



## Len Brassard's Family Martial Arts Center

68 Airport Road  
Fitchburg, Ma  
978-342-9911  
FitchburgKarate.com

### Class Schedule Effective 8/1/16

#### A Days – Self-Defense Techniques

#### B Days – Forms

##### Saturday (A)

9:30 – 10:00a Karate Kids  
10:00 – 10:45a Family Basic & Intermediate  
10:45 – 11:30a Adult Class  
11:30 – 12:15p Open Mat  
12:00 – 12:45p \*\*Competition Team: Sparring

##### Wednesday (B)

4:30 – 5:00p Karate Kids  
5:00 – 5:45p Family Basic  
5:45 – 6:30p Family Intermediate & Advanced  
6:30 – 7:15p Adult Class

##### Monday (A)

4:30 – 5:15p Family Basic  
5:15 – 6:00p Family Intermediate & Advanced  
6:00 – 6:45p Black Belt Prep  
7:00 – 7:45p Adult Class

##### Thursday (B)

4:30 – 5:15p Family Intermediate & Advanced  
5:15 – 6:00p Family Basic  
6:00 – 6:45p Black Belt Prep  
7:00 – 7:45p Black Belt Class  
7:45 – 8:30p \*Adult Class

##### Tuesday (A)

4:30 – 5:15p Family Intermediate & Advanced  
5:15 – 6:00p Family Basic  
6:00 – 6:45p Black Belt Prep  
6:45 – 7:45p Teacher's Meeting  
7:45 – 8:30p Black Belt Class

##### Friday (B)

4:30 – 5:00p Karate Kids  
5:00 – 5:45p Family Basic & Intermediate  
5:45 – 6:30p Black Belt Prep  
6:30 – 7:15p Adult Class

#### Graduation Ceremony – Friday night of Week #5 (Full Uniform Required)

Graduation ceremony begins at 5:30p. On this night there are **NO REGULAR CLASSES**

**Karate Kids** – Ages 3-6

**Family** – Ages 6-12 and Parents

**Adult** – Ages 13 & Up

**Karate Kids** – All Karate Kid Students

**Family Beginner** – White, Yellow, & Advanced Yellow Belts

**Family Intermediate** – Orange through Advanced Purple Belts

**Family Advanced** – Blue through Advanced Green Belts

**Adult Class** – White through Green Belts

**Black Belt Prep** – Red, Brown 2<sup>nd</sup>, & Brown 1<sup>st</sup>

**Black Belt Class** – All Black Belts

\* On Week #5 Thursday's Adult class runs from 7:00 – 7:45 There is no 7:45 Class

\*\* On Week #5 There are no Competition Team Meetings

*You need to have accumulated 8 classes by Week #5 to be eligible to test and promote.  
If you cannot attend enough classes but you still want to test, please notify the office to set up a private lesson*

# Martial Arts Etiquette Guidelines

One of the great things that makes FMAC so special is the family atmosphere that you can feel as soon as you walk through the door. As a new student to our school please take a moment to read through the following rules so you can help us to preserve the etiquette and represent FMAC well to future students and others in our community.

## General Etiquette

- Please do not wear street shoes on the classroom floor.
- **Turn cell phones and electronic devices on silent** when you arrive to the studio. Students lose focus when a phone rings during a class, please help us to keep our classroom a good learning environment.
- While in the audience, please keep all conversation to a low whisper and remind younger guests to be quiet too.
- Please keep our studio clean. **Put shoes, jackets, and other articles neatly in the changing rooms.** If you make a mess, clean it up. If you see a mess, please notify our staff or help out by cleaning it yourself.
- Members of the teaching staff should **always** be addressed as "Mr." or "Miss", **never** by just their first names. Out of respect, it is appropriate to salute to senior members of the staff when entering or leaving the studio.
- Please refrain from behavior that might distract other students in the class, and please watch your language.
- **If you have a younger child or a visitor with you please keep them with you at all times** and make sure they are aware of the studio etiquette.
- For the safety of those involved, No students should participate in unsupervised sparring or weapons training.
- No students or visitors should ever run through the studio.
- Please attend at least one "A" and one "B" class each week. If you miss a lesson, make sure you take steps to catch up on the material you missed so you do not fall behind.
- Please support your studio when you can by purchasing your training items and water here.
- Please make sure that your tuition is always paid on time.

## Classroom Etiquette

- Students should arrive for class **at least 10 minutes early.**
- Out of respect to your fellow students, please consider your hygiene and make sure your uniform is not dirty.
- For the safety of all students, please remove all forms of jewelry (watches, necklaces, earrings, excluding wedding rings) before class.
- Please remove shoes and socks before entering the classroom and place them neatly in the shoe trays.
- Please wear a clean uniform in class. Street clothes, shorts, or non-studio t-shirts are not allowed in class.
- Students must be in full uniform (jacket with patches, pants, and belt) on all days of Week #5, even if they are not testing in that particular class.
- All students must salute when entering and leaving the classroom floor.
- Always salute in with a partner when practicing Techniques. Saluting is a sign of respect, when practicing both partners acknowledge that they will use **proper control** so no one gets hurt.
- **Students should never teach other students.** If you are unsure of how something is done, ask one of our uniformed teachers. If a student tries to teach you something, kindly remind them of this rule. This ensures you learn all of your material the correct way from a qualified instructor.
- Please let a teacher know if you need to leave the classroom for any reason.

## Etiquette Outside The Studio

- As a student you are a reflection of our school. Please represent us well.
- Practice and exercise at home is necessary. You should try to find time daily to workout.
- For the safety of all involved, **no student** should teach or demonstrate Karate to anyone (excluding family members) outside of the studio unless he/she has Dr. Len's or Mr. Len's approval.
- **Before** attending any non-studio martial arts event (seminar, belt promotion, etc.), please check with Dr. Len or Mr. Len for etiquette guidelines concerning that event.
- As professional martial artists we discourage cross-training in other martial arts until a student has completed their training at 3<sup>rd</sup> Degree Black Belt. Please check with Dr. Len before beginning a study of another martial art.
- Not all forms of Kenpo are the same. Before investing in non-studio training materials (manuals, DVDs, etc), check with Dr. Len or Mr. Len.
- The greatest sign of respect you can show your school and our staff is to help it grow. If you know someone who can benefit from our program, let our staff know so they can provide you with a guest pass!