

# LANE'S FAMILY DOJO

2026 Welcome Packet



2250 SR 580 – Clearwater, FL 33763

727-798-5263 – [lanesfamilydojo.com](http://lanesfamilydojo.com)

## MISSION STATEMENT

At Lane's Family Dojo, our mission is to cultivate a fun and friendly environment for martial arts learning while providing a contemporary and effective curriculum. We are dedicated to fostering a positive community atmosphere, where each participant can embark on a journey of physical fitness, self-discovery, and personal growth through the practice of cutting-edge martial arts techniques.

## TESTIMONIALS

*"It was very age appropriate, and I loved how they explained skills he was learning that we would not have even thought of." - Mya B.*

*"They teach children confidence, defense skills, strength for both mind and body, discipline (etc.) all while the kids are having fun!" - Jessica B.*

*"So glad we found this dojo. Great family, our boys are learning the skills and discipline, burning energy while having fun! We have been coming for a while and don't plan to stop anytime soon. We see improvement every class which also carries over to home and school. Highly recommend!!" - Shane T.*

*"Very grateful to have found this place!" - Jessica M.*

*"I recommend everyone with a young child enroll here." - Abraham A.*

*"We love lanes family dojo! Great family atmosphere!" - Tyler P.*

*“Great place for children to increase confidence and create a structure.” - Dr. Cesar C.*

## **2025 TUITION**

### **EVENING CLASSES**

Single class drop in = \$30

Private lesson = \$70 an hour (add \$10 for each additional participant)

1 day per week = \$105 a month

2 days per week = \$145 a month

3 days per week = \$185 a month

### **MORNING CLASSES**

Homeschool martial arts club = \$200 a month

### **FREE AMENITIES**

Sparring class is free to all active students, all ranks

Adult class (16+) is free to all parents of active students

### **BELT FEES**

Below black belt = \$15

Black belts = \$50

## **CLASS DESCRIPTIONS**

### **AGES 2 TO 5**

Group exercises and games designed to challenge decision making and motor skills while keeping young learners engaged.

### **AGES 6 TO 10 BEGINNERS**

A structured format of exercises and fundamental techniques designed to equip students with basic self-defense and technical sparring skills.

### **AGES 6 TO 10 ADVANCED**

Continued education into new techniques and skills with an emphasis on partner work and pressure testing to master and build from previous fundamentals.

### **AGES 11 TO 15**

Quickly build confidence and strength alongside friends. These drills and exercises are designed to rapidly improve self-defense skills.

### **AGES 16 AND UP**

Designed to accommodate adult students at any skill or fitness level, help set measurable goals and then meet or exceed them.

## **SPARRING**

Friendly, timed rounds of technical sparring designed to keep participant's safe while pressure testing self-defense skills and abilities with a resisting opponent.

## **HOMESCHOOL MARTIAL ARTS CLUB**

Daily dojo lessons and challenges to keep homeschooled kids active and focused while having fun. Improve listening skills and attention to detail while socializing and exercising with friends.

## **PRIVATE LESSONS**

One on one instruction with special attention to the specific needs of the individual.

## **2025 CLASS SCHEDULE**

### **AGES 2 TO 5**

Fridays – 6 pm

Wednesdays – 6 pm

### **AGES 6 TO 10 BEGINNERS**

Mondays – 5 pm

Sundays – 4 pm

### **AGES 6 TO 10 ADVANCED**

Mondays – 6 pm

Thursdays – 6 pm

### **AGES 11 TO 15**

Mondays – 7 pm

Wednesdays – 7 pm

Thursdays – 7 pm

Fridays – 7 pm

### **AGES 16 AND UP**

Please call for scheduling

### **SPARRING**

Tuesdays – 6 pm (free to all members)

### **HOMESCHOOL MARTIAL ARTS CLUB**

Monday through Friday – 10 am

### **PRIVATE LESSONS**

### **ABSENCE POLICY**

Please call for scheduling

Please use any make up classes within  
one to two weeks of absence to reduce  
confusion

## **DOJO RULES**

### **Personal Cleanliness**

Maintain good personal hygiene, including clean uniforms and grooming, to promote a hygienic training environment. Wash hands and feet thoroughly before and after training to minimize the risk of infections and maintain overall cleanliness.

### **Gym Cleanliness**

Contribute to maintaining a clean and organized training environment. Shoes are not to be worn on the training mats at any time. We recommend wearing sandals or flip-flops and carrying them across the mats to use in the restroom if needed.

### **Illness Reporting**

If unwell, refrain from attending classes to prevent the potential spread of illness; notify instructors about any contagious conditions.

### **The Golden Rule**

Treat instructors, fellow students, and guests with respect, fostering a positive and supportive environment.

### **Punctuality**

Arrive on time for classes, events, and appointments, ensuring a smooth and efficient training schedule.

### **Safety First**

Prioritize safety by following proper techniques, reporting hazards, and using protective equipment when necessary.

### **Active Participation**

Engage actively in training sessions, demonstrating a willingness to learn and dedication to achieving mastery.

### **Discipline**

Demonstrate discipline in conduct and focus during training, promoting a serious yet enjoyable atmosphere.

### **Family Unity**

Encourage family involvement, fostering a sense of unity and camaraderie within Lane's Family Dojo.



## **TRAINING PRECAUTIONS**

### **Warm-up**

Always start with a proper warm-up to prepare your muscles and joints for training, reducing the risk of injuries.

### **Proper Technique**

Focus on mastering the correct techniques to avoid straining your muscles and joints. If you have questions about proper technique, please bring them to your coaches' attention.

### **Gradual Progression**

Don't push yourself too hard initially. Gradually increase the intensity and duration of your training to build strength and flexibility safely.

### **Protective Gear**

Wear appropriate protective gear, such as gloves, shin guards, and mouthguards, to minimize the risk of injuries during sparring or contact drills.

## **Listen to Your Body**

Pay attention to any signs of discomfort or pain. If something doesn't feel right, take a break and consult with a trainer or healthcare professional if needed.

## **Hydration**

Stay hydrated before, during, and after training. Dehydration can affect your performance and increase the risk of injuries.

## **Cross-Training**

Include a variety of exercises to balance your overall fitness, prevent overuse injuries, and enhance your martial arts skills.

## **Rest and Recovery**

Allow your body sufficient time to rest and recover between intense training sessions to prevent burnout and reduce the risk of overtraining injuries.

## **Nutrition**

Maintain a balanced and nutritious diet to support your energy levels, muscle recovery, and overall well-being.

## **Consult Professionals**

Before starting a new training program, especially if you have existing health concerns, consult with a healthcare professional to ensure it's safe for you.

## **Tap Early**

Remember, safety should be a top priority in martial arts training. Never attempt to "finish" a submission. Correct technique and finishing position are required. Always tap your opponent or say "tap" when you want the match to end.