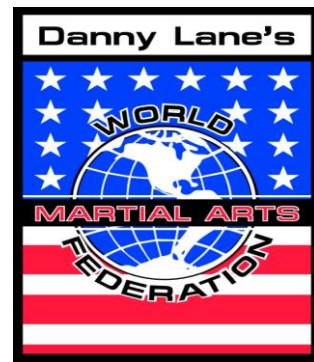




# “The Danny Lane Fighting System”

## Structure & By Laws

### DLFS Creed



“I come to you with empty hands, I have no weapons, I mean you no harm, but should I be forced to defend myself, my dignity or my honor, should it be a matter of right or wrong, life or death, I come to you with empty hands.”

### **THE FUTURE OF SELF DEFENSE IS HERE!**

The Danny Lane Fighting System is a unique compilation of Martial Arts combining the “best of the best” techniques he has learned and used during his (51) fifty one years in the Military, Law Enforcement, Martial Arts and Personal Protection fields.

The Danny Lane Fighting System is a reality based combative system that will prepare you to survive any situation.

Danny Lane Fighting System is based on scientific principles. Techniques that attack the neurological, circulatory, respiratory and energy pressure points of the body. Techniques applied to soft targets of the human body can neutralize and incapacitate an attacker in seconds.

The Danny Lane Fighting System teaches Real techniques, for Real People, in Real Life Situations! Techniques that are FAST to learn, EASY to comprehend & EFFECTIVE.

**Anyone** regardless of age, sex and physical condition can learn these life-saving skills. You owe your family the security of protecting them.

## **MEMBERSHIP**

Each member will pay a \$50 membership fee per year. Memberships to be renewed January 1st of each year.

Each member gets a *Danny Lane Fighting System* Membership Card and monthly emails of training tactics, security, safety and self-defense tips.

## **TESTING FEES**

*Danny Lane Fighting System* Testing Fees: \$50 per test for reviewing your online submitted videos. If the student wants a private one hour critique of their submission by telephone it is \$100.00. The Level #5 Black Belt Instructor Test Fee is \$150.00 US.

# BELT RANKING SYSTEM

VOL.	TIME	HOURS	RANK	
#1	1 MONTH	20	WHITE - YELLOW BELT	
#2	2 MONTHS	40	YELLOW - PURPLE BELT	(LEVEL #1)
#3	3 MONTHS	60	PURPLE - ORANGE BELT	
#4	3 MONTHS	60	ORANGE - BLUE BELT	(LEVEL #2)
#5	3 MONTHS	60	BLUE - GREEN BELT	
#6	3 MONTHS	60	GREEN - BROWN BELT	(LEVEL #3)
#7	4 MONTHS	80	BROWN - RED BELT	
#8	5 MONTHS	100	RED - BLACK BELT	(LEVEL #4)
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24 MONTHS - 480 Hours WHITE-BLACK BELT				

The *Danny Lane Fighting System* is set up on 24 months of training at a minimum of 5 hours per week for 24 months. That is a total of 480 hours over a two year training period to get qualified for your Black Belt Certification & Level #5 Certification.

Note: It is possible to go through the programs FASTER if you have prior training. You can start teaching the DLFS once you pass the Level #2 Certification.

## CERTIFICATION LEVELS:

LEVEL #1 COMPLETION OF VIDEOS VOLUMES 1 & 2

LEVEL #2 COMPLETION OF VIDEOS VOLUMES 3 & 4

LEVEL #3 COMPLETION OF VIDEOS VOLUMES 5 & 6

LEVEL #4 COMPLETION OF VIDEOS VOLUMES 7 & 8

LEVEL #5 PASSING THE DANNY LANE FIGHTING SYSTEM INSTRUCTOR TEST.

**1. Discipline** - The key ingredient for success in life is the discipline of mind and body. Setting goals and making sure they are accomplished builds discipline. Whatever goal I set for myself, I will first get a mental image in my mind of exactly what it is I want to achieve, then I will be determined and persistent enough to overcome all obstacles that get in my way and train or study accordingly until that goal is accomplished.

**2. Integrity** - I will be sincere and honest in my relationships with others and maintain high moral principles in life.

**3. Loyalty** - I will be faithful, support, defend, maintain allegiance, and be true to myself, my family, my country, my friends and the World Martial Arts Centers and Federation.

**4. Respect** - I will show my respect for others by following the 12 principles of the Code of Ethics, for respect must be given in order to be received.

1. Discipline - Self Control over Mind and Body.
2. Integrity - Sincerity and honesty towards self and others.
3. Loyalty - To faithfully support what I believe to be right and true.
4. Respect - I must show respect in order to receive respect.

# **RULES & REGULATIONS**

## **To establish "Rules and Regulations" of conduct for use inside the studio.**

1. No profanity in studio.
2. No smoking in studio.
3. Only approved shoes are to be worn on mat.
4. Everyone will bow before entering and when leaving mat.
5. All instructors will be addressed as Mister, Mrs., or Miss.
6. When a higher Black Belt member enters a studio with a class in session the instructor will stop the class, and acknowledge his presence by having the class bow to him or her.
7. No student shall join or leave class in progress without instructor's permission.
8. Students will not free spar without protective cup.
9. No student will ask or challenge a higher grade belt to free spar.
10. No jewelry will be worn during class.
11. Students will not chew gum during class.
12. Students will always work out in a clean uniform.
13. Students will always keep fingernails and toenails trimmed.
14. No student will test for promotion if behind on lessons or payments.

## **CODE OF ETHICS**

1. I will look for the good in all people and make them feel worthwhile.
2. I will always be in a positive frame of mind and convey this feeling to every person I meet.
3. I will give so much time to the improvement of myself that I have no time to criticize others.
4. If I have nothing good to say about a person, I will say nothing.
5. I shall continually work at developing love, happiness, and loyalty in my family.
6. I shall develop myself to the maximum of my potential in all ways.
7. I will always remain loyal to my country and obey the laws of the land.
8. I will be as enthusiastic about the success of others as I am about my own.
9. I will forget the mistakes of the past and press on to greater achievements in the future.
10. I will maintain an attitude of open-mindedness toward another person's viewpoint.
11. I will maintain respect for those in authority and demonstrate this respect at all times.
12. I will become and remain highly goal-oriented throughout my life.

# CODE OF CONDUCT

- 1. Service** - Give unselfish service by helping and encouraging other students, participating in service projects and showing pride in the school by maintaining a clean and orderly place to train.
- 2. Respect** - Students will not only show etiquette for the seniority system and honor senior members but show respect for self, other students and all human beings.
- 3. Honesty** - Our personal, business, family lives will be conducted honestly. No lying, cheating, or stealing.
- 4. Self Improvement** - Develop a habit of life-long learning by studying books and tapes on success and self improvement and practicing the principles in daily life.
- 5. Health** - Protect our skills by avoiding harmful health practices such as smoking, drugs, and excessive use of alcohol.
- 6. Loyalty** - Support the World Martial Arts Federation, The World Martial Arts Centers, your instructor, school and fellow students by word and action.
- 7. Character** - Reflect honor and respect on the Martial Arts and our association by living a clean and upstanding life.
- 8. Control** - Beginners will mask emotions. Advanced students will control and discipline emotions and actions - act not react.
- 9. Courage** - Develop courage by opposing influences that can cause failure or defeat mentally, emotionally, spiritually or physically.
- 10. Sincerity** - Demonstrate sincerity by carrying the code outside the school and into personal life, not being two faced or hypocritical.