



iBullyProof's

After School Martial Arts Program

What Will Your Child Learn?

This iBullyProof award-winning program is specifically designed to teach your child life-skills like goal setting, respect, focus and much more. In addition, your child will learn self-defense skills that are truly life saving.

Our four-week programs have specific themes. Children will learn these themes through weekly stories that are age-specific and then we reinforce the theme with exciting drills. For four weeks we will cover a challenging martial arts curriculum, which will focus on bully prevention concepts and fundamental martial arts skills. On the third week your child will be required to submit their Academic Progress form and Parent Worksheet to determine whether they have met the qualifications for testing. On week four, your child will have a progress test. In this test they will be required to perform techniques taught in their classes (as per the curriculum sheet). Basic mastery of skills is required, but an emphasis will be placed on attendance and improved attitude at home and school. After successful completion your child will receive their official theme belt and certificate.

If at anytime your child is interested in martial arts beyond this basic course and is interested in earning his/her black belt, please contact our advanced training centers, which do offer special classes for beginners and more personal instruction. If your child would like to continue in our next after school program they will earn a different belt and learn new curriculum. If you have any questions please call **Martial Arts America, an official iBullyProof affiliate school, at 541.321.2185.**

Rules and Regulations

1. Arrive to scheduled class early.
2. Prior to class students may sit and wait or they may practice their curriculum. No playing or running.
3. Always show respect to your instructors and fellow classmates.
4. All students must keep their bedroom clean.
5. Misuse of martial arts skills is strictly prohibited. No showing off.
6. Acceptable attire: T-shirt, shorts, sweats or martial arts uniform. All clothing must be clean.
7. No jewelry such as bracelets, necklaces, dangling earrings, or watches.
8. Students must always show respect to parents, teachers and classmates.
9. Parents, please make sure that your feedback is in the form of praise and encouragement. Please allow our professional staff the opportunity to make any necessary corrections of technique or form. To ensure your child's success in our program please avoid speaking to your child while in class.
10. Parents are encouraged to attend their child's class.

Student Creed

1. I will use my martial arts in a good way.
2. I will use my self-discipline to keep my room clean.
3. I will listen to and respect my parents and teachers.
4. I will act like a black belt!

Recommended Training Items

- | | |
|-------------------------|-------------|
| 1. Martial Arts Uniform | \$49 |
| 2. Kicking Paddle | \$29 |

Additional Forms Required For Promotion Testing

- | | |
|---------------------------|--|
| 1. Academic Progress Form | 2. Release Form (must be turned in second class) |
| 3. Curriculum Sheet | |

If you didn't receive these forms, please contact an instructor.

I authorize the release of information needed to complete the following progress form for my child.

Parent/Guardian Signature: _____

Date: _____

ACADEMIC PROGRESS FORM

STUDENT NAME: _____

DATE: _____

As a member of Martial Arts America, I am required to obtain my teachers' authorization on my academic progress to determine if I am eligible for my rank advancement. All academic students must submit this form one week prior to promotion testing to determine whether academic qualifications have been achieved.

<p>Subject: _____</p> <table><thead><tr><th></th><th>Needs Improvement</th><th>Average</th><th>Outstanding</th></tr></thead><tbody><tr><td>Respect</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Effort</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Focus</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Participation</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Attendance</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Academics</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></tbody></table> <p>Comments: _____</p> <p>Is this student's attitude improving in your class? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>		Needs Improvement	Average	Outstanding	Respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attendance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Academics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Subject: _____</p> <table><thead><tr><th></th><th>Needs Improvement</th><th>Average</th><th>Outstanding</th></tr></thead><tbody><tr><td>Respect</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Effort</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Focus</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Participation</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Attendance</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Academics</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></tbody></table> <p>Comments: _____</p> <p>Is this student's attitude improving in your class? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>		Needs Improvement	Average	Outstanding	Respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attendance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Academics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Subject: _____</p> <table><thead><tr><th></th><th>Needs Improvement</th><th>Average</th><th>Outstanding</th></tr></thead><tbody><tr><td>Respect</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Effort</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Focus</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Participation</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Attendance</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>Academics</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></tbody></table> <p>Comments: _____</p> <p>Is this student's attitude improving in your class? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>		Needs Improvement	Average	Outstanding	Respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attendance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Academics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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My signature below confirms that all of child's teachers have completed this form.

Parent Signature: _____

Date: _____



iBullyProof

After School Martial Arts Program

Name: _____

Date: _____

Your White Belt is the most important rank in the Martial Arts. It signifies a new beginning in every student's life. As you progress in martial arts you will develop training habits and success patterns that will follow you for the rest of your life. Your Curriculum Sheet, Parent Worksheet and Academic Progress Form must be submitted the *week prior to testing*.

Martial Arts Goal: _____

Target Date: _____

Personal Goal: _____

Target Date: _____

Mental Curriculum

1. What's a stranger? - Somebody you don't know very well.
2. R.A.T. – **R**espectfully command them to stop, **A**void them, **T**ell a teacher or an adult.

Physical Curriculum

Strikes

_____ Palm strike

_____ Elbow

Blocks/Movement

_____ Slip

_____ Palm block

Kicks

_____ Front kick

_____ Side kick

_____ Flying side kick

iBullyProof Self-Defense

_____ Same-side wrist grab

Kickboxing

_____ Teep, 1, 2, 3, 2



iBullyProof ***Student Application***

Please complete entire application and print clearly.

Member's Name _____ **Email** _____

Additional Members _____

Address _____ **Phone Number** _____

City _____ **Birth Date(s)** _____

What are the main reasons you want to take Martial Arts Lessons?

☐ Confidence ☐ Self Esteem ☐ Respect ☐ Self Discipline ☐ Self Control ☐ Other

How did you hear about Martial Arts America?

☐ Yellow Pages ☐ Advertisement ☐ Friend ☐ Family _____ ☐ Demo/School ☐ Other

In an emergency please contact:

Mother _____ Home # _____ Work # _____

Father _____ Home # _____ Work # _____

MEDICAL RELEASE

I, the undersigned, give the instructors, staff and responsible adults the power to authorize medical or other treatment of the person named above under "Member's Name", subject to the limitations listed below, if any. If I am not the person so named, I am the parent, guardian or adult responsible for the person named, and I have the legal right to grant this power. Treatment may be made without regard to whether I or any other parent, guardian or adult responsible has been contacted or has consented to the specific treatment, provided it does not conflict with the limitations outlined below. This authority begins on the date signed and continues indefinitely.

Limitations to Treatment: _____

Information of Medical Significance: _____

By giving my authorization, I assume responsibilities for all decisions made, provided they are reasonable decisions under the circumstances based upon the knowledge and understanding of the person making the decisions, and I trust their judgement and offer the benefit of the doubt to them in any claim or legal proceeding. This presumption may only be overcome by clear and convincing evidence that they acted with malice or willful gross negligence, and, if so, they may still be liable.

Signature

Date

Print Name

Relationship (if other than self)

I understand that the instructors, senior students, or others may have some skills in first aid, CPR, and, at their discretion, I authorize them to use those skills and techniques to assist in any circumstance in which they judge their skills would be necessary or helpful.

Initials

ASSUMPTION OF RESPONSIBILITIES AND RISK

Martial arts is a potentially dangerous activity. Bumps, bruises, scrapes, scratches and soreness are commonplace, and most students will encounter this sort of minor injury from time to time in their training. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and students can expect to encounter these injuries infrequently. The possibility of more serious injury exists, including fractured bones, broken bones, torn ligaments, though not all students encounter such serious injuries. There remains, despite safety precautions, the remote possibility of crippling or death, though this is certainly not expected in this martial arts class.

I understand the above statement of risk, and I understand the rights and responsibilities of students. I assume responsibility for my own safety (or the safety of my child), understanding and accepting the risks involved with martial arts training. Even if the instructor has informed me that no serious injuries have ever happened in this school or with any of the instructors, I understand that this does not mean that there is no possibility of harm. By assuming this risk, I completely absolve all instructors, staff, guests, students, landlords, management companies and any and all other parties of liability for my harm, unless intentionally caused in criminal conduct.

Initials