



THE POWERHOUSE
Martial Arts and Athletics

Program Guide

Thank you for trusting us with teaching your child or, coaching yourself. We will not take your, or your child's training lightly. So long as we work together and you follow our lead precisely we are sure you will have a life-changing experience and will be amazed with the results.

You will find a lot of important information about the program you are enrolled in, in this guide. Please read all, and ask for explanation if need be.

Note: Paragraph pointed to with an **ARROW** → are intended for parents only. You may want to skip those sections if you do not have a child in our class

Goal Setting and Grading Requirements

Goal Setting is an integral part of our training, built into all programs. You are advised to take the time to set your goals, and lay down a Plan. The best time for doing this is at the beginning of each term. Feel free to ask us if you need help with setting some realistic goals for yourself

Dojo Etiquette and Ground Rules

All members must read the **dojo etiquette** and apply every point of etiquette consistently when in attendance. You can find this guide under the Members Area on our website

Weekly Emails and Focus of each week

After joining, your email will be added to our email list. We don't send unnecessary messages to students. You will receive a message, usually every weekend, to inform you of the theme/focus of each week coming up

When you arrive ... please walk into class (training area) in your uniform a few minutes before your class starts, and kindly keep the noise down when there is another class in progress

Exam qualification

In order to qualify to take an exam you have to complete a minimum required number of hours/sessions, being in attendance, and also should have earned at least *1 black stripe*

Black stripes and tip-tests

You should prepare for a mini-test between one exam to the next (mid-term exams) the result of which may be earning 1 black stripe, 2 black stripes, or no stripes! You need to earn at least **1 black stripe** (and ideally 2) before you sign up for an exam. This step helps as a milestone in your goal-setting, a checkpoint around 5-6 weeks into each term. You will receive some feedback on the spot about your performance, and will be pointed to areas where you need to spend some extra time on as you prepare for your belt-test

When should you get tested?

Ideally you should be ready to get tested at the end of each term (unless you have been given a different date – noted on your report card). If for some reason, sometimes you are not ready or able to take your exam on the scheduled dates you may ask for an extension and push your exam back for 1 month. You are advised not to leave your exams up in the air, and have a plan with an exam date attached to your plan. Exams are an important part of goal-setting highlighted in our training

Re-test and demotion

If you stop training for more than 3 MONTHS you may be required to take an exam upon your return so we can find your level when you are back. The longer your absence period the lower the rank will be that you may be demoted to. *“Karate is like hot water. If you do not apply heat to it constantly, it becomes cold water again”* Master Funakoshi

→ Green, Blue and Red stripes & Top 10 students [Kids only]


We have a reward system in place (for kids) with which we create some healthy competition in class, and systematically reward those who perform better than others (not only in technique but also in other aspects of our training). You will earn a **Green Stripe** (1 credit) when you perform something very well, and a **Blue Stripe** (2 credits) when your performance is extra-ordinary. On the other hand, you may be given a **Red Stripe** if you happen to be out of line, disruptive in class, or break the rules of safety and proper dojo etiquette. Red stripes go against credits you’ve earned – minus 1 credit for each red card/stripe. At the end of each term the total number of credits earned by everyone will be counted, and we will find our “top 10” students. Those in the Top 10 will enter *Last Man Standing Competition* and the one who eliminates everyone else will go home with a prize! (ask for details). Note: These stripes are different to **Black Stripes** that are connected to tip-tests & exams

Ranks and Promotions


Through your training you will be promoted to higher ranks step by step, starting from white belt all the way to black belt, and beyond. Keep in mind that Black Belt (Shodan) is considered being your FIRST STEP in your journey as a martial artist - not the END. There are 10 degrees of black belt. 1st degree (1st dan) to 10th degree black belt (10th dan)

→ **Junior level ranks and belt Colors >> 4 to 7 years**

Note: The “Junior level” ranking system that is used at The Powerhouse is developed in-house for very young kids based on requirements that are simple, and different to universal ranking system used for older kids/adults (e.g ‘Junior Green’ is not the same as Green Belt that is known in the Karate world)

White	white belt	<p>Examples:</p>  <p>Junior green</p>  <p>Junior high-green</p>
Junior yellow	white belt w/ one yellow stripe	
Junior high-Yellow	White belt w/ two yellow stripes	
Junior orange	white belt w/ one orange stripe	
Junior high-orange	White belt w/ two orange stripes	
Junior red	white belt w/ one red stripe	
Junior high-red	white belt w/ two red stripes	
Junior green	white belt w/ one green stripe	
Junior high-green	white belt w/ two green stripes	
Junior purple	white belt w/ one purple stripe	
Junior high-purple	white belt w/ two purple stripes	
Junior blue	white belt w/ one blue stripe	
Junior high-Blue	white belt w/ two blue stripes	
Junior brown	white belt w/ two brown stripe	
Junior high-brown	white belt w/ two brown stripes	
Junior Black Belt	white belt w/black stripe	

Universal Ranks and Belt Colors: Kids & Adults: 8 years +

WHITE BELT - 10 th kyu	white belt	<p>Examples:</p>  <p>Red Belt</p>  <p>High Red</p>
High white / Junior Black	White belt with black stripe	
YELLOW BELT - 9th Kyu	SOLID YELLOW BELT	
High Yellow	Yellow belt with black stripe	
ORANGE BELT - 8th kyu	SOLID ORANGE BELT	
High Orange	Orange belt with black stripe	
RED BELT - 7th kyu	SOLID RED BELT	
High Red	Red belt with black stripe	
GREEN BELT - 6th kyu	SOLID GREEN BELT	
High Green	Green belt with black stripe	
PURPLE BELT - 5th kyu	SOLID PURPLE BELT	
High purple	Purple belt with black stripe	
BLUE BELT - 4th kyu	SOLID BLUE BELT	
High Blue	Blue belt with black stripe	
BROWN BELT - 3rd kyu	SOLID BROWN BELT	
2.5 kyu	Brown Belt with a black stripe running through the belt	
2nd kyu	Brown Belt with black stripe + 1 brown stripe	
1.5 kyu	Brown Belt with a black stripe + 2 brown stripes	
1st kyu	Brown Belt with a black stripe + 3 brown stripes	
Shodan - 1 st degree Black Belt	SOLID BLACK BELT	1st to 10th dan

Equipment and Protective Gear -- for L2 and L3 classes only

In order to participate in free Sparring you must have the right equipment to keep yourself and your partners safe. You can order the right products on our website

- >> **Mandatory:** Sparring Gloves. Plus foot-protectors, if kicking is used in sparring
- >> **Optional:** A Cup, Mouth Guard, Head gear and Chest Protector (recommended for added safety)

For classes titled 'Fitness Kickboxing' and 'Sparring Skills' you will need a pair of Gloves & Focus Mitts

Your class vs. Any class

You are expected to attend only classes that you are registered for (for example, Mondays & Wednesdays). Jumping from class to class every now and then is not permitted, as doing so will result in some classes becoming over-crowded. If you need to change your days please email us and let us know. We will try our best to accommodate you if there is space available

Absence Credit - how to bank your missed sessions

You should email us and report your future absences to us, and ask for credit. Credits have no cash value but you can use your credit to stretch your course at the end when your course expires. You can bank up to 1 month of your absences per year (with 12 or 24-month programs only)

**Note: We cannot stop and start your monthly payments because of absences, and we do not keep track of single sessions when missed. You don't have to inform us every time you are going to miss a single class. We also don't issue credit for periods when we are closed

School Closure & Term Breaks

We are closed on Statutory Holidays, and 1 week every 3 months (term break) after exams (rest time). If a special class is scheduled on holidays or breaks you will be notified by email.

We may need to cancel some classes from time to time (rarely). In such cases we will issue credit for the number of sessions you end up losing +1 extra class. We cannot adjust fees or issue a refund in such cases

Making up for missed sessions In case a holiday lands on a day that you usually attend class you may attend any other class to make up, but only in the same week. Missed sessions may not be carried over to future weeks (crowd control)

Classes vs. Programs

This is not a 'session-by-session' type program. You are charged based on the program you've signed up for, which includes a number of sessions, keeping school closure in mind. You can make any changes you'd like to your program before the end of any Trial Period (1-6 months) that comes with your membership. Once your trial period has elapsed no more changes can be made and the remainder of the course shall remain unchanged

Medical Condition

You are advised to check with your doctor and make sure you are fit to participate in the kind of training Karate is. And in case you suffer from any conditions that may limit you in class we should be informed of your limitations (ADHD? Hearing problems? Asthma?)

NOTICE & PERMISSION regarding videos and pictures taken in class

From time to time we may take pictures or videos in class, and may use them on our website, or in our ads for the dojo. **If you do not want us to use a any picture or videos that you appear in (?) please let us know so we make sure your image is removed**

Effective Communication

We heavily rely on EMAIL for communicating with you. Please add our emails below to your address book and if you happened to change your contact info please let us know right away.

We trust that you will check your emails regularly and will send a response to our emails within a reasonable timeframe when a response is called for.

>> **In case you cannot check your Emails regularly please let us know** so we find another way to communicate with you

Dealing with inquiries

If you have a question or concern and would like to speak with someone about anything to do with your training or membership please EMAIL US FIRST or call us during business hours. Please do not approach the instructors at the dojo with your inquiries

School Contact: to add emails to your address book

- PowerhouseOffice@gmail.com: for **program-related** inquiries
- DojoStudentService@gmail.com for **admin-related** inquiries (for banking sessions, payments, memberships, orders, etc.). If necessary feel free to ask for a time will be set for you to speak with someone who can best address your question or concern
- TEL: **604-812-3656** 10:00~16:00 Mon ~ Sat when you need to speak with someone

Lost or stolen items: Please note that we cannot accept responsibility for any items that may be lost or stolen. Please lock your belongings, or bring your bag with you into the training area

The best things you can do to stay motivated

1. **Find a training-partner:** Students who have a friend in our class tend to stay so much more motivated and committed to their training. If you know someone who you'd like to train with, or if your child has any friends who may be interested in our training, please refer them to us
2. Learn and apply the "Goal-setting" that is highlighted in our training, and approach your training with a plan
 - 3. **If you have a child in our class;** yourself also, consider getting involved. The best way you can motivate your child is by leading-by-example. Even if it has to be at a minimal level like, one session/wk -- ***Families that Kick together Stick Together***

→ Supervision with kids

→ 1. We cannot provide supervision outside of the training area (in hallways, washrooms, upstairs and outside the building). Please try to be there on-time to pick your child up when your child's class ends. We cannot accept responsibility for your child leaving the building. Please remind your child that he/she should not leave the building until you arrive

→ 2. **No Running!** We need your help with enforcing the "No Running" and "quiet" rules when you and your child are in the building, and to keep the noise down so that we can have a safe, quiet and peaceful environment for everyone who is in the building. Kids who ignore this expectation may get a red card, and if they keep on repeating the unacceptable behaviour may be sent home!

→ 3. **No drop offs!** If you have a child in our **L1 group** (4-7 years) you are expected to **stay in the building**, while your child is in class, so if your child needs you, or if your children need to use the washrooms you will be there to help them

→ 4. Please make sure your child is reminded that they must not leave with anyone who yourself have not directly appointed/approved to pick them up. In case you are unavoidably late your child should inform us, and may stay in the training area until you arrive

→ 5. **Change rooms:** Please don't use the hallways or any parts of the building to help your child get changed, and only use the change rooms, downstairs

Referral discount (NEW)

Most of our students are referred to us by our existing students. The best compliment you can give us is referring us to your friends. As a token of our appreciation we will issue \$100 credit towards your tuition for each new student that is referred by you, who signs up for regular training (not trial). All you have to do is to inform your friends and, if they are interested simply send us their contact information, then we will follow up and offer them a few free trial classes. If/when they join your referral discount will be applied against your dues. Can you think of anyone who may benefit from our training? Or anyone who yourself hope would be interested to share your experience with you?

Dedicated to Your Success

The Powerhouse Team