends, should the need ever arise.
- To help them keep fit and enjoy martial arts.
- We strive to promote a family atmosphere and we teach our students that martial arts are not how to learn to fight, but how to learn to avoid having to fight.

Personal Hygiene & Safety

Training uniform must be kept neat and washed regularly.

Hands and feet **must** be clean and nails must be cut to a reasonable length. Hair should be tied back using a plain bobble.

All jewelry and piercings must be removed or covered with tape before training (This is for your safety as well as others).

The club is not responsible for items of jewelry, clothing or valuables. Therefore please store valuables in your bag, or do not bring any valuables to class.

Any injury incurred during training **MUST** be reported to the Instructor at the time.

Fire – In the event of the fire alarm sounding (a verbal warning of fire, fire being shouted repeatedly) students must leave the building in an orderly fashion and assemble at the top of the car park in front of the building. They must not wander off, but must report to the Instructor who will register their presence. This is to assist the Fire Service once they attend. Should any student find a fire they must immediately sound the alarm by shouting fire, fire warning the rest off the class, and then leave the building and wait at the assembly point.

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General

Before each lesson every student must help to put out the training mat.

At the end of each lesson the mats must be stowed away before leaving the Dojo and getting changed.

Students should try to arrive at least 10 minutes before lesson time to enable lesson fees to be paid, registration to be done, and any other administration.

When standing in lines at the beginning and end of a lesson the student is expected to be quiet, still and listening.

No swearing or unruly behavior.

No eating during training.

During training drinking is at the Instructor's discretion. (Health and safety, the instructor will never stop someone from drinking but needs to be aware of what their students are doing)

If the student has to leave the Dojo for any reason they must inform the Instructor.

Respect for your fellow students and Instructors must be upheld at all times.

Training Days & Fees

Training takes place every Monday and Wednesday.

- Juniors 5yrs – 15yrs, Monday 1930 – 2030hrs. (Adults with children training are welcome to train alongside them)
- Adults 16yrs upward, Wednesday 1930 – 2100hrs. (Adults only)

Fees: Juniors £2.00 per lesson.

Adults £3.00 per lesson.

Gradings from White sash to Brown cost £10.00. (Including the sash)

Brown sash grading cost £25.00. (Including the sash)

Black sash grading cost £40.00. (Including the sash)

Students are graded as and when the Instructors believe they are ready to do so via continuous assessment and evaluation.

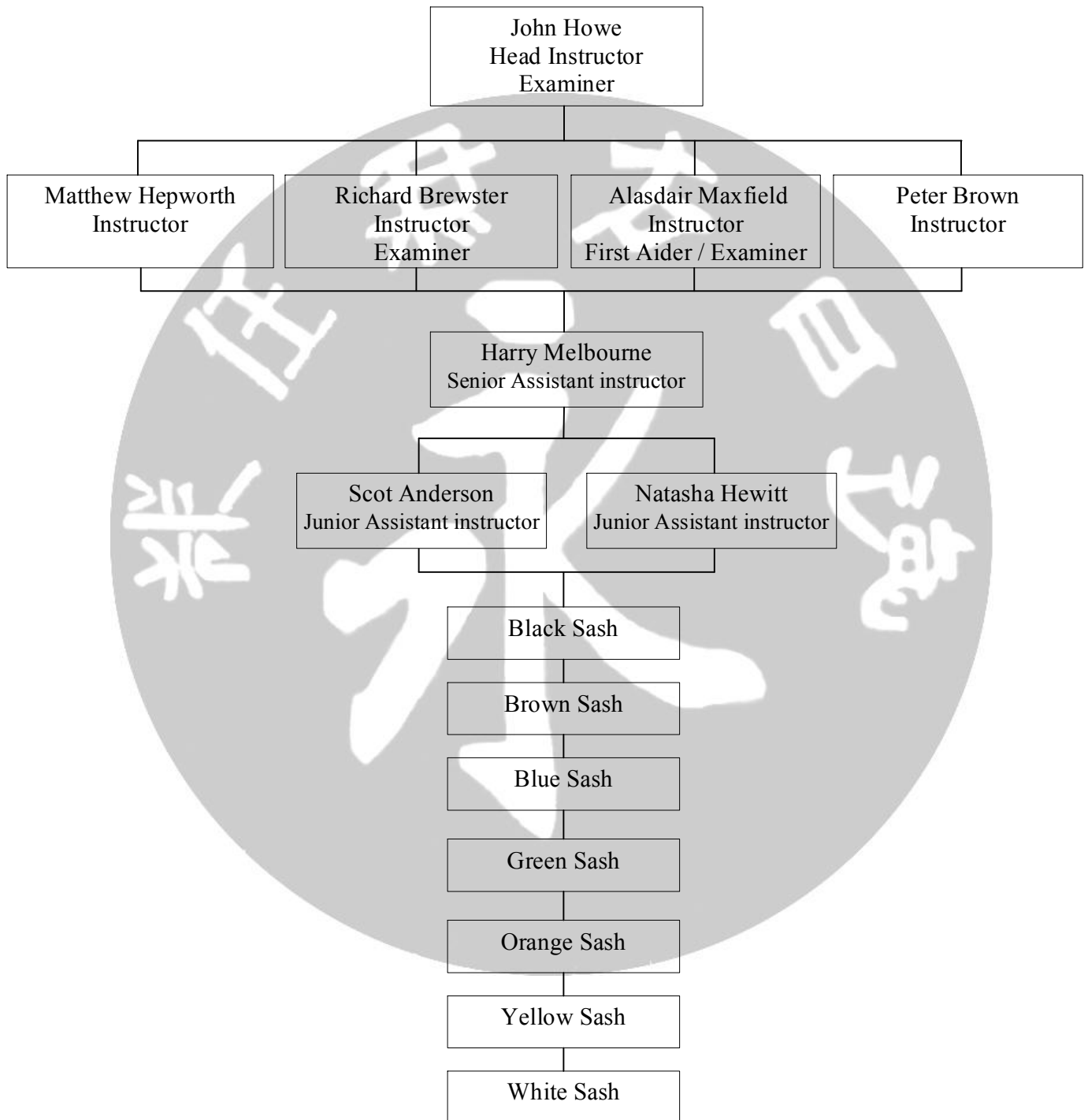
- Club Badge for Suite= £3.00
- Kung-fu Suite = £20.00
- Training shoes = £20.00

For more information go to our website at <http://www.wm-aa.co.uk>

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Meeting the Instructors

If you have any questions of a personal nature, please do not hesitate to speak to the Instructors. If you wish to speak in private please be patient in obtaining their attention. If there is a limited number of Instructors please be aware of their commitment to the safety of the students. Also e-mail us at info@wm-aa.co.uk



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Etiquette and Rules

1. Bow on entering or leaving the hall. **(This is as a sign of respect)**
2. Train regularly and listen to instruction. If you are unsure ask the Instructor to repeat it.
3. No one is to leave the class without first obtaining permission from the Instructor.
(Due to health & safety reasons, this is so the instructor is always aware of where his/her students are)
4. Any member arriving late must enter quickly and quietly, sign the register and join the rest of the class. Payment can be done after the session has ended.
5. Finger & toe nails must be kept clean and short. All jewelry, watches and head bands etc. must be removed before training. **(Health & safety reasons - so that cuts are avoided when training, also for personal hygiene)**
6. Members must not smoke, swear, chew, spit or commit any other act likely to offend the etiquette of the hall. **(First Aid reasons - you could choke on food etc, very disrespectful, rude and will not be tolerated!)**
7. Members must not use their skills in any offensive way outside of the hall. **(Skills you are taught within the class are only to be used within the hall only, unless it is to protect oneself, family & friends in extreme conditions i.e. threat of violence).**

Please sign this declaration and tear/cut it from the policy documents and return it to the instructor.

Confirmation of receipt of paperwork, with regard to Whitby Martial Arts Academy policy documents.

I confirm I have read the above document and agree with its recommendations.

Signed:

Dated: