

LANE'S FAMILY DOJO

2025 Welcome Packet



2250 SR 580 – Clearwater, FL 33763

727-798-5263 – 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

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

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.

PRIVATE LESSONS

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

2025 CLASS SCHEDULE

AGES 2 TO 5

Tuesdays – 6 pm

Fridays – 6 pm

AGES 6 TO 10 BEGINNERS

Mondays – 5 pm

Wednesdays – 6 pm

Sundays – 10 am

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 – 7 pm (free to all members)

PRIVATE LESSONS

Please call for scheduling

ABSENCE POLICY

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 strain on 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.