

Four Dragons Martial Arts White Belt Information Sheet

Welcome to Four Dragons! I am sure you will have many questions along the way and I am always happy to answer them anytime. To guide you during your first few weeks/months I have listed some information/FAQ's-please feel free to contact me by cell phone or email if you have any further questions or concerns.

New students should attend classes at least 2 times each week-at least one "A" and one "B" day. "A" days are Monday, Tuesday, and Saturday; and "B" days are Wednesday and Thursday. Missed classes can be made up during any age appropriate class. A full set of sparring gear is required to spar (B days only)-this may be purchased once a student reaches **Orange Belt**.

Students may "stripe test" every 8 classes provided they know their material. Three Black Stripes must be earned before they will be approved to attend Promotional Tests which are held in a 16 week cycle (on a rare occasion students may be approved to test early however performance must be exceptional). A Red Approval Stripe will be awarded when they have completed their projects and can demonstrate curriculum correctly with speed & power. **Consistent class attendance and home practice will assist in retention of the material and help students reach their training goals on time.** Tiger & Dragon Belts (Half Belts) are required to complete 100 Acts of Kindness prior to each belt test; and ALL Junior & Adult students are required to complete an Out of the Dojo assignment prior to each belt test (these are listed on the website & at the dojo). Additional stripes may be earned for completing STAR requirements-academics, community service, manners, etc.

Belt Tests are held on Friday's unless otherwise announced (dates may change due to Holidays, etc.) and students must receive approval to graduate prior to attending. Students must turn in completed Honors Cards prior to Test Week to be eligible to graduate with Honors. Honors Requirements are not mandatory but are encouraged and students will be recognized for their efforts at Graduation. Graduation fees must be paid prior to testing-the current test fee is \$25 (which includes boards).

During the winter Four Dragons will generally close on days that local schools cancel for bad weather. I will post an official notice on the website and on Face Book if this occurs. I also send out frequent emails and regular announcements so **please check your In Box daily and join our Face Book page to keep up with activities and happenings.**

Students should always bow upon entering the school and greet any Black Belts or Senior Students. Please arrive **10 minutes** before your class start time so that you can pull your attendance card and take care of any last minute uniform or equipment issues. Bowing to the flags should be done when crossing the mat for the first time and when leaving. Students should greet each other politely & quietly before class and must bow in/out with the class in session.

A full uniform (including tied belt) is required at all times in the school. If you need help with your belt please ask a senior to assist you or refer to the link on the website. T-shirts worn under uniforms must be tucked into the pants and should be **white**.

Students must bring their own water bottle to class as we do not have a drinking fountain-the sink in the back is for hand washing only! **We do not allow gum, candy, soda pop, or other food in the dojo.**

There is a quiet room in the back of the school with a coffee pot for parents to use if desired and small children are welcome with supervision. **Please remove your shoes before crossing the mat.**

Students who are not in class should stand while classes bow in and out. I also ask that parents refrain from talking during classes as this makes it hard for students to hear instructions and can be distracting. **Cells phones should be set to vibrate or turned off.**

Feel free to contact me anytime with questions!

Four Dragons Website: www.fourdragonskwc.com

Four Dragons Face Book Page: Four Dragons Martial Arts

Four Dragons Email Address: fourdragonsmartialarts@gmail.com

KJN Heidi's Cell: 607-215-1352

Four Dragons Home: 607-284-4040