

No Limits Martial Arts



Student Handbook

Structure



Structure is to obey what is right and follow the rules. Students must learn how to recognize and respect authority. The instructors are the main authority in the school. It's their duty to set and enforce the school's rules; it's the students' obligation to follow them.

No Limits Rules

- Upon arriving to the school, students and parents must bow at the door with a strong "Hello Sir. Hello Ma'am". Students must then place their bags and shoes in the appropriate place, sign in to class, and line up to prepare for class.
- Students must bow and greet everyone they interact with in the school.
- Students must always bow to the instructor, whether it be during class or otherwise.
- Students must arrive at least 5 minutes before class and leave no more than 10 minutes after the class finishes.
- If a student is late for class, he/she must student should raise hand asking permission to join from instructor.
- No shoes are allowed on the mat, unless authorized by an Instructor.
- If students need to fix their uniforms or belts, they must ask permission and turn to the back of the class to make the necessary adjustments.
- Only students or guests participating in the class are allowed on the mat. Students must memorize the Student's Oath and apply it in their daily lives. Students are allowed to drink water only before and after class.
- Students are only allowed to use the restroom before and after class. If there is an urgent need during class, they must ask the Instructor for permission.
- Students, parents and guests should refrain from talking to students participating in class.
- When leaving the school, students and parents must bow at the door with a strong Goodbye Sir, Goodbye Ma'am.
- Students should always answer loud and clear demonstrating courtesy and respect.

Uniform and Equipment

A student's appearance is a reflection of his or her self-esteem. Students must care for how they look by keeping their uniform clean, pressed and odor free. It's every student's responsibility to keep his or her equipment in good condition.

- We highly encourage students to put their initials on their equipment to help keep track of their tools.
- XMA uniforms may be worn by Leadership and Performance students only.
- If a student wears a T-shirt underneath the uniform, it must match the color of the uniform.
- Full safety equipment is required for sparring.

Reasons for requiring the use of No Limits approved training gear.



Reason #1 - Safety

Students begin learning early in their martial arts experience that the techniques they are taught in class are for defense only. At the same time, a student must practice the techniques under full power in order to develop the physical and mental benefits we teach. Proper safety equipment creates the peace of mind for a student to apply their full strength and power without concern for accidental contact or injury. Students who begin using their full safety equipment as a white belt are far better prepared for intermediate and advanced training.

Reason #2 - Responsibility

A student's safety gear becomes an important part of their martial arts training. Learning to care for their equipment storing it and transporting it properly are all actions necessary for teaching greater responsibility for their belongings. (How many parents repeatedly tell their children to pick up their clothes, or put away a backpack after school?) By taking personal responsibility for their equipment, students learn to become better organized and take initiative, rather than waiting for someone to do things for them.

Reason #3 - Uniformity

The first three ranks are about learning the structure of martial arts and what it means to be a martial artist. The white, orange and yellow belt student is expected to learn and practice the discipline of the academy. This includes proper procedures for entering and leaving the academy, preparing for class and lining up, showing respect for juniors and seniors, understanding how to apply their life skills in everyday life and appreciating what it means to be a valuable part of the No Limits program. This structure extends to the uniform and training equipment that a student uses. Everyone in the school is on the same team and so a common bond is strengthened when our students use the same No Limits approved gear.

Reason #4 - Commitment

The way to reach a goal is to make oneself 100% committed to the process of achievement. Becoming a Black Belt is a lifetime accomplishment and the initial investment required to have your own set of safety and training equipment is a sign of commitment on the part of both the parent and the child. Goals we set ... are goals we get!

Emotion



Emotion is a decision; it's having fun with everything we do. Parents who show enthusiasm for their children's efforts during class help make their experience in martial arts training very special. Thumbs up, clapping and cheering are considered a normal part of class. In martial arts we use our body motion to create emotion. No Limits Martial Arts teaches students to put emotion in every move so they create the habit of doing everything in life at 100%. They must have a positive attitude and always be motivated. We have a special system to keep them motivated and help them follow through with their goals.

No Limits Reward System

We have developed a program based on traditional martial arts for children and adults to learn and practice Life Skills, as well as technical martial arts skills. The monitoring method we use involves the No Limits Tag and the No Limits stars.

The No Limits Stars-which are placed on the No Limits Tag -are rewarded to students for their achievements at No Limits, at home and at school. These achievements may include:

- Improvement in behavior
- Following directions immediately
- Black belt attitude
- Tournament participation
- Enhanced confidence
- Excellent grades Leadership
- Practicing the Life Skills (Discipline, Belief, Honesty, Respect, Communication, Self-Esteem)

The No Limits Patch and No Limits Stars are components of the No Limits Rewards System which has proven to be a valuable instrument in developing good habits in our students.

Patches



ATA Patch

Students receive this when they occasionally become a member of No Limits Martial Arts. It is to be placed on the right side of the student's uniform.



No Limits Patch

Junior and Adult students earn this patch when he or she brings a friend, sibling, parent or relative to participate in class as a guest.



This patch goes on the left side of the student's uniform.

Leadership Patch

When a Leadership student orders the official Leadership uniform this patch is located just below the right shoulder. The uniform also has the ATA Patch, the Master Club Patch and the word Leadership on the back.



Legacy Patch

Students receive these patches when they officially become a member of the Legacy Program. The ATA Legacy Patch is located just below the right and left shoulder. No Limits Legacy Patch goes on the left side of the student's uniform. The uniform also comes with the ATA Patch, No Limits Legacy Patch and the student's name on the back.



A-TEAM Patch

When students earn Bs and higher on their report cards, they receive this distinctive patch as members of the A-TEAM. This patch goes on the student's left arm, below the shoulder seam.



Stripe System



There are 5 stripes in total that a student earns over the course of a testing cycle.

Red Stripe



The Red Stripe is for completing the Letter of Intent to Promote. This is to be handed out by the parents and the school teacher so that the student is rewarded for their positive behavior and attitude at school! This stripe should be earned by the 8th attendance.

1st Black Stripe



Black stripes are awarded for the students who are consistent with their training. No Limits believes that repetition creates strong habits, which include a great attitude in class and strong work ethic. After 4 attendances, the student will be eligible to receive the 1st Black Stripe for demonstrating & breaking their board break within 3 tries.

Yellow Stripe



This is the first stripe earned in a testing cycle. Students will need to turn in 3 short term goals for; School, home, and No Limits. Over the next 8 weeks, parents may write a "Good Job" note, to let No Limits instructors know they are following through with their short turn goals, and we can hold them accountable.

2nd Black Stripe



Black Stripes are awarded for the students who are consistent with their training. No Limits believes that repetition creates strong habits, which include a great attitude in class and a strong work ethic. After 8 attendances, the student will be eligible to test for their second black stripe, by demonstrating their weapon and self defense.

3rd Black Stripe



Black Stripes are awarded for the students who are consistent with their training. No Limits believes that repetition creates strong habits, which include a great attitude in class and a strong work ethic. After 12 attendances, the student will be eligible to test for their 3rd black stripe by demonstrating their basic techniques, weapon, self-defense, board break and sparring drill.

Green Stripe



The Green Stripe is awarded to students who qualify as CANDIDATES to advance to the next program level.

ATA Belt Ranking



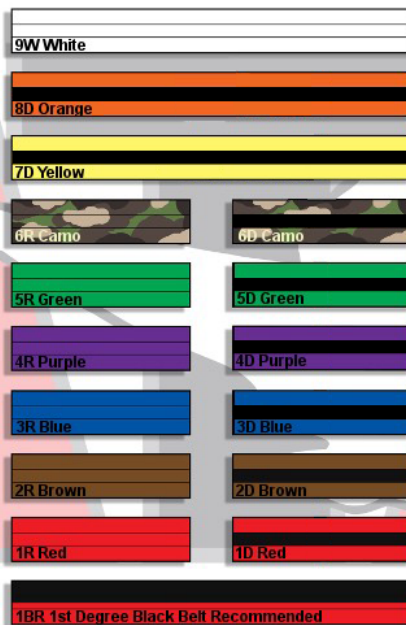
BELT RANKING SYSTEM



ATA TIGERS



KARATE KIDS, TEENS & ADULTS



BLACK BELTS



Karate Kids/Adults

Plain belts are Recommended ranks and belts with a black stripe all the way through them are Decided ranks. White through yellow belts are decided. Camo and up have Recommended/Decided ranks until Red/Black belt which is Black Belt Recommended.

Knowledge



Knowledge is demonstrated when students apply what they have been practicing in class to their everyday lives. No Limits students should be on their best behavior always.

Students also show knowledge as they improve their martial arts techniques. Regardless of the degree of perfection in these techniques, the values reinforced at No Limits Martial Arts- if applied correctly - will most likely prevent them from having to use their physical abilities. If students learn how to greet people, look in their eyes, speak properly, show confidence and demonstrated exceptional social skills, they may never need to use their self-defense skills.

Belt Promotions

At No Limits Martial Arts we reward our students primarily for their knowledge of Life Skills, rather than their physical prowess. These are, after all, the skills that will make them winners in life. The belt promotion is one of the most rewarding experiences that martial arts has to offer!

The expectations are different for a white belt beginner and an experienced black belt student.

The No Limits System is designed to recognize and reward student's results based on their current level and personal abilities. It takes discipline to reach all the requirements.

Below are some common questions about belt promotions.

Why should students promote?

Just like at school children advance to the next grade level as a reward for their accomplishments, in martial arts their efforts are rewarded by advancing to the next belt rank. All students who meet the requirements should always promote. Not promoting is likely to result in a sense failure and may diminish the student's self-esteem.

What is the significance of changing belts?

Most people respond to positive reinforcement and that's exactly what receiving a new belt is! Belt promotions teach our students to be goal oriented and help them see their progress. This results in a rise and strengthening of their self-esteem and confidence.

Why are belt promotions held monthly?

Adults and children need to have constant supervision. Promotions are held every 8 weeks. This two-month time frame creates a sense of urgency the goal of learning the curriculum and practicing the life skills. People often tend to postpone or procrastinate, that's why the two-month recommendation is so important: it gives our students direction and keeps them in check.

Intent to Promote



Action students should be able to:

1. Demonstrate COORDINATION and PROPER EXECUTION of: Blocks, Strikes, Kicks and Stances
2. Execute specific BOARD BREAKING techniques designed for their level.
3. Develop motor skills and hand/eye coordination ability through the utilization of the TRAINING TOOLS.
4. Utilize their techniques focusing on distance, timing and precision in a SPARRING/SELF-DEFENSE situation.

Beginner students ARE NOT expected to perform at the same level as advanced students and all No Limits instructors are trained to recognize the unique physical abilities of each student.

Performance students should be able to:

1. Lead the class.
2. Perform the specialty technique of the current cycle.
3. Understand the Life Skills and present the topics discussed in class.
4. Perform the No Limits XMA form.

Leadership students should be able to:

1. Perform the requirements of both the Action and Performance student.

What is the INTENT TO PROMOTE LETTER?

Every student's intent to promote letter must be submitted at least two weeks before the promotion date, this way the instructors have time to work with the student to resolve any pending issues. The purpose of the intent to promote letter is to assure students are maintaining a good behavior at home and school; this way we can work together to reinforce the values parents want their children to have and motivate students to improve.

To be a No Limits Parent is to support your No Limits school in creating the best atmosphere for your child or children to grow.

Here are some guidelines on how to be a No Limits Parent:

#1: No Limits Parents support their children during class by offering signs of approval - such as cheering, applauding, smiling, showing "thumbs up" - when they see them doing their best. They refrain from reprimanding or criticizing their children during class and allow the instructors to be the ones to make any corrections when necessary.

#2: No Limits Parents follow and enforce all No Limits rules and policies, thus enhancing the discipline of the school. When the parents follow the rules and regulations, the children are likely to follow their example. This starts at the front door by always bowing and greeting the instructors, students and their families aloud upon entering or leaving the school, showing courtesy, respect, confidence and discipline.

#3: No Limits Parents make sure that their future tiny tigers (younger siblings that are not yet students) are quiet and well behaved during class, so as not to create any distractions.

#4: No Limits parents understand how important it is to be a part of their children's experience. They know that watching their children's class - or even better, participating in it will broaden their understanding of the lessons taught at No Limits so that they can practice with them at home.

#5: No Limits Parents avoid disrupting classes by abstaining from socializing during class and remembering to switch their phones to a silent mode upon entering their No Limits school. When No Limits Parents must use the phone or talk to another parent during class, they kindly step outside.

#6: No Limits Parents bring their children 5 to 10 minutes before class starts and avoid leaving them by themselves after their class is over. If a student unavoidably must wait longer to be picked up, No Limits Parents make sure to alert the No Limits team.

#7: No Limits Parents understand that each child is an individual who will progress at his or her own pace. They avoid comparing their child to their siblings or to other students and encourage them to set realistic goals and achieve them.

#8: No Limits Parents keep present why they enrolled their children in a No Limits program in the first place. They are aware that memorizing is only a small part of the big picture. When it comes to their children's performance, No Limits Parents trust the instructor's judgment on what should be expected from them.

#9: No Limits Parents know that when they have a concern about their child's training, progress or about the school, they must go directly to the instructors. The No Limits team will address their concern and do their best to help.

#10: No Limits Parents make sure that their children have eaten before coming to class. They know that food is not allowed inside the school (save on special celebrations).

#11: No Limits Parents show encouragement for all students during class, promotions and demonstrations. They know that through their example, their children will also learn to be supportive of their peers.

#12: No Limits Parents show courtesy and respect when attending tournaments and other martial arts functions and make sure that their children follow their example. If they do have a concern, they respectfully take it to their instructors, avoiding any confrontation with judges or other parents.

Make Your Child's Experience Special



Things to do daily to make your child's experience in No Limits Martial Arts special.

1. Be your child's audience and support. Your very presence during class raises your child's self-esteem and confidence.
2. All performances by students should receive the loudest and craziest cheers. BE WILD! This is a magical moment for them. Your cheers anchor your child to SUCCESS and all the rewards of setting and accomplishing their goals.
3. Be sure to focus on your child's positive development throughout his or her training. Make sure you tell your child how proud you are of him or her after every class.
4. SMILE! It's contagious!
5. Be grateful for the magical person you brought into this world. This brief drift into gratitude is a magical moment for you.
6. Every class is an opportunity to applaud your children's self-discipline, their courage for participating, and their individual effort. Remember: it's their attitude, not their aptitude, which determines the quality of their effort.
7. Be alert to magical moments: they will occur.
8. When your child looks over to you during class, give them thumbs up, a wink or a smile. Let them know how proud you are of them!
9. Congratulate yourself for making the right decision in giving your child the gift of martial arts: a vehicle to lifelong success.





TIGERS CREED

To be a good person I must have knowledge in my mind,
honesty in my heart, strength in my body,
to make good friends, and be a black belt leader,
Sir/Ma'am! Hiyaaaa!

KARATE FOR KIDS CREED

Ma'am/Sir,
Each Day I will live
by honoring my
parents and instructors.
Practicing to the
best of my abilities,
by having
courtesy and respect
for everyone I meet!
Ma'am/Sir



SONGAHM SPIRIT OF TAEKWONDO

- Beginning of the Class -

Sir/Ma'am,
I will practice in the
Spirit of Taekwondo,
with courtesy for fellow students,
loyalty for my Instructor,
and respect for my
Juniors and Seniors,
Sir/Ma'am

- End of the Class -

Sir/Ma'am,
I shall live with perseverance in the
Spirit of Taekwondo,
having honor with others,
integrity within myself,
and self-control in my actions,
Sir/Ma'am