

## Uniforms

In order to maintain the standards of a professional classroom environment, we must enforce regulations regarding school attire. Only wear your official school uniform to class. Whenever the uniform top is not worn it must still be brought to class so you are prepared in case it is needed. The only shirt allowed to be worn in place of the regulation uniform top is a school shirt. We cannot allow uniforms from other schools or uniforms purchased outside of our school to be worn. Only wear appropriate undergarments under your uniform as well. Colored tee shirts and sweat clothes are not permitted. When you do receive patches from your instructor, get detailed directions on their proper placement to avoid having to move and/or replace them.

Your uniform should be clean and pressed before each use. Your appearance reflects upon you and your own self image in addition to your school and classmates that surround you. Keep your uniform in good condition by removing any stains and repairing rips as they occur. It is also important to make sure sleeves and pant legs are adjusted to an appropriate length. If they are too long or short they can impede upon proper training and enjoyment of the classes.

## Jewelry & Hair

Jewelry should never be worn to class. If you cannot remove all of your jewelry you must speak with the instructor running the class for that day. Earrings, bracelets, necklaces, etc. can easily break during normal class activities. They may also unintentionally injure your partner or yourself during training.

Keep your hair neat as a positive step towards a good self image. Keep long hair tied back to avoid any accidents with equipment and movement.

## Highlights

- ☺ Always place your shoes and other belongings neatly away
- ☺ Keep your uniform clean and pressed
- ☺ Practice good personal hygiene habits
- ☺ Respect the class in session: lower your volume of conversation
- ☺ Demonstrate a proper bow before entering or exiting the training room
- ☺ Always be well mannered and courteous to all other school members
- ☺ Introduce your friends or guests to your instructor when they visit the school
- ☺ Enter each class with enthusiasm and energy
- ☺ Stay focused on your instructor; please do not move or speak while the instructor is explaining or demonstrating concepts or techniques
- ☺ Demonstrate proper posture at all times, no leaning against walls or equipment
- ☺ Move quickly and work hard during training drills
- ☺ No foul language in or out of the school
- ☺ No gum, food or drinks are allowed in the training room
- ☺ Arrive approximately 10 minutes before class ready to train
- ☺ Children left to take class alone should be picked up immediately after class
- ☺ Learn to tie your belt properly
- ☺ Train at least 2 days per week; always prepare for and take your belt exams on time
- ☺ The monthly newsletter lists all upcoming events and school closings



# Student Handbook



**With great power,  
comes great  
responsibility.**

**[www.pmatc.net](http://www.pmatc.net)  
[www.martial-fitness.net](http://www.martial-fitness.net)**

**East Northport, New York**

**Greenville, Rhode Island**

**Cambridge, Massachusetts**



# “A Black Belt is Just a White Belt Who Never Quit.”

## Professional Martial Arts Training Center



### Goals We Set Are Goals We Achieve!

Congratulations on setting a new goal... to become a Black Belt! Anyone who truly wants to can become a Black Belt. All that is required is resolve to overcome obstacles, hard work, and perseverance. Come to classes consistently and don't overload your schedule with too many other activities.

Making the changes in your mind and body to become a Black Belt is hard work, but they will occur over time. Only a few things in your life can compare with earning a Black Belt. Remember this phrase, “A Black Belt is just a white belt who never quit!” You too can become a Black Belt. Don't give up your dream!

### Bowing

This action exhibits respect, discipline, and humility... important characteristics of a martial arts student. Always bow when entering or exiting the training area. Always bow to the American Flag, your instructor, and the symbol of the school at the beginning and end of each class. Bow when beginning or ending a training session with a partner.



### SHHHH...

Respect the class or lesson in session by lowering the volume of your voice. Children should be supervised until their class begins. It is unfair to disrupt teachers or students while their lessons are in session.

### Safety/ Sparring Equipment

Use only approved sparring equipment purchased at your school, the Professional Martial Arts Training Center. Everyone must have an equal level of protection. By wearing equipment supplied by the school we can be assured everyone will be safe. Please do not bring equipment purchased from outside sources. And remember, it is also important to support your school.

### Shoes in the Training Area

No outside shoes are allowed on the training floor. The ground, sidewalks and parking lots outside are filled with bacteria, germs, and debris. Your shoes could easily carry these items onto the floor.

Training shoes are strongly suggested to minimize injury and transfer of any bacteria. Appropriate training shoes also support the athlete's foot during exercise. Training shoes are never to be worn outside the training room. Training shoes are not the same as your “outside shoes”.



### “Yes Sir/ Ma'am”

When addressing an instructor in and out of the training area always use Sir or Ma'am. Your instructor will do the same, suggesting mutual respect between the student and the teacher. Always respond with an enthusiastic “Yes, Sir” or “Yes, Ma'am” when asked to do anything. That positive response shows respect, humility, and a healthy attitude. The synergy created by an enthusiastic student body makes for a terrific class.

### Language and Attitude

Please remember that a martial arts school is a sacred place where we must constantly monitor our language and attitude. Profanity, explicit language or negative attitudes cannot be permitted. You must be polite and courteous to everyone in the school. Be encouraging and supportive of your classmates' efforts. Come to class each day with a desire to learn something new.

### Stay Focused

In many cases, your instructor will be explaining and/ or demonstrating new techniques and concepts to the entire class at one time. Just like a classroom in a school or university, all of the students must be quiet and relatively motionless while the instructor is teaching. By doing so the instructor and students can focus on the material being taught. Speaking or moving inappropriately can affect everyone. Always respect these common courtesies.

### Train Regularly

In order to truly benefit from your martial arts lessons you must train regularly. To develop flexibility, strength, speed, stamina and self discipline you need to train at least two days per week. Consistent training over time will yield awesome results!

### Newsletters

Newsletters are sent out every month to keep all students and their families up to date on events and closings. Not all announcements make it home with children and not all parents are present for announcements. Make sure to read the newsletter for information necessary to your training.