

Welcome to GOALS Martial Arts!

## **What to Expect as a New Student**

Thank you for your interest in GOALS Martial Arts! We are excited to have you join our community and begin your journey in martial arts training. Below, you'll find important information about what to expect during your first classes and beyond.

### **1. First Two Classes Are Free!**

We offer two free trial classes so you can experience our training, meet our instructors, and see if our program is the right fit for you. There are no contracts required to join, and we believe in providing a welcoming environment for all students.

### **2. Pricing & Membership Options**

We strive to make martial arts training accessible and affordable for families. Below is our current pricing structure:

#### **Class Credit Packages:**

\$96 for 8 Class Credits

\$144 for 12 Class Credits

\$192 for 16 Class Credits

\$240 for 20 Class Credits

**You can also use any 4 of these plans to attend at your convenience/ availability.**

- Uniform (Gi): \$40 (one-time purchase, required after trial classes)
- Belt Testing Fees: \$25 (only for rank promotions (Not Gecko Class), announced in advance)

 **No Hidden Fees!** We keep our pricing simple and transparent.

 **Payment Methods:** We accept cash, credit/debit and checks.

For any questions about tuition or payment options please reach out to Mr. Bob

### **3. Class Structure & Format**

Each class follows a structured format designed to maximize learning and engagement:

- Warm-up & Stretching – Preparing the body for movement.
- Fundamental Techniques – Learning and refining basic strikes, blocks, stances, and movements.
- Drills & Partner Work – Practicing techniques in a controlled and safe manner. Life Skills Talk – Every class ends with a short discussion on important life skills, such as respect, confidence, and perseverance.

For all students, our **Craft and Cultivate Life Skills Program with Giussepie Gecko** is integrated into each lesson.

### **4. What to Wear & Bring**

For your trial classes, wear comfortable athletic clothing (such as a t-shirt and sweatpants or shorts). Once enrolled, students will be required to wear a GOALS Martial Arts uniform (gi), which can be purchased through our school.

Bring:

- A water bottle
- A positive attitude

### **5. Student Behavior & Dojo Etiquette**

At GOALS Martial Arts, we emphasize respect, focus, and discipline. Here are a few key dojo (training space) rules:

- Listen attentively and follow directions promptly.
- Be respectful to fellow students—no roughhousing or disrespectful behavior.
- Always give your best effort!

### **6. Advancement & Belt Progression**

Students will have opportunities to advance through a structured belt system. Promotions are based on:

- Attendance & Effort
- Technique & Skill Progress
- Demonstration of Life Skills

Our instructors provide guidance on when a student is ready for their next test.

## **7. Parent & Guardian Expectations**

We encourage parents to be involved and supportive throughout their child's martial arts journey. Please:

- Arrive on time.
- Watch classes quietly (most importantly during our Life Skills talk) from the designated viewing area.
- Encourage your child to practice and apply their life skills outside of class.

## **8. Communication & Questions**

We are here to help! If you have any questions, feel free to:

 Email us: [mrbob@goalsmartialarts.com](mailto:mrbob@goalsmartialarts.com)

 Call/Text us: 610 981 2008

 Visit our website: [www.goalsmartialarts.com](http://www.goalsmartialarts.com)

We also post updates, class changes, and special events on our Facebook Page (GOALS Martial Arts) and our weekly online newsletter —be sure to stay connected!

We look forward to seeing you in class and helping you grow in martial arts and life skills!

Welcome to the GOALS Martial Arts family!