



THE POWERHOUSE
Martial Arts and Athletics

Program Guide

There are a lot of important information about the program you (or your child) have enrolled in. Please read everything to make sure you are aware of how everything works around the dojo. If you don't have a child in our class, you may want to skip any paragraphs that are related to children

Dojo Etiquette and the Guides: Please read the dojo etiquette soon after enrolment, and other guides as soon as possible. You can find these guides on the Powerhouse website, under Members Area

Grading Requirements & Goal-setting: Goal-setting is built into all of our programs. You are advised to set your goals, and lay down a 'Plan' for your training as you go through your course. The best time for doing this is at the beginning of each term. Grading requirements are on our website also (In Members Area)

When you arrive.. walk into the raining area a few minutes before your class scheduled to start, and kindly keep the noise down when there is a class in progress

Your class vs. Any class: You are expected to attend only classes that you are registered for regularly. Jumping from class to class every now and then is not permitted. If you need to change your days please let us know. We will try our best to accommodate you if at all possible

Making up for missed sessions: In case a holiday lands on a day that you usually attend class, you may attend any other class without notice in the same week that the holiday was

Classes vs. Programs: You are not charged 'session-by-session'. You are charged based on the Program you've signed up for, which includes a number of sessions, keeping school closures in mind. You can make any changes to your membership before the end of any Trial Period that your choice of membership comes with. Once your trial period has elapsed no more changes can be made for the rest of the course (no. of sessions, or)

Keeping you in the loop with weekly emails: You will receive a message from us usually every weekend, to inform you of the 'focus of each week' and to keep you posted of any important announcement. We expect students (or parents) to read all messages from us, to make sure we are on the same page

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

In order to participate in free Sparring exercises use of sparring gear is mandatory. You can order the right products on our website. Gloves and foot-protectors will be needed for sparring, and Focus Mitts will be needed for classes titled Sparring Skills or Fitness Kickboxing



THE POWERHOUSE

Green, Blue and Red stripes (used in L1 & L2 classes only)

-- **Green stripes** are earned when students show extra-ordinary performance/effort in class = 1 point

-- **Blue stripes** are earned when students show outstanding performance during training = 2 points

-- **Red stripes** are given if you show unacceptable behaviour offending the etiquette of the dojo, if for example show violent behavior, or if you happen to arrive consistently late for your classes. A Red stripe = Minus 1 point

Last Man Standing Competition & the Prize (for kids)


At the end of each term, everyone's total points will be counted, and we find our Top 10 students, based on the number of points they've earned. The Top 10 will engage in *Last Man Standing Competition* and the person who takes the first place after eliminating everyone else will win a prize! Each term everyone starts fresh, so the points earned in previous terms will no longer count in the new term

Exams, Tip-tests and Stripes: For very young children (in L1) we have *Junior* grading requirements. Which is a lighter version of the grading syllabus used for L2 and L3 exams. Basically, for L1 yellow belt is broken into 10 tiny steps, and they wear different colour belts


Exams are conducted at the end of each term. Each term is 3 months long, and, mid-term exams (aka *tip-test*) are conducted informally around week 5 or 6 of each term, when students show what they have picked up in the new term, and receive feedback from instructors. The result of a tip-test may be no stripes, 1 stripe or 2 black stripes.

-- **2 black stripes** are earned when students show that they have picked up the contents of the new term well
 -- **1 black stripe** is earned when the new content is picked up, but only partially. You need at least one black stripe in order to sign up for a 'belt exam'. In both cases, you are expected to use the remaining portion of the term to prepare for your belt exam, keeping in mind the feedback you receive from the instructors

Junior level ranks & belt Colors: L1 group: 4 to 7 years

White	white belt	Examples:
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 green
Junior high-orange	white belt w/ two orange stripes	
Junior red	white belt w/ one red stripe	Junior high-green
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	

L2 and L3 Ranks and Belt Colors: 8 years +

10 th kyu	White belt	Examples:  Red Belt  High Red
9.5 kyu: High white	White belt with a black stripe running through it	
9th Kyu	SOLID YELLOW BELT	
8.5 kyu: High Yellow	Yellow belt with a black stripe running through it	
8th Kyu	SOLID ORANGE BELT	
7.5 Kyu: High Orange	Orange belt with a black stripe running through it	
7th kyu	SOLID RED BELT	
6.5 Kyu: High Red	Red belt with a black stripe running through it	
6th kyu	SOLID GREEN BELT	
5.5 Kyu: High Green	Green belt with a black stripe running through it	
5th kyu	SOLID PURPLE BELT	
4.5 Kyu: High purple	Purple belt with a black stripe running through it	
4th kyu	SOLID BLUE BELT	
3.5 Kyu: High Blue	Blue belt with a black stripe running through it	
3rd kyu	SOLID BROWN BELT	
2 nd Kyu: High brown	Brown belt with a black stripe running through it	
1 st Kyu: High brown	Brown belt with a black stripe running through it	
Shodan - 1 ST degree B.Belt	BLACK BELT	

Absence Credit - how to bank your missed sessions

To get credit for your absences you should email us the period that you expect to be away. Credit is issued for *future* absences (if reported to us in advance, only) and for periods that are one week or longer (not single sessions missed). Credits have no cash value. You can use your credit to stretch your course at the end upon expiration of your membership. You can bank up to 1 month of your absences per year, with 12 and 24-month programs (not short-term or trial memberships). No credit is issued for term breaks or national holidays.

Note: We cannot stop and start your monthly payments because of absences

School Closures & 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. We reserve the right to cancel up to 4 sessions in a row if absolutely necessary. If this right is exercised however, we will issue credit for the number of sessions that are canceled +1 EXTRA session. We cannot adjust fees or issue a refund in such cases

Medical Conditions: 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 condition and any limitations (ADHD? Hearing problems? Asthma?)

Notice & Permission; regarding videos or pictures taken in class: From time to time we may take pictures or videos in class and use them in our ads. If you do not want us to use any picture or videos that you appear in please let us know, and we will not use any pics/video that you (or your children) appear in

Lost or stolen items: We cannot accept responsibility for any items that may be lost or stolen. Please lock-up your belongings downstairs in lockers, or bring them into the training area

Communication expectations: We heavily rely on communicating with you by Email. Please add our emails to your addresses and, if you happened to change your contact information please let us know right away. We expect all students (or parents of young children) to read all emails from us, and to send a response within a reasonable timeframe, when a response is called for. >> **In case you cannot check your Emails regularly please let us know**

School Contact: 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 inquires. If you need to speak with someone we will be happy to arrange for a call, or a meeting

The best thing you can do for motivation: Find a training-partner. Students who have a friend or family in our class tend to stay much more committed to their training. If you know someone who you’d like to train with simply invite them, and let us know before they show up (we need their name and contact info)

>> If you have a child in our class consider getting involved, yourself. 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

Supervision and Parents’ roles: If you have a child in our class, please note:

- We cannot provide supervision outside of the training area (i.e in hallways, upstairs or outside). Please try to be on time to pick your child up when your child’s class ends, and also, remind your child to stay in the *training area* if sometimes you happen to run late
- Please help us with enforcing the “No Running” “No Yahooing” rules when your child is in the building
- Please remind or help your child with signing into their classes every time they come in (see iPad)
- Parents of L1 students especially, we expect you to *stay in the building* when when your child is in class
- Please have your child visit the washrooms before jumping into class
- Please don’t get your child changed only downstairs, in the change rooms (not hallways or at the entrance) downstairs (not at the entrance or hallways)
- Please wait for your child upstairs. Not in the office downstairs or at the entrance (crowd-control)

Save with our referral program: You will earn up to **\$260 credit** towards your tuition for every member referred by you, who signs up for regular training. If you are interested please ask for details**

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

_____The Powerhouse Team_____