



Martial Arts America “The Promise”

Parents;

Please review the “MAA Promise” with your children and let us know if you have any questions or concerns.

Note to teachers and school personnel;

Please contact us as soon as possible if there is any question, problem or concern involving any of our students. We are committed to Building Great Kids... One Child at a Time!

Every student under the age of 18 who takes martial arts lessons at Martial Arts America is required to make this very important promise or commitment. It is a commitment not to misuse their martial arts skills or techniques.

“The Promise” is built on a foundation of respect, self-control and self-discipline.

Each student will be required to make this promise to their parents or guardians and the Chief Instructor for the school.

Martial Art training is not a game or a toy.

Our goal at Martial Arts America is to empower you with the knowledge and skills to live a safe and happy life. Our program is built on a foundation of teaching respect, courtesy, honesty, focus, self-control, persistence, self-discipline, a positive attitude and making positive choices.

We are not teaching you how to fight...just the opposite we are teaching you how NOT to fight. We will instill you with the confidence, self-esteem and skills to stay happy and safe without having to fight.

Your martial arts techniques and skills must stay at Martial Arts America. You are NOT to use any of your techniques on your mom, dad, brothers, sisters, the dog or cat, the furniture or any of your friends. It is especially important that you not use your skills on other children. We do not hit other kids.

You cannot even show your martial arts skills or techniques to your friends or other kids without first getting permission. Only your parents or guardians can give you permission to show your skills.

If you want to practice your skills outside of the school, you must ask permission every time before practicing. Again only your parents or guardians can give you permission.

No one has the right to hurt you.

You will be learning two types of self-defense skills. You will be learning “Kids Stuff” self-defense. This will help you stay safe and happy at school. This will include skills for dealing with other kids who are being aggressive or trying to bully you. You will learn how to stay safe without having to hit other kids. You will learn to be strong, confident and assertive so you can stand up for yourself because no one has the right to hurt you.

You will also be learning “Safe Kids” skills and techniques to help you deal with bigger kids or adults who are trying to hurt you or take you away.

No one has the right to hurt you, show you things they shouldn't show you, touch you in certain places or try to take you away. In these cases you will learn to do whatever it takes to be safe and stay safe. Our primary goal will be to build your self-esteem to the highest level possible, so you will have the confidence to stand up for yourself and NOT be a victim.

Do you understand the rule?

Yes Sir/Ma'am!

Taking Responsibility for your choices.

Here is what will happen if you CHOOSE to break the rule. This is important to understand that you are the only person that can choose to break the rule. You must learn to take responsibility for your decisions and actions. Only you can choose to make your hand or feet do something. Never try to blame something you choose to do on some one else. It doesn't matter what the other person did. Do not say "But so and so did this to me" It doesn't matter. It's up to you how you respond and you must take responsibility for your choices. When you choose to break the rule, you are also choosing to accept the consequences.

Remember the exception to this rule is protecting your self. You will never be in trouble for using your skills to stay safe or stop someone from hurting you.

If you choose to break the rule, your parents or guardian will bring you in to talk with your instructor. If they decide you broke the rule, one of two things will happen;

1. You will have to do about a million push-ups or jumping-jacks, which will take you about a month to do.

Or

2. You will be excused from martial arts classes and you will not be allowed to take classes again.

Do you understand what happens if you choose to break the rule?

Yes Sir/Ma'am!

Do you promise to obey the rule?

Yes Sir/Ma'am!

Now you must say to your parents or guardians and shake their hands.

"I promise to obey the rule!"

Now you are ready to start studying martial arts.

Master Scott Krenz
Chief Master Instructor
Martial Arts America