



Len Brassard's Family Martial Arts Center

68 Airport Road
Fitchburg, Ma
978-342-9911
FitchburgKarate.com

Class Schedule Effective 4/1/10

A Days – Self-Defense Techniques

B Days – Forms

Saturday (A)

9:30 – 10:00a Karate Kids
10:00 – 10:45a Jr. Beginner & Intermediate
10:45 – 11:30a Adult Class
11:30 – 12:15p Family Class

Wednesday (B)

4:30 – 5:00p Karate Kids
5:00 – 5:45p Jr. Beginner
5:45 – 6:30p Jr. Intermediate
6:30 – 7:15p Adult Class

Monday (A)

4:30 – 5:15p Jr. Beginner
5:15 – 6:00p Jr. Intermediate
6:00 – 6:45p Black Belt Prep
7:00 – 7:45p Adult Class

Thursday (B)

4:30 – 5:15p Jr. Intermediate
5:15 – 6:00p Jr. Beginner
6:00 – 6:45p Black Belt Prep
7:00 – 7:45p Black Belt Class
7:45 – 8:30p **Adult Class

Tuesday (A)

4:30 – 5:15p Jr. Intermediate
5:15 – 6:00p Jr. Beginner
6:00 – 6:45p Black Belt Prep
7:00 – 7:45p Teacher's Workout
7:45 – 8:30p Black Belt Class

Friday (B)

4:30 – 5:00p Karate Kids
5:00 – 5:45p Jr. Beginner & Intermediate
5:45 – 6:30p Black Belt Prep
6:30 – 7:15p Family Class

Graduation Ceremony ** Friday night of Week #5 (Full Uniform Required)

Graduation ceremony begins at 6:30p. On this night there are **NO REGULAR CLASSES**

Karate Kids – Ages 3-6

Jr. – Ages 6-12

Adult – Ages 13 & Up

Family Class – Open to Junior and Adult students of all ranks so our families can train together

Karate Kids – All Karate Kid Students

Jr. Beginner – White, Yellow, & Advanced Yellow Belts

Jr. Intermediate – Orange through Advanced Green Belts

Adult Class – White through Green Belts

Black Belt Prep – Red, Brown 2nd, & Brown 1st

Black Belt Class – All Black Belts

** On Week #5 Thursday's Adult class runs from 7:00 – 7:45 There is no 7:45 Class

*You need to have accumulated 8 classes by Week #5 to be eligible to test and promote.
If you cannot attend enough classes but you still want to test, please notify the Office to set up a private lesson*

Martial Arts Etiquette Guidelines

The study of the martial arts will help you become strong both physically and in character. Before students are permitted to receive advanced martial arts training and hierarchy status, they will be carefully observed in their consistent compliance with the etiquette. Each of these guidelines reflects either general respect or a safety issue so please keep the following in mind:

General Etiquette

- Absolutely **no street shoes** are allowed on the classroom floor.
- **Turn cell phones on silent** when you enter the studio.
- Please keep our studio clean. **Put shoes, jackets, and other articles neatly in the changing rooms.** If you make a mess, clean it up. If you see a mess, please notify our staff or help out by cleaning it.
- Members of the teaching staff should **always** be addressed as "Mr." or "Miss", **never** by just their first names. Out of respect, it is appropriate to salute to members of the staff when entering the studio.
- Please refrain from any behavior that might distract other students in the class
- Please watch your language both on and off the mat.
- If you have a younger child or a visitor with you please keep them with you at all times and make sure they are aware of the studio etiquette.
- No students or visitors should ever run through the studio.
- Students must attend at least one "A" and one "B" class each week.
- Always support your school by purchasing training items and water here.
- Please make sure that your tuition is always paid on time.

Classroom Etiquette

- Students should arrive for class **at least 10 minutes early.**
- Out of respect to your fellow students please consider your hygiene.
- For the safety of all students, please remove **all** forms of jewelry before class (excluding wedding rings).
- Please neatly remove shoes and socks before entering the classroom.
- Students must wear a clean, pressed uniform to every class. Street clothes **are not allowed in class.** If you forgot to bring your full uniform you can purchase a new one at the Pro-Shop.
- Students must be in a full uniform (**jacket with patches**, pants, and belt) on all days of Week #5. Even if you are not testing in that particular class.
- All students must salute when entering and leaving the workout floor.
- Please show respect for fellow students by using **proper control** when executing techniques. Always to salute in and out as a sign of respect.
- **Students should never teach other students.** If you are unsure of how something is done always ask a teacher. If a student tries to teach you, kindly remind them of this rule.
- Please inform one a teacher if you need to leave class **for any reason.**
- Please do not engage in unsupervised sparring or weapons training.

Etiquette Outside The Studio

- As a student you are a reflection of our school. Please represent us well.
- Practice and exercise at home is necessary. You should try to find time daily to workout and run your material, even 10 minutes a day will help tremendously. What if you can do 15...
- For the safety of all involved, **no student** should teach or demonstrate Karate to anyone (excluding family members) outside of the studio unless he/she has Dr. Brassard's approval.
- **Before** attending any non-studio martial arts event (such as a seminar, tournament, demonstration, etc.), please check with Dr. Brassard for etiquette guidelines that may pertain to that event.
- Our instructors discourage cross-training in other martial arts until a student has perfected their mechanics at 3rd Degree Black Belt. Please check with Dr. Brassard before the study of another art.
- Not all forms of Kenpo Karate are the same. So, before making an investment in non-studio training materials (manuals, DVDs, etc), please check with Dr. Brassard for their relevance to our curriculum.
- The greatest sign of respect you can show your school and our staff is to help it grow. If you know someone who can benefit from our program, let us know so we can provide you with a guest pass!