

# Life's Ultimate Martial Arts Academy

## Starting Packet!



Award Winning Member of



**Please refer to this manual for important information!**

Physical Address: 734 US 68, Maysville KY. 41056

**\*NOTE:** Mailing Address: Is different then Physical Address. Please see owners for that information.



WEBSITE: [www.lumaacademy.net](http://www.lumaacademy.net)



Facebook: [www.facebook.com/lumaacademy](https://www.facebook.com/lumaacademy)

# **A "RULES & REGULATIONS"**

To establish "Rules and Regulation" of conduct for use inside the studio!

1. No smoking in studio. Parents that are smoking outside, please do not smoke by the front door and we ask that you field strip your cigarettes & throw it away either in the trash or your ashtray in your car.
2. No profanity in studio.
3. No Food or Colored Drinks in the studio. (this includes pop/soda, McDonald's etc.)
4. Students should bow before entering and when leaving the studio floor.
5. No student shall join or leave class in progress without the instructor's permission.
6. Students will not be disruptive during class.
7. Only approved shoes are to be worn on mat.
8. Students will not free spar without required protective gear.
9. No jewelry will be worn during class.
10. Students will not chew gum during class.
11. Students will always workout in a clean uniform.
12. No student will ask or challenge another student to free spar.
13. Students will always keep fingernails and toenails trimmed.
14. If student is early for class time and no other class is in session, student may practice only or sit until their class. (no running, playing, etc. before class)
15. Students will not wear other types of pants under their karate pants, (can wear t-shirt under top), this limits their kicking abilities.
16. You Must call Master Snipes if you are absent or will be absent from class 2 classes in a row, to tell why you missed. Out of courtesy and respect for your instructor and training.
17. When a higher Black Belt member enters a studio with a class in session the instructor will stop the class, and acknowledge his/her presence by having the class bow to him/her.
18. Students should give a courtesy bow to all Black Belts in the school.
19. No student will test for promotion if behind on lessons or payments. (There are so many hours/ lessons, needed between each belt-rank before a student may test for another belt. Hours vary for different belt ranks).
20. All students should give each other a high five after each class showing good sportsmanship and brotherhood.
21. We ask that parents do not call out commands on the floor. We love parent involvement, and encourage uplifting cheers and great jobs to the kids. Commands other than Instructors can be distracting to other students and coaches.
21. Everyone should treat the dojo with respect, it belongs to everyone.
22. Have Fun and Enjoy Class!

# **TO MAKE THE EXPERIENCE HERE AT LIFE'S ULTIMATE MARTIAL ARTS ACADEMY EVEN MORE ENJOYABLE WE SUGGEST THE FOLLOWING.**

**\*STUDENTS SHOULD ALWAYS BE AT THEIR BEST BLACK BELT BEHAVIOR.**

**\*PARENTS AND GUESTS SHOULD TURN OFF OR PUT THEIR CELL PHONES ON  
VIBRATE SO THEY WON'T DISTURB THE CLASS.**

**\*WE DON'T MIND NOISY CLASSES. WE ESPECIALLY LIKE IT WHEN THE STUDENTS ARE  
THE ONES WHO ARE MAKING IT OR PARENTS ARE CHEERING THE CHILDREN ON!**

**\*PARENTS WHO ARE BRINGING IN SMALLER CHILDREN ARE ASKED TO PLEASE KEEP  
THEM IN CONTROL, SO THEY WON'T DISTURB OR DISTRACT THE CLASS.**

**\*STUDENTS SHOULD ALWAYS BE IN A COMPLETE UNIFORM AND READY TO DO CLASS.**

**\*NO SHOES, JEWELRY, GUM OR CANDY ON THE FLOOR. ONLY SPECIALIZED SHOES  
ARE TO BE WORN IN CLASS. ASK THE INSTRUCTORS ABOUT THOSE SHOES.**

**\*THE ONLY PEOPLE WHO SHOULD BE ON THE FLOOR DURING CLASS ARE THE STUDENTS  
WHO ARE IN UNIFORM AND TRAINING.**

**\*EVERYONE SHOULD STAND DURING THE STUDENT CREED AND REMAIN QUIET DURING  
THE CREED.**

**\*STUDENTS WHO ARE NOT IN CLASS SHOULD REMAIN QUIET DURING CLASS TO SHOW  
RESPECT.**

**\*STUDENTS ARE TO BE PICKED UP AFTER THEIR CLASS, IF THERE IS A BREAK BETWEEN  
YOUR CHILDS CLASSES - PLEASE PICK THEM UP!**

**\*PARENTS MAKE SURE TO APPLAUDE THE STUDENTS AFTER CLASS TO SHOW A JOB  
WELL DONE.**

**\*PARENTS MAKE SURE TO PAT YOURSELF ON THE BACK AFTER CLASS FOR BRINGING IN  
YOUR CHILD. MAKE SURE TO FOCUS ON THE POSITIVE THINGS IN CLASS AND  
PRAISE THEM ON THAT EFFORT.**



## **Top 10 Ways Parents Can Help Their Child Become an "A - Rated" Black Belt Champion**

- 1) Keep them on a regular schedule/make up missed classes.
- 2) Encourage your child to learn and follow our dojo protocol and practice their martial arts manners.
- 3) Observe your child's classes as often as you can; always praise even slight progress.
- 4) Understand that any and all progress helps to keep their interest level high.
- 5) Always support our instructor's decision regarding tips and belt promotions. They will always be acting in your child's best interest.
- 6) Be optimistic and encouraging even if your child shows temporary signs of frustration or boredom.
- 7) Keep frequent communications with our instructors over your child's progress in and out of the dojo.
- 8) Attend special events such as our monthly exam demonstrations and our Black Belt Spectaculars, as well as our parties we host (sleepovers, movie nights, parents night out, buddy events, and much more). These events are extremely motivational for everyone.
- 9) Take time to learn the student creed along with your child and help them better understand our weekly messages. We teach many valuable life skills.
- 10) Be a V.I.P., better known as a Very Involved Parent!!!



# Life's Ultimate Martial Arts Academy

GM Adam Snipes 10<sup>th</sup> Dan

## 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 the loyalty in my family and acknowledge that no other success can compensate for failure in the home.
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 persons viewpoint while still holding fast to that I know to be true and honest.
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.



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## KARATE CREED

In our practice of Karate, may we develop **PATIENCE, SINCERTY, HUMILITY, BROTHERHOOD, COURAGE, WISDOM.**

### STUDENT CREED 1

To build true confidence  
through knowledge in the mind,  
honesty in the heart, and strength in the body.

To keep friendship with one another,  
and to build a strong and happy community.

Never fight to achieve selfish ends  
but to develop Might for Right.

### STUDENT CREED 2

I will develop myself in a positive manner and  
avoid anything that would reduce my mental  
growth or my physical health.

I will develop self-discipline in order to bring out  
the best in myself and others.

I will use what I learn in class constructively and  
defensively to help myself and my fellow man  
and never to be abusive or offensive.

## SCHOOL CREED

This is a Black Belt School. I am Dedicated, I am Motivated, I am on a Quest to be my Best.  
Winner's Never Quit, Quitters Never Win, I Choose To Be A WINNER!  
LIFE'S ULTIMATE MARTIAL ARTS..... **KIAH!**

# Black Belt Excellent Themes:

Every month we will have a different Theme for class: Life Skill and Drills for Skills.

**Life Skill** – Is the Mental Attitude that we teach. Example: Focus, Patience, Self Control, Self Discipline, Responsibility, Courage, Fitness, Perseverance, Goal Setting, and many more.

**\*NOTE:** Black Belt Excellent Sheets/Assignments must be done/filled out monthly. Signed by Parents and Teachers, and returned to the academy before end of each month. You then will receive a stripe on belt to show your positive attitude; you must have 3 mental stripes in order to test. Please see Staff for these Assignments/Worksheets 1<sup>st</sup> week of each month.

**Drills for Skills** – Is the Physical Education that we teach. Example: Proper Technique, Focus, Speed, Power, Intensity, Accuracy, and many more.



## **How to Tie Your Karate Belt:**

1. Wrap around your back. (Leaving right side longer)
2. Cross right side over left at center of your body.
3. After crossing wrap around your waist one time. (Make sure belt around your waist is straight and even)
4. Take both sides in front of you and even sides of belt up.
5. Right side crosses over left at center of body.
6. Right side that crossed lopes under all parts of belt. Tighten to your preference.
7. Take top Strap of belt (one that loped under) which is now your left - cross over right side and lope under and tie through hole.
8. Tighten Up!

**\*Every one needs to be able to tie belt at belt Testing!**

# EVENTS, PARTIES, AND MORE:

**KEEP UP ON EVENTS:** We at Life's Ultimate Martial Arts Academy hold extra **events, parties, and seminars** throughout the year. Could be: parents night out, Buddy Bash, Breaking Seminar, Weapon Seminars, Luau night, sleepovers, kid safe workshop, day camps, park days, trips, and many more.

This information can be found:

- \*Event board by the door in lobby,
- \*Facebook: [www.facebook.com/lumaacademy](http://www.facebook.com/lumaacademy) for upcoming events,
- \*Facebook (please be sure to follow and like / comment regularly so the our FB Posts shows up on your feed).
- \*Website: [www.lumaacademy.net](http://www.lumaacademy.net) (under upcoming events)
- \*And by End of Class Announcements

## OTHER PARTIES:

**\*NOTE:** We host **Birthday Parties!** Whether you're a student or not. We take care of everything: food, drinks, placement & setting, fun filled games & activities, and much more. We have different packages to choose from. See front counter for more information.

**Private Lessons Offered:** See front counter for more information.

# **NOTE:**

## **LOST & FOUND:**

We only keep left items up to 30 days (sometimes less, if items are broken, damaged, or dangerous to be left). We ask that if you feel like you may have left item's, please call us immediately. This is to insure your items will be returned. Again must be picked up within the time frame or as discussed or we re-home/throw away.

Thank you.

# VIP: Very Involved Parent

**If parents take the first step in assisting your child on his or her path to life long success through our Black Belt Success Program we can virtually guarantee higher levels of success and achievement for your child, provided we team up and never give up!**

With many years of experience in instructing children and building black belts has taught us that if we, as martial arts instructors, and you, as parents, agree to always team up and never give up, we can overcome any challenge we may encounter!!

**Which is why we consider you VIP's - Very Involved Parents.**

**There are really 3 levels of being a VIP:**

**Level One** - As a parent, you are an active observer from the sidelines during your child's classes.

We advise that you ask your child a lot of questions during the car ride to and from the dojo about what they are enjoying the most and what they are learning in class. Practice the student creed with them and ask what the creed means to them. Show interest in their progress. It will create a stronger sense of commitment in your child's mind.

**Level Two** - You are willing take on a more active role of being a practice partner at home. Acquiring hand targets, body shields, focus paddles etc., can be useful in creating the motivation for your child to practice at home.

In addition, you are willing to volunteer to hold pads for any classes that we may ask for volunteers. You will have a great time bonding with your child and they will love to show you their power as they perform their new skills on the targets.

You may even find it beneficial to stretch with them, practice push-ups, sit-ups and maybe start a walking regimen. Active kids are less likely to have emotional outbursts and more likely to have a higher self-esteem.

**Level Three** - These are parents that want to become actively involved in martial arts training and actually put on a uniform to begin training in the program as well. Parents that also become students are finding they develop closer bonds with their children and enjoy the benefits of training.

We have many families that train together and have found many moms and dads reclaim their youthful energy and flexibility; not to mention the benefits of stress relief, weight loss, cardiovascular conditioning and the ability to defend yourself and your family.

At any level, it's important to your child's progress and growth to become an active V.I.P. - Very Involved Parent.

We appreciate your support and encouragement and always invite your feedback and suggestions. We are honored to have earned the trust you have given us by allowing us to work with your most precious asset, your child.

Thank you for going the extra mile for your child. You will see and enjoy noticeable improvements in their attitude, behavior and character now and in the future.

**Great kids are a pleasure to be around and we hope to always team up and never give up on bringing out the greatness in your child!**

***"Families that Kick Together, Stick Together!"***

***Professor / Grand Master Adam Snipes  
Life's Ultimate Martial Arts Academy***

# Important Information!

Studio Phone: 606-564-9400

Master Snipes cell: 606-776-4044

E-Mail: [lumaacademy@yahoo.com](mailto:lumaacademy@yahoo.com)

Facebook: [www.facebook.com/lumaacademy](http://www.facebook.com/lumaacademy)

Website: [www.lumaacademy.net](http://www.lumaacademy.net)

## Don't Forget to Like & Share Us on Facebook!



[www.facebook.com/lumaacademy](http://www.facebook.com/lumaacademy)

### **\*NOTE: TEXTING SERVICE (Outgoing Service)**

This service is designed as an added vehicle to keep parents updated on upcoming events, emergency cancellations, and more. Please see staff to get your name on this FREE service. Keep in mind, this is an outgoing texting service only (if you are texting the number back after being added we will NOT receive the message, please get with the above numbers if you need to reach staff and not through this service). Thank you.

### **\*NOTE: DOJO LIVE (Online Training Platform)**

An added vehicle to help with training/drills and keep connected during times away from the Academy! Dojo Live is a private group through Face Book and is for 'Current' LUMA Members ONLY! Please see Staff to help get you set up for this FREE service. Dojo Live is NOT the Dojo Live from your Academic School. ☺ Through Dojo Live, we post training videos, belt requirements, drills, mat chats, emergency cancellations, and more! Highlight posts: (Emergency Cancellations, Belt Testing, Upcoming Events, etc. we leave up for a week or after the event then we delete, but we will keep videos on platform for review). This is to help keep the platform clean of clutter and training videos will stay or be refreshed. Thank you!