



Progress Folder and Student Information

STUDENT NAME

Black Belt Goal Date



435-704-9393 or visit www.raptormartialarts.com

Bring your folder with you EVERY TIME you come to class! This way you, your parents, and your instructor can track your progress on your way to Black Belt and beyond!!



Student and Family Questionnaire:

This will help us get to know you better – and to better serve you and your family.

Student's Name (First/Middle/Last) _____ Birthday ____/____/____

Favorite Color _____

Favorite Store _____

Favorite Movie _____

Hobbies _____

Best Friend's Name _____

Other Friends _____

Student E-mail Address _____

Parent E-mail Address _____

Secondary E-mail Address _____

School Attended _____ Grade _____ Teacher's Name _____

Other Activities (church, synagogue, sports, clubs) _____

Do you have any friends who could benefit from our karate program or that you would like to share your experience with?

Buddy #1 _____ Parents Phone #: _____

Email: _____

Buddy #2 _____ Parents Phone #: _____

Email: _____

Parent Information:

Mom's Name _____

Dad's Name _____

Mom's Favorite Store _____

Dad's Favorite Store _____

Mom's Hobbies _____

Dad's Hobbies _____

The ONE MOST IMPORTANT thing to know about you/your student:





As a new student there are many procedures, rules, and practices that you will need to learn and internalize. It is important that you are very clear on our expectations and procedures for you to become a disciplined martial artist.

1) **Uniforms:** All uniforms having the RMA logo on the front of the uniform should be in good condition. All traditional uniforms need to be neat and clean with belts tied properly and we ask that they be clean before each class. If students would like to wear a RMA shirt instead of the uniform top to class, they can be purchased separately. Your first belt test will allow us to evaluate students to see if they qualify for one of our upgraded classes AKA “Hyper Sparring Fight Club, Hyper Pro, or the Black Belt Accelerator program”. These classes are not the traditional format so a different t-shirt & shorts/sweats or team uniform are worn instead.

2) **Exams:** Students will test every 4 months for beginner new belt ranking or 5-6 months for higher level belts. The test date and time will be posted one month in advance. Testing requirements include: 1) the minimum number of lessons since receiving current ranking; outlined on their student ID attendance cards 2) respectful attitude in class; 3) achieving the general fitness goals; 4) loyalty and dedication to the RMA school 5) The completion of reading assignments, completing their belt stripe incentives and associated written tests & forms when required.

3) **Belt Stripe Incentives:** We have several incentives for students to learn and grow in our school. Book Club reading report sheet, self discipline service task sheet, practice at home sheets, self defense & in class technique tests. When students fill out their different sheets and bring them into class, they earn stripes on their belt to show their hard work. On belt testing days, students with the most accomplished tasks have the chance to win medals for their achievements.

4) **Martial Arts Discipline and respect:** Always be respectful to instructors and to other students. All Black Belts and instructors should always be referred to as Mr.” or Ms.” _____” - or, where appropriate Master” _____“. (“Master’s designation is earned after 4th Degree Black Belt - for contribution and knowledge.) Always answer a Black Belt with “yes, Sir” or “yes, Ma’am.” Always respectfully bow upon entering or leaving the school floor. Do not wear shoes on the teaching floor. (*Socks/specialty shoes are allowed after first checking with the instructor*)

5) **Sunbae Leadership Program:** One of the more important goals during your time spent training as a beginner level belt is qualifying for the Sunbae Leadership training program. Qualifying for this program shows you have the skill and ability to teach classes alongside a lead instructor with potential to teach your own classes in the future. If students show the right qualities, they will be invited to take the leadership course and will receive the proper Sunbae belt - after acceptance and registration into that program.

6) **Tournaments and other events:** Raptor Martial Arts participates in tournaments throughout the year. During your first months in the “Fast Track” membership, tournaments are optional but highly encouraged. Moving beyond into your intermediate “Green belt” rank we require that students attend at least 2 tournaments each year. There are additional fees associated with the tournaments, but the experience gained is invaluable. We also walk in parades, hold demonstrations and join other events throughout the year which students participate in.

7) **Website.** On the RMA website we have essentially everything you need to help you follow along in class and support your learning of the Raptor Martial Arts curriculum. Included there is information about curriculum, training guides & videos, student handouts and other support materials. Visit us online and register your email at www.raptormartialarts.com

8) **Newsletters, Emails & Invoices.** We regularly send our newsletters and emails to students about updates and events taking place. We don’t send out spam emails so be sure to check your inbox regularly for information. When handed out, be sure to sign and return papers your child receives and is working on as a part of their training towards black belt. Online invoices are also emailed, typically 1 week before their due date.

Dojang (Training Space) Protocol

Please take a moment to review these basic guidelines. We truly feel that following these traditional “common courtesies” will greatly enhance yours and everyone’s enjoyment of the school.

- –Quietly prepare for your class and warm up/stretch until your class begins.
- –Keep your uniform/workout clothes clean and wrinkle free.
- –Practice good hygiene: bathe & apply deodorant before class.
- –Remove all jewelry.
- –Learn to tie your belt properly.
- –Introduce yourself to fellow students whom you do not know and make them feel welcome.
- –If you bring a guest, introduce them to your instructors.
- –Small children should be supervised and not allowed to climb, run or play loudly.
- –No gum chewing or candy in the dojang.
- –Enter each class with a positive spirit and energy for learning.
- –Remember: “He who is afraid to do too much...always does too little.”
- –Work hard and encourage your teammates to work hard as well.
- –**As a member of our team we’re counting on your enthusiasm and contribution each and every day. Train at least twice a week and make up missed classes immediately.**
- –Never miss belt exams. Get extra help to stay on schedule.
- –Never forget your goal: Black Belt Excellence & Beyond!

Thank You!!

Your Black Belt Instructors and Staff



Parents as Coaches Success Tips

Keep yourself and your children on a regular schedule and show up 10-15 minutes early for class.
Make up missed classes as soon as possible.

Praise your children for improvements (large or small) on a regular basis.

Always remember with children that: We look for progress, not perfection.

Avoid blowing things out of proportion. Choose your battles and be careful to choose your words wisely.

It's easy to say something you don't mean when upset or agitated.

Practice at home is encouraged and should be praised.

Help your child memorize the Student Creed

Share with our staff the victories your child achieves at home and in school.

Your involvement will lead to their commitment. If you are excited about their classes and their goals, they will also be. Watch classes, give out lots of hugs and kisses afterwards. This way your child will make a positive association with Karate.

Speak to an instructor immediately if you have any questions; *an ounce of prevention is better than a pound of cure.*

Praise students after every class and tell your child how proud you are of them!

Adult Karate Success Tips

Keep yourself on a regular schedule. Exercise is not like an antibiotic; you can't do it for 10 days and be healthy.

If you miss a class, make it up as soon as possible.

Look for progress, not perfection. Martial Arts is a way of life, not a "quick-fix". You don't get out of shape in one week, and you don't get into shape in one week either.

Practice at home is encouraged and helps accelerate results.

Memorize the Student Creed, and try to live by the words and philosophy.

Get involved; involvement leads to commitment, commitment leads to results, and ultimately to the achievement of your goals. The school has Master Club events, team activities, and other special events you can be a part of.

Don't be over-critical of yourself; be satisfied with small victories. The cumulative effect of small achievements will allow you to reach your goals.

Speak to an instructor immediately if you have any questions or concerns; *an ounce of prevention is better than a pound of cure.*

Watch your diet. . . get proper amounts of vitamins and minerals. . . Diet is a much overlooked but extremely important aspect of your fitness program.

Drink lots of water; carry around a water bottle everywhere you go!

Remember:

“A Black Belt is just a White Belt... Who Never Gave Up!”



Character Development

Over the millennia, Martial Arts techniques have been passed down from father to son and from instructor to student over and over again. In the process, systems (like Kata/Hyung [forms], self-defense techniques, etc.) have been developed to keep the Martial Arts style pure. However, the subtler, yet infinitely more important character developmental aspects of Martial Arts have been more of a “side effect” than a deliberate, conscious, systematized effort.

Character Training and Development is a system designed to help Martial Arts instructors develop and train for positive character traits in our students.

This is done by systematically using metaphor and Socratic style questioning, causing the students to think and reason. Using this process, the instructor is able to guide students, even very young students, to drawing and powerful conclusions. Instructors anchor these important lessons and empower the students with alternate solutions through role-playing. We have found that students, especially young students, learn more, faster and retain answers longer by listening to a short story, answering a few well-placed questions followed by role-playing (all five minutes or less). This works better than many hours of laborious lectures.

Through Character Training, our students learn the most important lesson- how martial arts can apply to their every day lives and make them the top 10% in school, to build confidence, discipline, and respect for their parents, peers, and instructors.

These introductory lessons set the stage for more advanced character training in the Black Belt and Leadership training classes. Your student can start today - ask your instructor how!

1. **Good Attitude** - teaches the benefits of having the right attitude for success.
2. **Good Habits** - teaches practical ways to develop self-discipline, responsibility and focus.
3. **Good Self Control** - teaches practical ways to control and channel emotions.
4. **Good Manners** - emphasizes the benefits of courtesy and respect.

Black Belt Attitudes

Skills for Success



Success Skill - Visualization:

Winning Black Belts learn to practice, mentally rehearse, and visualize the successful outcome of activities. The mind cannot tell the difference between what is real and what is vividly imagined. They learn to pre-play and replay performance to anchor success and eliminate failure. Winning Black Belts learn to control their physical and mental state and create an ability to maintain relaxed alertness and to maximize their flexibility and ability to respond quickly and appropriately.

Success Attitude - Positive Self-Expectancy & Goals Attainment:

Winning Black Belts learn to have an overall attitude of personal optimism and enthusiasm. Winners understand that life is a self-fulfilling prophecy – a person usually gets what he or she actively expects over the long run. Winners have HIGH EXPECTATIONS of themselves and work to achieve those outcomes.

Success Skill – Positive Self-Talk:

Winning Black Belts learn to control their “inner dialogue.” They create a supportive conversation with themselves that support their goals and their energies.

Success Attitude - Positive Respect:

Winning Black Belts has the ability to be happy and to function in the world, while showing appropriate conduct and good manners. Respect represents a sincere appreciation of values and the rights of other people. And respect themselves, avoid habits, and behaviors that are unhealthy or destructive.

Success Skill - Total Self-Confidence:

Winning Black Belts have the ability to accomplish anything they are willing to work to achieve. They are not intimidated by the negative reactions of others, nor do they get mired in mediocrity. They rise above the crowd and achieve great heights.

Success Attitude – Unshakable character & Personal Honesty:

Winning Black Belts know who they are and where they are going. They affect their environment rather than letting their environment affect them. They make decisions based upon their own moral compass not based upon the tides and whims of those around them. Events do not alter their understanding of right and wrong or of truth and falseness. Winning Black Belts understand that honesty is more than simply avoiding lies. It includes a belief in, the pursuit of the truth. In order to have healthy relationships with other people, honesty must be present. Winning Black Belts take responsibility for their own actions.

Success Skill – No Excuses:

Winning Black Belts accept 100% responsibility for the outcomes in their own life. Winners take credit or the blame for their own performance. They never “externalize” their failures – but take responsibility for their own performance and results.

Success Attitude - Positive Self-Motivation with Definite Commitment:

Winning Black Belts dwell on the rewards of success not on the penalties of failure. We always move in the direction of our currently dominant thoughts. Positive self-motivation arrives through visualizing your desires while limiting fears. Motivation also comes from focusing on the long-term results desired, not the daily disappointments and struggles. “Whatever you can do, or dream you can...begin it. Boldness has Genius, Power, and Magic in it.” Do or Do not, there is no try... Winners commit to their dreams and then work diligently and tirelessly to achieve them.

BELT TEST _ PROMOTION REQUIREMENTS

Beginner & Intermediate

This form must be completed and submitted to the exam instructor prior to the pretest and exam.

YES, I HAVE:

- () Practiced or memorized the 5 Creed principles.
- () Shown improvement in:
 - School or Workplace.
 - Physical fitness
 - Community or family service (neighborhood, home, school, work)
- () Been consistently stretching at home, 15 minutes a day.

<p>UNDER 18 ONLY</p> <p>Intent to promote signed by teacher and parent.</p> <p>Continued to demonstrate respect to parents, teachers, and family members.</p> <p>_____</p> <p>Parent/Guardian Signature</p>
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Head Instructor Date

Student Signature Date

Requirements for Belt Promotion Page 2/2

REQUIRED FOR ALL STUDENTS UNDER THE AGE OF 18

Dear Parents and Teachers:

One of the highest priorities here at Raptor Martial Arts is to develop well-rounded, successful, and honest individuals. Prior to considering a child for a belt promotion, we require satisfactory reports from their school teachers and from parents. If a child exhibits a poor attitude or poor citizenship, we will not hold rank testing until there has been a significant improvement.

School Name: _____

As the student's teacher, has the student been performing in a satisfactory manner, receiving passing grades, and is respectful of teachers and other students?

Teacher's Signature	Contact Phone No.	Agree	Disagree (please explain)	Current Grade
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

If you have any feedback beyond the scope of this form, please feel free to write on a separate sheet of paper or call your student's instructor directly.

TEACHERS: Raptor Martial Arts volunteers throughout the school system to provide school programs, after-school programs, career days, and show + tell presentations. Contact our school if you are interested in a Black Belt Instructor Visiting your school. Call or text for more information 435-704-9393 or visit www.raptormartialarts.com

My son/daughter has been behaving and cooperative at home.

Parent Signature

Agree

Disagree (Please explain).

What constructive suggestions do you have for improving our school or our impact on your child? (Feel free to enclose a separate sheet of paper.)

Thoughts about getting to Black Belt and Beyond at Raptor Martial Arts

Questions and Answers With Master Nick Melosi

Q: When will we be evaluated for Black Belt/Jr. Black Belt Training?

A: For a new student, our instructors take a look at the student and try to decide about aptitude and interest. Once we make that commitment, we've made the commitment to make sure that you achieve Black Belt. Studies have shown that families that train together with their parents have a much higher ability to reach black belt.

But the main thing is it's a process that evolves with the curriculum. If a child is a third-grader now, they could be a black belt when they are a seventh-grader. It's an easy process to go through. Obviously, the curriculum gets more difficult as we go, but they get walked into that curriculum.

The main thing about our program, through the process of getting a black belt, is the development of physical, mental, and emotional skills. And obviously, there is a self-defense component, so that the student is able to protect themselves or their loved ones. But mostly, the process of getting to black belt is more emotional and character development than it is the pure physical and athletic aspects.

Q: What are Considerations for our Family?

A: As a new student, the evaluation should be to take a look at the program and decide if it's something that, as a family, fits into your philosophical values. Is it something that's supportive of what you're trying to accomplish as a family.

Q: When should we Consider Black Belt?

A: As a new student, it's very important to be thinking about training to black belt NOW. You need to get acquainted with the school. To get acquainted with the environment and the philosophy of the school. And, to get acquainted with the process of classes and the curriculum. As a parent, I can assure you that we guarantee that every time a child's in class, their going to have a lot of fun.

Frankly, as an adult, every time you're in class you're going to have a lot of fun, also.

But the important part is this is a school, just like any other school. It's very important, early on, as you enter the school, to decide what the outcome is. A diploma for completing high school and college is expected. In a martial arts school through Raptor Martial Arts, the outcome is to be a black belt and beyond.

Black belt is more a metaphor for the outcome. And the outcome is confidence and discipline and focus. The outcome is a high level of physical athletic skill, a high level of physical fitness, as well as having the ability to defend yourself if you ever need to.



Q: How can I be sure my child will stay motivated?

A: The nice thing about martial arts, unlike a team activity, is you're not trying to keep up to anybody else's standards, you're achieving by your own standards.

We provide incentives and rewards on an incremental basis, so that each student stays motivated in class. Our curriculum unfolds gradually. There's a high level of physical accomplishment that comes with being a black belt, but that physical accomplishment comes over nine, 12, 18, 24 months.

Q: How is martial arts different from other sports?

A: It's so important to realize this is a school, and it's not a recreational activity. Training to black belt is a developmental process.

Now, it's fun. The kids are going to have a great deal of fun. They're going to get very excited about this, and they're going to keep their excitement level probably over 3, 4, 5 years. However, it's not like soccer league or baseball league. It's more like elementary school.

So the parents make a commitment to bring their child to class twice a week, sometimes three. The child has a regular class. They're going to have a lot of fun in that class by a very well-trained, professionally-developed instructor. And through the process, they're going to get the black belt.

Q: When must we set the goal to Black Belt?

A: It all starts with one step: SETTING THE GOAL. It's a family goal, not an individual goal.

For a child, the way the goal gets set is frankly this: the child has fun in class, has a high level of enthusiasm, usually sees some of the other higher level belts and decides they'd like to be like that other child that they've already seen.

Honestly, younger kids don't understand what a "form" means, and they don't understand the long-term outlook. That's where parents come in. And for parents, it's very important to look into the future and say "My seven year-old, if they were a 10- or 11-year-old black belt and they had all the outcomes that go with that at school and at home, is that something we'd like for our family?"

What many people are afraid of is that as they take the next step and commit to black belt, it's going to be very time-intensive and it's going to be a huge time commitment.

And the reality is that for the next several years, it's a twice-a-week, 1 hour-per-time commitment. When you get to brown belt, it does become a little bit more time intensive and people have to slot in six or eight weeks to prepare for and be ready for the black belt test.

But other than that, it's a consistent, twice-a-week, 1 hour class, ongoing consistency.

Q: What's the likelihood of my child achieving Black Belt/Jr. Black Belt?

A: This school is no different from Harvard or a private school. We want to make sure that we have a graduation rate that's just as good. It's a four-year process to be a black belt - we want to make sure that we qualify students to make sure that they're going to be a good fit in the student body. A good fit into the black belt team once they get to that point. And that they're going to be able to be up on the rigors of getting their black belt.

A university like Harvard only has 1% or 2% that don't matriculate to their bachelor's degree once they enter. And our objective is that once a family has made a decision to be a black belt, that with very rare exceptions they are going to get a black belt - whatever it takes on our part to accomplish that objective.

Q: How does the evaluation process for black belt work?

A: As a new student, you're also evaluating us. And you are evaluating us - both with the material we're giving you here and with your experience in class and your interaction with our staff and other students - to decide whether it's a good fit for your family, whether the philosophy of the school and the outcome that you see is really what you want for your family.

You really have to make the choice one of the two options early on. Option one is you're going to do this for a short period of time and that's all you are going to do with martial arts.

Or option two, if you're going to be a Black Belt!

It's very important to realize there are not three choices, there are two choices. There's not, "Yes, we want to be a black belt," "maybe we will," or "no, we're not going to." The choice is yes or no. What we have found is, universally, maybe means no by default. Make a a definitive goal, not an open-ended on

Goal Setting Work-Sheet



Goal: Be a Black Belt and Live a Black Belt Lifestyle.

Deadline:

36-48 months from beginning karate to get a Black Belt (certified)
24 Months from 1st Degree Black Belt to 2nd Degree Black Belt

Approximate Goal Date for my Black Belt: _____

Approximate Goal Date for my 1st Degree Black Belt: _____

Benefits:

Ability to Defend Myself in All Situations
Be a Part of An Elite Team
Achieve the First Step Towards Black Belt Mastery and Life Mastery
Develop Leadership Skills and Public Speaking Skills
My personal benefits:

Health and Fitness
Total Confidence
Learn Advanced Curriculum:
A life-changing process.

Action Plan(Personal Goals):

1. _____
2. _____
3. _____
4. _____

Get approved for and join the Sunabe Leadership Program.
Train consistently 2-3 times per week & Test regularly. Take personal responsibility to learn material as independently as possible.
Maintain proper nutrition, rest, and exercise. Practice daily at home 15-30 minutes.

Personal Commitment:

I pledge to do whatever it takes to achieve my goal for the betterment of myself and those around me:

Signed _____ Date _____

You must decide that your goal is worth the time, effort, and money. You must also determine what your obstacles are in advance and decide to do whatever it takes to overcome those obstacles