



Welcome to LEMA

A **Leading Edge Martial Arts**, we teach what we refer to as Non Competition Based Mixed Martial Arts geared towards self defense. At LEMA, we teach self defense and expect all our students to show discipline and use what they have learned only for self defense.

Bowing - Bowing is done as students enter and exit the front door of the school, each time they enter or exit the class room while facing the flag, and towards instructors and fellow classmates. Bowing is always mutual and not done out of hierarchy. All classes at Leading Edge Martial Arts begin and end with a formal bowing in ceremony showing respect to the flag and the freedoms it provides as well as our instructors. None of this is done out of religious or political reasoning however is required by all students no exceptions.

Basic Martial Arts Terminology (More expansive glossary to be given later):

Sensei - Teacher / Instructor

Sempai - Student Black Belt

Deshi - Sensei In Training

Osu - Used as a greeting and an acknowledgement

Joshu - Assistant Instructor

Kiai - Martial Arts Shout

Uniform - Students must wear a clean, properly fitting LEMA uniform with all patches properly sewn on. Sleeves should be sewn beneath the elbow. Periodically, students are invited to wear a LEMA T-Shirt tucked in with their Gi Pants and Belt. LEMA Tees may be purchased in the pro shop. Uniforms must be kept clean.

Good hygiene is extremely important. Hands and feet must be clean. Fresh deodorant for all students over 10 years old. Finger and Toe Nails must be trimmed and kept clean.

No jewelry in the classroom. Only exceptions are Rubber Wedding Bands and Fitness trackers during adult classes.

Tuition - We want to focus on teaching and not tuition. All tuition is processed through direct withdrawal. All late tuition will be assessed a \$5 late fee. Tuition is based on 8 classes per month. We do not charge extra if you train more and we do not give discounts for missed classes or vacations.

Conferences with instructors must be scheduled by appt. NO MEETINGS WITHOUT APPOINTMENT
We encourage students / parents to chat with instructors regarding progress and or concerns. We are here to help. However, all meetings must be scheduled and are not available without appointment.

Membership Terminations - All membership terminations must be handled in person by appt. All meetings are required to include student and parents if students is a minor. We do accept membership terminations via email, voice mail, or snail mail. The 30 day cancellation period does not begin until the formal meeting with the instructor has taken place.



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Training - Students should train on the average of twice a week. If a student is extra motivated or trying to get some extra work in, they may come a third time at no additional charge. If a student is sick or on vacation, all missed classes can be made up by coming an extra day a week. If going away, students may make up classes in advance.

Register for classes - All students must reserve a spot in class by using the LEMA app.

Students are expected to be on time for class. It is part of the discipline of the martial arts. LEMA classes start and end on time. Vince Lombardi once said, "If you are right on time, you are fifteen minutes late."

Belt Promotion - Students must have the minimum number of classes registered at their belt level. Lower belts require 30 classes. Blue Belt and above require 45 classes. Lower belts must have a minimum of 3 months at their current belt level and upper belts blue and above must have a minimum of 45 classes. Students must test on their curriculum in class in front of Sensei. Upon passing the test, students will receive their third stripe on their belt. Students who have received their third stripe have passed their test and must attend graduation to receive their new belt and diploma.

Sparring Gear and Safety Equipment - All equipment must be purchased at LEMA because it is covered by our insurance. Students are required to get a full set of sparring gear before entering the yellow belt classes

Contacts or sport goggles are recommended over regular glass but not required.

Testing Fees - There are no belt testing fees through out the training until black belt test.

LEMA Closures - LEMA closes for a week generally around Christmas and the 4th of July so the instructors may take a break. All missed classes can be made up. There are no tuition adjustments.

Sports / Activities - We encourage students participate in other sports and activities. Students should not have to choose between martial arts or sports. Martial Arts compliments all sports and activities. We understand that scheduling can be difficult. We recommend leading up to a sports season, training three times a week to start making up missed classes in advance. The remainder of all missed classes can be made up at a later time. Event if a student needs to back off training to once a week during a season, that is recommended over taking a break completely which can drastically hinder a students progress.

Vacation / Break Policy - LEMA is not a season martial arts school. Students can not train for a month, take a month off, and start again. In order for students to progress in their training, students must train consistently. In order to run a small business, we rely on our students to keep their memberships active.