



WELCOME TO KICKIN IT MARTIAL ARTS & FITNESS!

Kickin It Martial Arts & Fitness would like to personally welcome you and thank you for visiting us. Our focus is to bring you a well-rounded program featuring the finest martial arts training available in a comfortable, fun atmosphere.

No matter the age or level of experience, Kickin It Martial Arts & Fitness has programs that perfectly fit men, women and children (ages three and above). It is our goal to help each student increase their martial arts skills, improve their physical fitness, and develop the self-defense skills needed to protect himself or herself in any situation that might arise.

Our programs focus on helping you (or your child) to reach your full potential. We will help you get into the best physical, mental and emotional shape possible so that you can meet your goals at a pace you are comfortable with. Our staff will guide you along the way, honing your skills and maximizing your potential.



A NO OBLIGATION, EASY WAY TO TRY CLASS

We understand that it is difficult to “shop” for a martial arts school (and any activity for your child for that matter!). For most of us it’s a new experience. Simply put, many people don’t know what questions to ask, what to look for, or even what martial arts training is all about. The best way to “know” if a particular martial arts school is the right fit is to try it. Kickin It Martial Arts & Fitness Trial Membership offers the perfect risk-free introduction to our professional martial arts program, giving you the tools to make an informed decision.



ARE YOU ON FACEBOOK?

Yes, you can visit our private group at <https://www.facebook.com/groups/Kickinitmaacommunity/> It’s a great place where you can ask questions, find current events, pictures, videos and inspiration. We also provide several FREE tools that will aid in practicing at home. This is the only place where you will find all this information and more. One of the best things about our Kickin It Martial Arts & Fitness Community Facebook group is that it is private, meaning that only members will be able to see everything.

WHAT SHOULD YOU EXPECT FROM OUR FIRST SIX WEEKS?

We will be expecting new students for their first class and will be available to answer any questions. However, the following are several tips for the first day.

1. We request that all parents stay to watch their children in class during their Kickin It Martial Arts & Fitness Trial Program (first six weeks). This is the best way to guarantee your child’s success.
2. You will need to remove shoes and socks prior to each class and put them in one of our cubbies.
3. We encourage everyone to arrive for class 10 minutes early in their uniform. This will give you a chance to warm-up and practice before class.
4. Class will be challenging but FUN! Don’t worry about making mistakes!

WHAT IS A TRIAL MEMBERSHIP?

- * A 6 Week Trial Membership
- * It’s great for all ages and experiences.
- * It includes a complimentary uniform.
- * Allows you to attend classes 1-2 times per week
- * Offers the perfect “test drive” of our classes

TRADITIONAL MARTIAL ARTS PROGRAMS

Take a moment and review our Martial Arts programs below. These courses offer adults, teens and children excellent Martial Arts training. Throughout time the Martial Arts have gained a reputation for proven benefits: improved physical fitness and conditioning, better focus and concentration, improved coordination, increased self-confidence and the development of valuable self-defense skills. We pride ourselves on offering all of these benefits to each student regardless of age or initial ability. Keep in mind that discovering what the Martial Arts are about comes down to one simple thing . . . trying it. It's that simple. If you are new to Martial Arts we encourage you to find an academy that offers a lengthy starter course . . . a chance for you to experience the academy, staff, instructors and curriculum. All of our traditional Martial Arts programs offer great starter courses for those students who are new to Kickin It Martial Arts & Fitness. Tuition costs and details can be found on the Program Options document.

WHAT ARE THE TUITION COSTS?

Make sure to review the Martial Arts programs first, then see **MOVING FORWARD WITH TRAINING** (further in this packet) for exact tuition costs and payment options. If you have questions, please ask. We'll be happy to help and suggest a good option.

WHAT ARE MY PAYMENT OPTIONS?

Pay your membership on a monthly basis for the ultimate membership flexibility, or save by taking care of it all at once. See the following pages for more information.

“My son LOVES the classes and has so much fun while he is learning!”

ESSENTIALS PROGRAM



This program is a great way to continue your Martial Arts training after the Kickin It Martial Arts & Fitness Starter Course. Essentials training offers the basic amount of training needed to learn and progress with a Martial Arts education.

(All of our youngest students, ages 3-6, who are enrolled in the Little Dragons classes will be enrolled at this level.)

Program Details:

- Appropriate for all belt levels
- Attend 1 class per week
- Graduation/Test fees are extra
- Equipment sets are extra

LEADERSHIP TEAM PROGRAM

The **Leadership Team** program offers the ultimate in training, while also supplying exclusive exposure to curriculum and skills in dedicated Leadership Team ONLY classes. These classes offer an education above and beyond our traditional Martial Arts curriculum provided in the Essentials Program and are available through **invitation only**. Leadership Team classes include practice in leadership development, advanced sparring skills, weapons training, and more!

Program Details:

- Life Skills Development Program
- Elite Weapons Curriculum (*Bo Staff and Kamas!*)
- Board Breaking Mastery
- FREE Summer Camps, Seminars & Parents Night Out Events
- Unrestricted Class Attendance

Kickin It Martial Arts & Fitness



Character Development for the Real World

Dear Parent,

One of the most popular aspects of Kickin It Martial Arts & Fitness is our Black Belt Excellence character development program.

Every month, a specific topic will be discussed during our weekly mat chats in classes. During these mat chats, our instructors will cover important lessons, tips and tricks to help with character development and improvement. They also get the students to participate by asking engaging questions that will get them to think more about the subject rather than just be lectured at. Parents and kids alike love this part of their training.

Each BBE (Black Belt Excellence) handout has questions and activities for students to complete. When students turn in their BBE handouts by or before the 3rd week of the month, they will be eligible to earn special prize.

Pretty cool, huh?

The BBE program is designed to help enhance your child's character in three main areas: Personal Development (both physically and mentally), Community Involvement (home, school, work, etc.) and Martial Arts Training. During each class our instructors will share a lesson that touches on one of these key areas. We encourage you to listen closely so you can think about it and how you can take immediate action by applying it to your life or your child's life. If you are traveling with others in the car, having a meal together or just trying to come up with something to talk about, be sure to have a discussion about the life skill lesson and how it can help improve your life and the lives of those around you.

Remember, **Leaders Are Readers!** We highly recommend you and your child review the BBE handouts together in the morning and at night (breakfast and dinner usually work best) 2-3 times per week. Your participation will help make a monumental impact on your child and the future of their success. This is an activity that is fun for the whole family and will help bring everyone closer together.

See one of our Kickin It Martial Arts & Fitness Members today to get your Black Belt Excellent handout today!

TESTINGS & GRADUATIONS

When you first walk into our academy, you will notice that students wear different colored belts and you may wonder why. Out of respect to our traditional martial arts heritage, we use colored belts to denote accomplishment and mastery of skills. This is a key ingredient to the success martial arts has in developing self-esteem and confidence in students. ***It is this experience of victories and the accomplishments of goals that separates the martial arts from all other sports.*** As you move forward in your training, you, like thousands of students who have gone before you, will be allowed to wear a colored belt that symbolizes the level of your achievement.

SEMINARS & WORKSHOPS

Our academy offers special training workshops that are usually open to students, ages 6 to adult, of all belt levels. These sessions cover a variety of martial arts topics ranging from self-defense and board breaking to jump kicks and safety weapons training. These seminars offer students a chance to expand their repertoire of techniques and increase their skill and ability. Seminars and workshops are available to students several times throughout the year and usually require an additional fee (*Leadership Team Members may attend all seminars for FREE as long as they pre-register.*) and/or the purchase of special equipment.

DID YOU KNOW?

Our programs are well staffed with professional career martial arts instructors and staff. All staff undergo background checks and are trained specifically for our martial arts programs. Our facilities offer safe, fully-matted, workout floors and equipment.



PARENTS NIGHT OUT EVENTS

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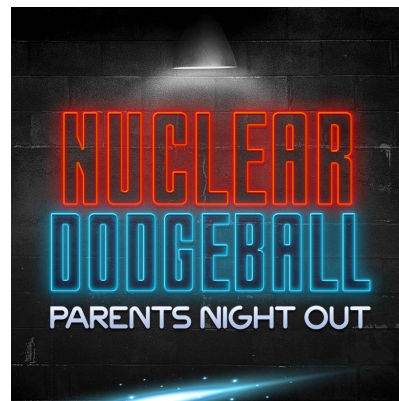
- * Great for students and friends (ages 4 & up)
- * Offers parents a little escape
- * Games, teamwork & loads of fun
- * Offered on select dates

Parents Night Out events are great for both children and parents. They are offered selectively throughout the year and focus on one thing . . . FUN!

Parents Night Out events usually run from evening to late evening and last about 2 1/2 hours . . . affording parents some much needed downtime for a peaceful dinner or perhaps just some time to catch up on things at home.

Parents Night Out events are a blast and offer a fun, safe night out for children and their parents. Though we often play games that incorporate elements of Martial Arts, we don't teach an official class at Parents Night Out. That doesn't mean we don't get in some great exercise with plenty of fun-filled games, exciting activities and snacks for all. Just make sure to register early as they sell out fast.

Below are some examples of the different themes that we offer...



Experience the above and more. . .

BIRTHDAY PARTIES:

- * Perfect for ages 3 through 13
- * 6 themes to choose from
- * 1.5 hours of fun with family and friends

COMMON PARTY F.A.Q.'s

- ☒ Complete form below and return to register.
- ☒ Just call or ask for available dates and times.
- ☒ Parties fill up first-come, first-served.
- ☒ Our Karate Party is just . . . 175 for members & 200 for non-members. Awesome Themed Parties are only \$30 additional. (50% deposit is required).
- ☒ Deposit is NON-REFUNDABLE once date is set.
- ☒ We supply invitations and envelopes.

THE PERFECT BIRTHDAY WHILE PARENTS RELAX

Kickin It Martial Arts & Fitness Birthday Parties offer parents the perfect birthday solution. Parties are great for current members and non-members alike. We ensure that all participants have an awesome time, get some great exercise and enjoy exciting themed Martial Arts activities. We have six to choose from: Karate, Ninja Turtle, Super Hero, Lego Ninjago, Power Rangers & Star Wars.

Our facilities are well-equipped with matted workout floors which allow for exciting indoor games and offer the perfect surface for Martial Arts practice.

Perhaps the best part of our parties is that we handle almost the entire event . . . while parents relax.

Parties are 1.5 hours and our instructors and staff lead the entire first hour with structured fun for everyone. With our innovative games and exciting Martial Arts instruction, everyone is sure to have a blast.

After games and Martial Arts we allow parents a half hour for cake and celebration. It's a great solution for an important day. Spaces are limited and are often booked months in advance, so it's best to reserve your spot very early.

"Our son's birthday party was great! The instructors kept the children engaged and having fun the entire time . . . we highly recommend KI Martial Arts Academy for an exciting birthday."



RESERVE YOUR PARTY! COMPLETE SECTIONS 1 THROUGH 4

1. DESIRED DATES & GUESTS

First Choice: (We'll confirm exact date & time.)
 Saturday ____/____/_____
 Second Choice: (We'll confirm exact date & time.)
 Saturday ____/____/_____
 Number of invitations needed: _____

2. BIRTHDAY BOY OR GIRL

Child Name: _____
☐ Male ☐ Female
 DOB: ____/____/_____
 Turning Age: _____

3. PICK YOUR THEME (choose one)

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Karate | <input type="checkbox"/> Lego Ninjago |
| <input type="checkbox"/> Ninja Turtle | <input type="checkbox"/> Power Rangers |
| <input type="checkbox"/> Super Hero | <input type="checkbox"/> Star Wars |

4. PARENT / RESPONSIBLE PARTY INFORMATION & AUTHORIZATION

Parent / Responsible Party & Buyer Name: _____
 Email: _____ Contact Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____

I understand that strict observation of the rules and regulations relative to training, activities or special events as the same are set out by KI Martial Arts Academy, will largely eliminate the possibility of accident or injury. However, I hereby waive any claims of personal injury or damages against KI Martial Arts Academy or any of its principles, instructors, agents or employees, in any case resulting from the subject activity. I confirm that this form is complete and accurate. In the event I can not be reached in an emergency, I hereby give permission to the KI Martial Arts Academy staff to administer any/all first aid, and to engage a physician to administer medical treatment, including hospitalization, to the Child named at left under Section 2.

A NON-REFUNDABLE 50% DEPOSIT IS REQUIRED TO RESERVE PARTY DATE.

BALANCE IS DUE DAY OF PARTY.

Parent/Guardian Signature: _____ Date: ____/____/____



Kickin It Martial Arts & Fitness

MOVING FORWARD WITH TRAINING

Our goal is to be up front about all costs, benefits and payment options allowing you to make educated decisions. In the simplest terms we offer our Essentials Program or Elite Program to all our students. We've also supplied two easy ways to pay for your membership. Our Auto Pay Plan (save on late fees or 10% if paid in full) and our Flex Plan that offers the convenience of paying for your membership on a monthly basis. Please remember we invite your questions and are happy to discuss any of these options. Your instructors are available as well for feedback and discussion of your goals here at Kickin It Martial Arts & Fitness.

ELITE OR ESSENTIALS PROGRAM?

ESSENTIALS PROGRAM:

- ★ Pay on a monthly basis
- ★ May cancel/stop with 30-day notice
- ★ Attend one class per week

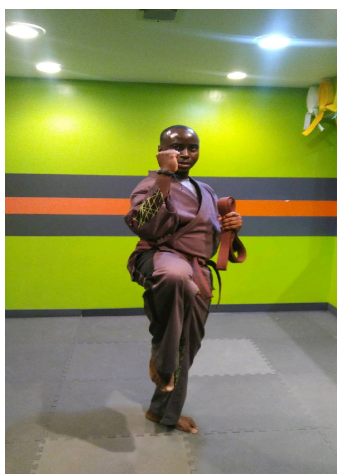
ELITE PROGRAM:

- ★ Attend 2-3 classes per week.
- ★ 6 OR 12 Month Program
- ★ Must enroll in Auto Pay

ELITE PROGRAM

Program Overview

- * Appropriate for all levels
- * Attend 2-3 classes per week
- Test/Graduation (\$20.00)
- Equipment sets are extra



**MEMBERSHIP OPTIONS ARE LISTED IN THE
KI PRICING INFORMATION DOCUMENT**

