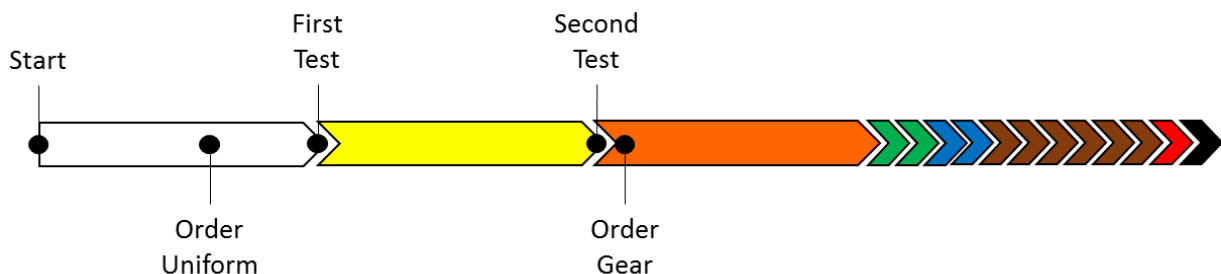


# QUICK START GUIDE

## NEW STUDENT INFORMATION

Welcome to Mission Martial Arts. This guide will help you through your first 60-90 days to know what to plan for as you begin training.



### CLASSES

- 2 month sessions
- Downtown Class: Tue / Thu 4:00-5:00 (adult)
- Tiny Tigers: Tue 6:00-6:30 (4-6 yrs old)
- Family Class: Tue / Thu 6:30-7:30 (7 yrs - adult)
- Students learn:
  - Basic techniques, forms
  - Exercise
  - Self-defense
  - Personal safety, stranger danger
  - Discipline and leadership

### RANK TESTING

- Optional at end of each session
- Minimum eligibility requirements:
  - Active participation in 12+ classes (6+ classes for Tiny Tigers)
  - Demonstrate all rank appropriate techniques, terms, and definitions
  - Model the tenets of taekwondo
  - Display age and rank appropriate leadership and service
- Fees: \$40 color belts; \$50 brown belts; \$20 Tiny Tigers (\$100 family maximum)

### UNIFORMS

- Not required until first rank test
- Orders taken approx. 4 weeks before test to guarantee size in stock
- Patches should be sewn on during Yellow belt session (does not apply to Tiny Tigers)
- Cost:
  - Regular: \$55 +tax (includes patches)
  - Tiny Tigers: \$45 +tax (no patches)

### SPARRING GEAR

- Not applicable for Tiny Tigers
- Available only for Yellow Belt and above
- Required for Orange Belt and above
- Orders taken first week of each session to guarantee size in stock
- Cost:
  - Standard: \$80 +tax
  - Basic: \$60 +tax
- Students required to provide own groin protection (males) and mouth guards (all)



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