

# Welcome to Warriors Christian Academy

## Martial Arts Overview: A Guide for New Parents and Students

Welcome, new Warriors families! We're thrilled to have you join us and appreciate the choice you've made for your children. As newcomers, you may have queries about the Martial Arts - a vital part of our school. In this guide, we aim to answer your most frequent questions, and we are always available for any additional inquiries you may have.

### Why Martial Arts at our academy?

Physical activities, particularly sports, are excellent for maintaining a healthy body, but they also impart valuable life skills. Our Martial Arts program not only provides practical self-defense knowledge but also emphasizes key life skills such as courage, discipline, and perseverance - skills we believe are crucial for our students' development.

In fact, courage is our second core value, just after faith. We find it to be vital for everyone, whether a man, a woman or a child. The Martial Arts we instruct are chosen for their safety and effectiveness, making them suitable for all ages and skill levels.

### Our Martial Arts Curriculum

Our Martial Arts program is divided into three segments: Tiny Tornados, Essentials, and Elite. Tiny Tornados and Essentials are our beginner groups. If your child is under 7 years old, they will join the Tiny Tornados. Starting from age 7, they can participate in the Essentials group. Both groups focus on the fundamental aspects of Martial Arts, teaching techniques like basic stances, punches, blocks, kicks, and safe falling, along with mindset training. These groups follow a rotating curriculum, allowing beginners to join at any point.

Once the student has gone through the full curriculum in these groups and is at least 7 years old, they are eligible to advance to the Elite group. This group introduces more sophisticated techniques. The Elite group's curriculum also rotates but encompasses various Martial Arts styles: Japanese bare-knuckle, knock-down karate, Brazilian Jiu-jitsu (BJJ), Filipino Kali, and Israeli Krav Maga. Elite students also practice Catch Wrestling from Monday to Thursday, with sparring exercises on (Fighting) Fridays.



# Equipment Requirements

An essential part of our Martial Arts program is the required uniform and gear. This not only instills a sense of unity and discipline but also plays a crucial role in safety during training sessions.

All students participating in our program need to have a Martial Arts uniform (a Gi). Warriors will provide new students with their first white Gi. If needed, additional Martial Arts uniforms are available to purchase from Warriors. Moreover, Elite students are required to have sparring gear, as this will be necessary for their advanced training sessions.

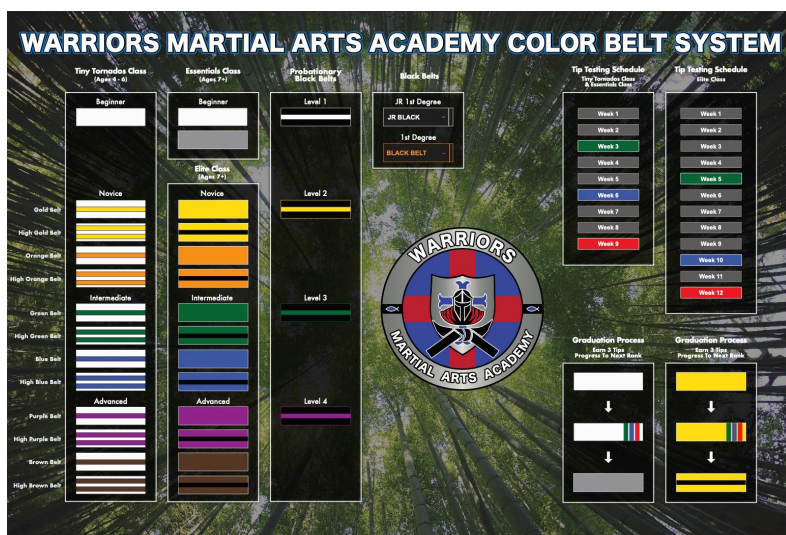
To safeguard our students and optimize training results while minimizing potential injuries, it is mandatory for families to purchase the approved Martial Arts equipment directly from Warriors. This ensures all equipment meets our safety standards and is suitable for the types of activities performed in our classes.

# Understanding Tip Testing, Graduation, and Belts

Just as academic grade levels denote a student's progress in school, belt ranks in Martial Arts signify their advancement in the program.

To earn the next belt rank, students must pass a Martial Arts exam called Graduation. However, before a student can take this exam, they need to earn three "tips" which serve as checkpoints confirming the student's understanding of specific parts of the curriculum. Passing these checkpoints (or tip testing) ensures that the students are the most likely to pass their Graduation.

Tiny Tornado and Essentials students have their Graduations in class. Elite students have Graduations on special event days, taking their exam while friends and family are watching. More about the tip testing and graduation schedules on the following page.



Earning a black belt in Martial Arts is similar to attaining a bachelor's degree in academia. Just as a degree generally requires four (4) years of study, obtaining a black belt also necessitates four (4) years of dedicated training as an Elite student.

To the left is an overview of the belt ranking system, showing the progression of the colored belts.



# Our Schedule

The Essentials curriculum comprises six modules, each spanning three weeks. Thus, the entire Essentials curriculum lasts 18 weeks before starting anew.

The Tiny Tornado curriculum is an adapted version of the Essentials curriculum, with each module broken into smaller, age-appropriate segments. This curriculum takes 54 weeks to complete. If a Tiny Tornado student turns 7 before finishing the curriculum, they will complete their training in the Essentials class.

Tip testing for the Tiny Tornados and Essentials takes place in class on the last Wednesday and Thursday of each three-week module. Once a student has earned three tips on their belt, they can progress to the next belt rank.

The Elite group adheres to the school's trimester and summer schedule. Tip testing for these students takes place within the class setting. However, the graduation ceremony for Elite students is a grand and special event. The graduation for Elite students is a significant occasion, marking an important milestone in their Martial Arts journey. During this event, they are evaluated on all the aspects of the Martial Arts curriculum they have trained in during the current rotation. But graduation isn't just about testing. It's also a time when students get to showcase their skills and hard work in front of their loved ones. While performing in front of friends and family can indeed be a little nerve-wracking, it's also an immensely rewarding experience that reinforces their progress and achievements.

Graduation is held at 10 AM on the last Saturday before the end of each trimester. In addition to the Martial Arts training and the three (3) Elite Graduations throughout the school year, we also have summer training and an Elite Graduation at the end of summer. Please refer to our school calendar for specific dates: <https://warriorschristianacademy.com>

Please mark your calendars for the Graduations. Although it falls on a Saturday and is only once per trimester, it's a significant event for our students. Attending and passing their graduation allows them to advance and earn the next belt rank. Thank you!

We encourage parents and other family members with students in the Elite group to stay and watch the Elite Graduations to support the students.

If something were to prevent your student from participating in the scheduled Elite Graduation, families have the option to book a private paid Elite Graduation for their student. That way, the student will continue their belt rank advancement and keep up with their peers.