



# LEMA Welcome Packet

1. All classes at Leading Edge Martial Arts begin and end with a formal ceremony. This is to show respect for the American Flag, the instructors, and fellow students.
2. Leading Edge Martial Arts will make you quicker, stronger, more confident, and better able to defend yourself. The techniques you will learn here at Leading Edge Martial Arts are very effective and dangerous techniques. As a student of Leading Edge Martial Arts, you have the responsibility to use what you have learned strictly for **Self Defense**.
3. You will notice that some Martial Arts techniques are accompanied by a powerful shout. (ex. "KIAH!) **Kiai** is a Martial Arts shout which we use for a number of reasons such as; startling your opponent, giving you additional power, helping you breathe and displaying confidence.
4. 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
5. **Consistency** is the key to success in your martial arts training. Everyone starts Martial Arts for different reasons. Regardless of your reason for starting, you must train on a consistent basis to achieve your individual goals. Your training program should consist of two lessons per week. Please be sure to call if you know you will be missing a class for an illness or a vacation.
6. **Proper attire and hygiene**, consisting of a clean uniform with the school's patches properly displayed and the student's name on the left lapel must be worn to every class. Student's sleeves should be cut off just beneath the elbow. This gives the student better mobility. **No jewelry is permitted in the classroom.** Good hygiene is of extreme importance as well as short clean finger nails and toe nails. Students must attain all sparring equipment through Leading Edge Martial Arts. This is to ensure that all safety equipment has been approved by Leading Edge Martial Arts and our insurance.
7. Our instructors take a personal interest in each student's progress. Personal conferences with your instructor are encouraged. Please feel free to address any concerns or questions you may have.
8. We at Leading Edge Martial Arts want to focus all our energies on the teaching. We would like to avoid being distracted by matters of student tuition. We have set up consistent tuition due dates. All tuition payments are due either on the 5th or the 20th of each month. **Please be sure to be prompt with the payment of your tuition.**  
*A five dollar late fee will be assessed to all tuition paid after due date.*  
**NO EXCEPTIONS.**

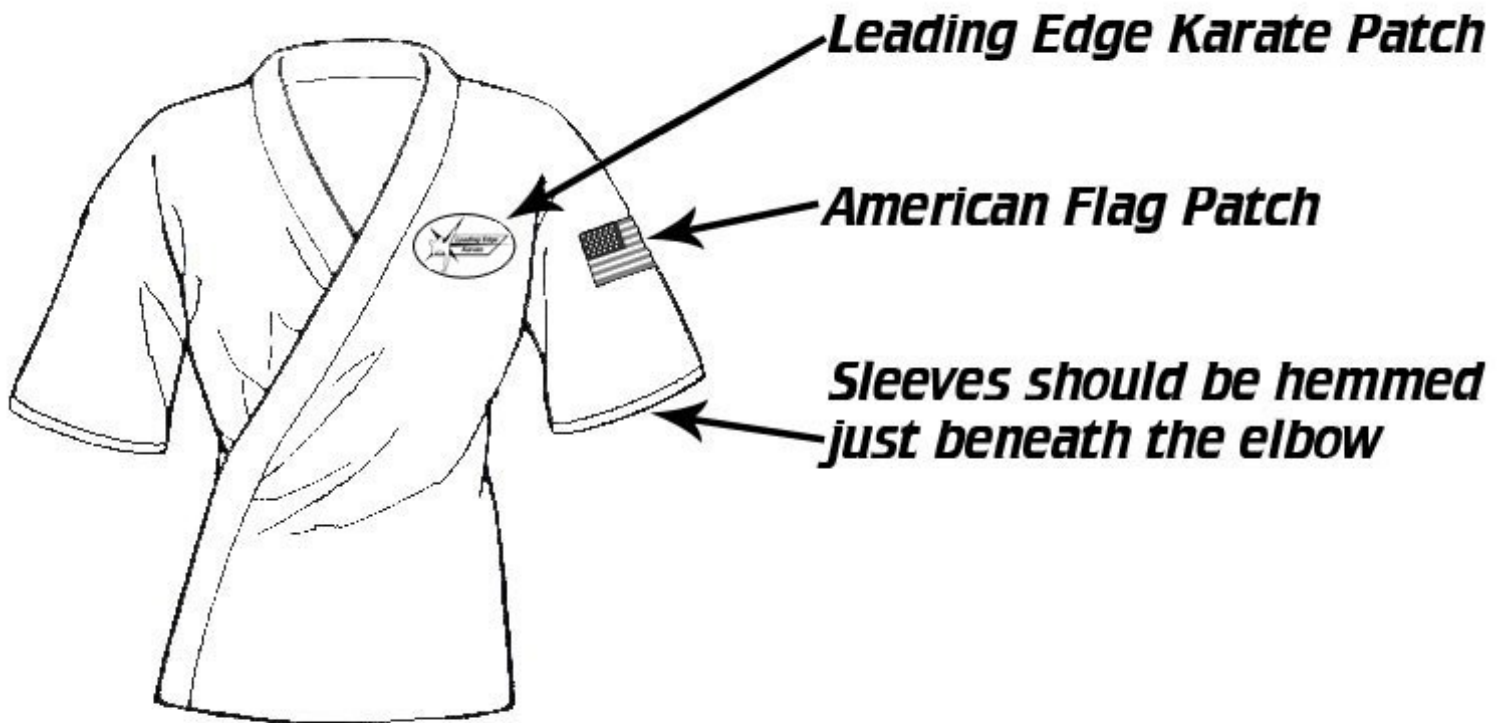


# Notes from Sensei

1. All students should train twice a week. If you know you will be missing class you would normally attend or if you know you will be out for a period of time, please call to let Sensei know so that he may arrange make up classes for you.
2. **Students are expected to be on time for class.** Promptness is a sign of discipline. Students will not be permitted into class after the warm-ups have been completed. Warm-ups are an important part of the training and they help in the prevention of injury. It is also very disruptive to the class when a student enters late. Sensei recommends that all students come early. Vince Lombardi once said, "If you are right on time, you are fifteen minutes late."
3. There are two requirements for promotion from belt to belt. 1. The student must complete the minimum number of classes required at his/her belt level. At the early belt levels, the required number of classes is 30. This requirement increases as the students reaches higher belt levels. Stripes are awarded to the students on the 10th class and the 20th class. The student then must test in front of Sensei to receive the 3rd stripe on or about the 30th class. This is the second requirement. The student must be proficient at the curriculum for his/her belt level. Once the student has passed his/her 3rd stripe test, then he/she attends the following graduation to receive his/her next rank. White thru green belt is a minimum of 3 months and 30 classes. Blue thru brown belt is a minimum of 4 months and 45 classes. Black belt candidate is a minimum of 6 months and 72 classes.
4. There is a set curriculum which all students are required to learn before moving on to the next belt level. Each student is responsible to continue practicing his/her previous belt levels curriculum after moving on to the next belt level. The following belt levels testing requirements include all previous belt curriculum as well as any new curriculum. This includes forms, self-defense moves, kicks, strikes, etc. It is up to the student to practice at home on his/her own time.
5. The student is required to have a full set of sparring equipment upon reaching the rank of Yellow Belt. This is when the students begin to spar. Once achieving the rank of Yellow Belt, all male students are required to wear groin cups to all classes after reaching yellow belt. All students must bring their sparring equipment to every class. All equipment must be purchased through Leading Edge Martial Arts due to the fact that this is what is covered under our Liability Insurance.
6. Contacts or sport goggles are recommended but not required for students.
7. There are no testing fees and no belt fees through out the training until it is time to test for Black Belt.
8. All students which are still attending school are required to provide Sensei with a photo copy of his/her report card.
9. Leading Edge Martial Arts is closed for two 1 week periods through out the year for instructor vacations and school maintenance. These closing will generally occur around major holidays. This does not effect the monthly tuition. There are always more than enough classes to choose from through out the month.

# Your LEMA Uniform (Gi)

Please keep your uniform clean. Do not wash your belt. Please have patches on and sleeves hemmed within 1 week of beginning your training.



We recommend Ace Cleaners (LEMA-Allentown) and Springhill Cleaners (Bethlehem) for your uniform alterations.

Just ask for sleeves and patches and they know what to do.

LEMA-Allentown  
Ace Cleaners  
3035 W. Emmaus Ave.  
Allentown, PA 18103  
610 797 3661

LEMA-Bethlehem  
Springhill Cleaners  
3839 Bath Pike (Rte 512)  
Bethlehem, PA 18017  
610 814 2522

# How to tie your belt



**Place the belt on your waist with the label side on your right**



**Wrap the other end of your belt (the non-label side) around your waist**



**Wrap that same end around your waist a second time**



**Tuck the non-label side of your belt under the rest of your belt that's on your waist from the bottom**



**Place the non label side of your belt over the label side to make a loop**



**Push the end of the non-label side through the loop**



**Pull both ends to form a neat knot. When done correctly, knot should resemble a fortune cookie**



## Proper Bowing Etiquette

### Why and when should a student bow?

Bowing at LEMA is used both as a sign of respect and a greeting. Bows between students is used as a gesture of hello and goodbye between students as well as a sign of mutual respect.

When a student should bow.

1. The first and last bow of every visit to LEMA occurs at the front door of the school. This bow is directed into the school. This is done for a number of reasons. First off it is used to remind the student that they are entering a place of learning. This bow reminds them to set their personal lives aside for the time they are at the school, to focus their minds, and to address their discipline accordingly. This bow should be done EVERY time the student enters and exits the school.
2. A bow should also be used when first greeting any instructor and or black belt. When a student first enters a room with a black belt in it, the student should bow and say "Osu" followed by the instructor or black belts title. Ex. "Osu Sensei" This bow should be returned by the black belt to the student as a sign of MUTUAL respect and NOT EGO. This is also true when a black belt first enters the room a student is in. The student should again bow to the black belt followed by "Osu Sensei" or the appropriate title. This is also to be returned by the black belt as a show of mutual respect.

*Reminder: These bows are only done when a student or black belt first enters a room. They are not repeated every time the student or black belt steps in and out of the room.*

3. Students should also bow every time the enter and exit the classroom. This bow is directed towards the American Flag. This is again done as a show of respect and a reminder of where the student is.
4. There is a formal bowing ceremony at the beginning and end of every class to show respect to the American Flag, the instructors, black belts, and fellow students.
5. Students should also bow to each other each time they are to commence and end training with each other. Ex. Bow before and after practicing self defense together, sparring, grappling, etc.



## Vacation and Break Policy

We are a NO CONTRACT school and will always remain a NO CONTRACT school, as we do not want anyone to feel they are here because of a contract. Your commitment to the martial arts should stem from your personal commitment, not a contractual one.

However, consistent training is key to the martial arts. Our students get stronger physically and mentally, learning valuable skills and concepts that must be constantly reinforced in order to be used effectively. For this reason, we do not recommend students taking “breaks” in their training. “Breaks” in training adversely affect not only the student, but the whole school as well. Students who take breaks from training, regardless of their good intentions, generally have a difficult time getting started again after the break. The longer the break, the more difficult it becomes to get back in the groove of training. Students returning from “breaks” require more instructor time which is taken away from other students. Additionally, “breaks” cause increased paperwork and billing issues for the school.

For these reasons, a re-registration fee of \$49.00 will be applied when a student takes a month or more off from his/her training. The re-registration fee will be charged in addition to the student’s tuition for his/her first month back. This affects all students whether or not your initial registration fee was charged or waived. Obviously, there are exceptions to this policy such as legitimate medical leaves. This will be considered by and left to the discretion of Sensei.

Before taking a break, be sure it is actually necessary. Remember, your tuition pays for up to 8 classes of training per month. Every month there is more than a sufficient number of classes to choose from. It is actually possible to get your tuition’s worth of training in just 2 weeks. Any additional training you receive over 8 classes per month is provided to you free.

Thank you for your understanding. If you have any questions on how this policy affects you, please see Sensei to clarify.

Thank you,

Sensei



# Safety Equipment

All Students are required to have their own safety equipment upon reaching Yellow Belt. Students must bring this equipment to all classes. All safety equipment must be purchased through Leading Edge Martial Arts. This is to insure that it is covered by our liability insurance.

Students are required to have the following safety equipment:

1. Head Gear
2. Hand Guards
3. Foot Guards
4. Shin Guards
5. Mouth Guard
6. Groin Cup (Male Students Only) (must be worn to all classes)

\*All Gear may be ordered as a set including a gym bag and mouth piece case.

Optional Safety Equipment

1. Rib Guards
2. Upgrades to higher levels of all of the above equipment

\*See Staff for details.

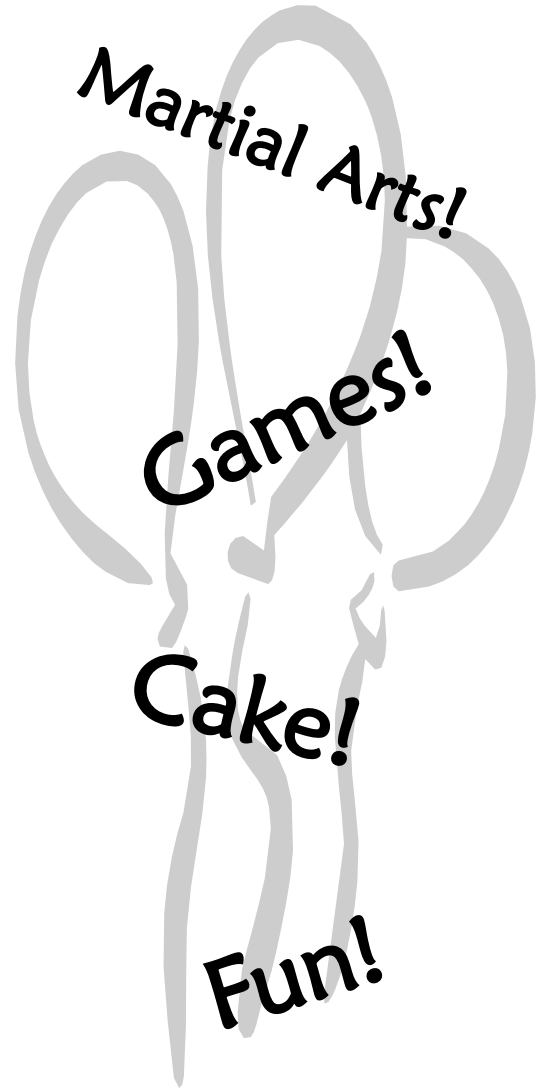


# Birthday Parties at Leading Edge Martial Arts Are A Real KICK!

## Birthday Parties Include:

- 1 1/2 hour party
- Martial Arts class
- Lots of games
- Cake of choice with school logo
- Soda or Juice
- Paper Products
- LEMA tattoos and brochures for party favors
- Best of all - No mess to clean up!
- Cost : \$200 for 15 children  
\$10 each additional child
  - 15% gratuity paid cash at end of party
- Ask about our LEMA Water Bottle -  
Party Favor Package. (Additional Fee)  
*Ask staff for details and availability.*

*Availability is limited so make sure to reserve  
your next kickin' party today!!*



### Leading Edge Martial Arts

#### Allentown

3239 Hamilton Blvd  
Allentown, PA 18103  
610 434 3343

#### Bethlehem

2550 Brodhead Rd  
Suite 210  
Bethlehem, PA 18017  
610 868 3343



# Other Programs and Events Available

**Many other activities are available at Leading Edge Martial Arts. Some are free and some are available for a nominal fee. Some of these activities are listed below. See a representative for details on any of these programs. If you are interested in something and you don't see it listed below, just ask and we may be able to provide for you.**

1. **Private Lesson / Pre Test** Students struggling with a technique or just in need of review can receive extra help. See the program director for scheduling extra help. Private lesson are \$20 for 15 minutes and \$30 for 30 minutes. Pre-tests are free.
2. **Birthday Parties** See attached flyer for details. Birthday Parties should be scheduled a few months in advance since available dates are limited.
3. **Special Seminars** Would you like to plan a seminar on Self Defense, Awareness, Rape Prevention, etc. at your work or just for a group of friends? If so, see a LEMA representative for details about how to schedule a seminar.
4. **Take Sensei to School** Would you like to take LEMA to school? LEMA is available to teach seminars in schools. See a staff member for availability and to schedule LEMA to visit your school.
5. **Fitness Memberships Including:** Kardio Kickbox, Fitness, & Cage Fitness



**Come Ground &  
Pound with LEMA!**



## **What is Cage Fitness?**

*Cage Fitness is a 1/2 hour, high energy, interval training workout. There are no partners and no contact. Cage Fitness is YOU and a Cage Fitness Bag! In this fun, energetic, exhilarating workout, you will do five-5 minute rounds. Each round is broken down into seven-45 second intervals. During each interval, you are doing a different exercise.*

*This fast paced workout is designed to give you a complete full body workout. You will get an incredible cardiovascular workout while simultaneously building power and explosiveness in your muscles.*

*The best part.....It only takes a half hour!*

*Cage Fitness is also now available for children 8 years and above. Our children's program is great for getting children in shape for an upcoming sports seasons, training for a specific event like a big race or Black Belt Test, and for Combating Childhood Obesity.*

## **Frequently Asked Questions:**

### **Is there any contact Cage Fitness?**

NO! There is no contact, or partner training in Cage Fitness. Cage Fitness is a fitness program designed for individuals to work at their own pace. The exercises are safe for women and men.

### **Is Cage Fitness Martial Arts?**

No, Cage Fitness is based on the training methods used by Mixed Martial Arts athletes. MMA participants are considered by most to be accomplished athletes who have obtained the highest levels of fitness. We have modified some of their training techniques to create this fitness program. Cage Fitness will get people into the best shape without having to train in MMA. This makes Cage Fitness not only one of the best and most challenging workouts one can get, but also safe and fun.

### **I have never worked out before.....is Cage Fitness for me?**

Yes, unlike and aerobic class or other fitness classes, where an instructor is leading a group of people through various exercises at a certain pace, Cage Fitness is broken up into 5-5 minute rounds that are made up of timed segments within those rounds. An individual can push themselves at their own pace for each exercise.

### **What should I wear to class?**

Participants should wear comfortable loose fitting workout clothing. Participants must be bare foot. Leading Edge Martial Arts Students participating in the Cage Fitness classes are required to wear a LEMA tee shirt to the class. Fingerless MMA style bag gloves are required and should be purchased at LEMA.

### **How long are the classes?**

Cage Fitness was designed to get maximum results in a short amount of time. The class is 30 minutes which consists of 5-5 minute rounds with a 1 minute rest in between. This is the same format used in a championship MMA match. This allows an individual to complete a great workout with a minimum time commitment.

**Visit  
[www.cagefitness.com](http://www.cagefitness.com)  
to learn more about Cage Fitness!**



# LEMA

## Cage Fitness

### Memberships



## How does your Cage Fitness Membership Work?

- LEMA Fitness Members: LEMA Fitness Members may use their LEMA Fitness Punch Card towards Cage Fitness Classes. One card punch per Cage Fitness class.
- LEMA Premium Members: LEMA Premium is a LEMA-Martial Art Membership add-on. LEMA-Martial Art Members may take unlimited fitness classes (including Cage Fitness) with their Premium Membership. (Subject to class availability) LEMA Premium Membership is an additional \$20 charge on the regular monthly tuition.
- Reservations: Cage Fitness has limited space per class. Reservations must be made prior to participation. A sign up sheet will be posted each week for the following weeks classes. Reservations may be made in person or via phone call. However, no class reservations will be made via email or voicemail.
- Missed Reservations: Because of the limited class size, reservations require a 72 hour cancellation notice. If a reserved class is missed without proper cancellation, then the member will be charged for the class. LEMA Fitness Members will be charged one punch on their card. LEMA-Premium members will be charged \$7.
- LEMA Martial Art Members: Please see a staff member to enroll in LEMA premium.

## REQUIRED ATTIRE AND EQUIPMENT

- LEMA Fitness Members: Please wear comfortable workout attire. Please limit your jewelry. No shoes permitted in Cage Fitness classes.
- LEMA Premium Members: Must wear a LEMA Tee Shirt and comfortable workout shorts or pants. No shoes permitted in Cage Fitness classes.
- Fingerless Bag Gloves are required. We recommend using the Century Martial Arts
- Fingerless Bag Gloves available in our pro shop. Ask a staff member to help you with sizing.



# Winter Weather Closing Policy

It is the goal of LEMA to be open whenever possible. When deciding whether or not to close, the safety of the students and the staff comes into consideration. Because our schedule has us opening later in the day with the exception of Saturdays, decisions on whether LEMA will be open or not for the evening is usually not made until around 2:30 in the afternoon. Many times an early morning snow fall that may cause delays or even closings for other events, are clear by the time classes are to start and I do not want to make a premature decision on closing. Saturdays are the exception. When possible I will make that decision very early Saturday or even late Friday evening.

Once a decision to close has been made, we will do all we can to let you know.

1. Visit [leadingedgema.com](http://leadingedgema.com) (if possible, the closing information will be listed on the first page.)
2. Check out Leading Edge Martial Arts on Facebook. [www.facebook.com/leadingedgema](http://www.facebook.com/leadingedgema)
2. Visit [wfmz.com](http://wfmz.com) (Look under School closings to see if we are listed)
3. Email. (if possible, an email will be sent to notify everyone we have on our email list)
4. Radio (When possible, our closings will be announced on the Radio. 104.1FM and AM 790)
5. Telephone (LAST RESORT---Call us after 3 pm to see if we are open. 610 434 3343)

\*It never hurts to check multiple sources to see if we are open. If you think we might be closed and you have not noticed us listed on one source, check another.

What not to do:

1. Please do not call and leave a message asking us to call you back and let you know if we are or not open. We can not possibly return calls to that many students.
2. If you think the weather is questionable, please do not show up without checking one of the above listed sources.
3. If we are open, and you don't feel comfortable driving in the weather, please do not put yourself at risk. All classes can be made up another time. We want everyone to be safe to Kick another day!!

Enjoy the weather.

See you on the mat!!!

Sensei





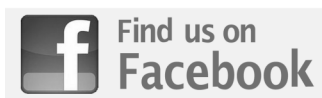
# Stay Connected to LEMA



**Leading Edge Martial Arts Official Website:**

*[www.leadingedgemartialarts.com](http://www.leadingedgemartialarts.com)*

*LEMA's website also has a mobile app for the Iphone, Droid, and BlackBerry*



**Leading Edge Martial Arts Official  
Facebook Page:**

**(For LEMA wide news)**

*[www.facebook.com/leadingedgema](http://www.facebook.com/leadingedgema)*

**LEMA Allentown Facebook Page:**

**(For LEMA Allentown News and Photos)**

*[www.facebook.com/leadingedgemartialarts](http://www.facebook.com/leadingedgemartialarts)*

**LEMA Bethlehem Facebook Page:**

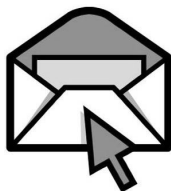
**(For LEMA Bethlehem News and Photos)**

*[www.facebook.com/lemabethlehem](http://www.facebook.com/lemabethlehem)*



**Follow LEMA on twitter at:**

*[@LeadingEdgeMA](https://twitter.com/LeadingEdgeMA)*



**Leading Edge Martial Arts Email List:**

If you are not receiving emails, please confirm with a staff member that we have added you to our email list. If we have and you are still not receiving them, please check your junk mail box and add us as a safe sender.

To have your email added, please email us at *[info@leadingedgema.com](mailto:info@leadingedgema.com)*

*And type "add my email address" as subject.*