

Parents Guide

- 1) **What L1, L2 & L3 means:** L1: 4~7 L2: 8~12 and L3: 13+ yrs
- 2) Kindly read all guides on our website under **Members Area**. Start **dojo etiquette** soon after enrolment
- 3) A more detailed version of this guide called **Program Guide** is on our website. It would be helpful if you read that guide as well, as it contains a lot of useful information about the program your child is enrolled in
- 4) **Focus of each week** is usually emailed to you every weekend. To make sure we are all on the same page we need all students (parents of young children) to read our messages and write back if a response is called for
- 5) Students should enter the training area a few minutes before their class starts (not to wait outside or upstairs)
- 6) To ask for **Absence Credit** and bank the sessions you will miss ahead of time. Credit is given for periods that are *1 week or longer* (No need to notify us every time you are going to miss a single class)
- 7) **Exam qualification;** Students have to earn at least one **Black Stripe** in order to get tested. Ideally, 2 Black Stripes should be earned taking a shot at rank promotion and get tested. **Tip-tests** (mid-term exams) are conducted informally in about week 5 or 6 of each term (when you black stripes are given)
- 8) For sparring exercises (L2 & L3) **Sparring Gear** is needed (gloves and foot protector). Also, a pair of **Focus Mitts** will be needed for L2/L3 classes titled Sparring, Sparring Skills or Fitness Kickboxing
- 9) Each term is 3 months long. The last week of every term we have no class, when exam results and report cards are prepared. Exams are done every 3 months at the end of each term, and for those who may not be able to take their exam at the end of the term, there will be a 2nd round of exams about 1 month later
- 10) We are closed on Statutory Holidays. When a holiday lands on a day that students usually attend class any other class may be attended, but only in the same week of the holiday
- 11) Students are required to show up to class in the approved uniform of the dojo
- 12) When you join the Powerhouse you create a profile in our CRM (on gymdesk). Your child may need your help with signing into the classes they attend with their unique **Check In Code**
- 13) **Medical Conditions;** in case your child suffer from any serious medical conditions it would be helpful if you could inform us (ADHD? Hearing problems? Asthma?)
- 14) **Family Classes** come around from time to time, in which you will learn how to train with your child at home

- 15) If you don't want your child to be in any *videos or pictures* taken in class, which we may use in advertising for the dojo, feel free to let us know, and we will not use any footage that your child may appear in
- 16) L1 & L2 students earn *Green and Blue stripes* for their extra-ordinary performance in class, or, they may get a *Red card* if they consistently break training rules or misbehave in class. **Green** = 1 point **Blue** = 2 points **Red** = Minus 1 point. Total of the points earned are counted at the end of every term, and the top 10 students can enter *Last Man Standing Competition*, the winner of which goes home with a prize!
- 17) We heavily rely on communication with students by *Email*. In case you cannot check your emails regularly and read our messages please let us know, so we find another way to communicate with you
- 18) for *program related* inquiries please write to powerhouseoffice@gmail.com, and for *admin-related* inquiries please write our email for "admin" dojostudentservice@gmail.com. Please do not approach instructors unexpectedly with admin-related questions, as they are not trained to deal with admin-related inquiries. If you need to speak with someone we will be happy to arrange for a call, or a meeting, if need be
- 19) Please lock up your belongings in lockers, downstairs, and avoid bringing anything valuable to class
- 20) We cannot provide supervision outside the training area (hallways, washrooms, upstairs or outside). Please instruct your child to inform us and, stay in the training area if sometimes you happen to be late
- 21) Playful kids sometimes run up and down the stairs creating a fair bit of yahooing and noise in the building. This may disturb others, and it's also unsafe. Please help us with enforcing our "**No Running and No Yahooing Rule**". The dojo's environment is expected to be quiet and peaceful
- 22) Parents of L1 students particularly, you are expected to *stay in the building* within reach while your child is in class
- 23) please remind your child to visit the washrooms before jumping into class
- 24) *Referrals*: Most of our new students are referred to us by our members. You will earn up to \$260 credit towards your tuition for every member that you refer to us, who signs up for regular training. ** If you'd like to refer a friend please ask for details

Thank you for your attention, and for trusting us with teaching your child

The Powerhouse Team
