



## PRECISION MARTIAL ARTS ACADEMY

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**PROUDLY CELEBRATING 21 YEARS!**



# Welcome to PRECISION MARTIAL ARTS ACADEMY (PMAA)

## **PHASE 1: 2 WEEK TRIAL = \$69 + GST Includes T-shirt and White Belt**

*2 Weeks of Beginner Taekwondo Lessons for Adults, Youth and Children (Ages 4+). Includes a PMAA Student Training Guide.*

- NEW students will wear their own comfortable workout clothing (no jeans) to classes during this time. Healthy nutrition is promoted at PMAA as is hydration... so please bring a water bottle to classes.
- This 2-week trial period is to introduce NEW STUDENTS to the Professional Fitness, Taekwondo and Self-defense instruction that PMAA has to offer. Also, it is our probation period to see if PMAA will accept this student as a Member upon completion of this 2-week trial period. Students may attend as many classes as they wish based on their designated class times.
- Based on individual training effort, etiquette, and having a positive, respectful and enthusiastic attitude in and out of classes, NEW STUDENTS will have earned their 1<sup>st</sup> Taekwondo Belt (White Belt) that they can wear in classes to start his/her journey to Black Belt Excellence and beyond at PMAA.

## GETTING STARTED

- Parent/Guardian/Adult Students will fill out a Guest Pre-screening Form and a Student Application/Participation Form (one per person) for participation in PMAA's programs. Please ensure that you fill out in full, read the Waiver & Release portion, print your name and sign to complete. Also, please add an e-mail address as this is how PMAA communicates with its Members.
- NEW Students will receive a Student Attendance Card that is filed under his/her LAST NAME. Upon arrival, each student is responsible to pull their card from the designated card box and place in the "drop box" for class attendance and student progress monitoring purposes.

## ARRIVING to PMAA

- PLEASE DO NOT PARK** in the designated Handicap Stalls or the yellow lined shipping/receiving/loading zone in front of the Shopping Mall Entrance. This also applies when picking up your children from classes, even for a "short period of time!" Your respectful cooperation and understanding is appreciated.
- ALL parents/students/siblings and guests are asked to please remove ALL footwear outside in the mall hallway and carry them into the shoe room. Please do not walk in with wet/dirty footwear. When leaving PMAA, please proceed to carry your footwear out into hallway to put on. DO NOT leave any footwear in public hallway as you risk theft and it may pose a safety hazard.
- Our "Seated Viewing Area" is designated for "NEW" parents to PMAA. You are welcome to stay and watch your child (ren's) classes to ensure they are comfortable and engaged. This is NOT a waiting area. As such, once your child is accustomed to PMAA's class format and procedures, after 2-3 weeks... parents are kindly asked to simply "drop off and pick up" their children.

- Siblings are not permitted in the back matted area or in gyms. They must be supervised and behave in a quiet and respectful manner. See Viewing Area policies and procedures on reverse side for more details.

## **PHASE 2: STUDENT ENROLLMENT & SAFETY EQUIPMENT**

*The Road to Black Belt... The Journey Begins!*

### **Upon completion of the 2 Week Trial Period**

Parent/Guardian/Adult Students' will now do the following in order to continue training at PMAA:

- ALL Members (Parents/Guardians/Students) must fill out a ***Student Enrollment Agreement*** which stipulates how you wish to make tuition payments for training. There are **three tuition payment options** available to choose from.
- ALL Members (Parents/Guardians/Students) **must purchase his/her own PMAA Training Uniform.**
- ALL Members (Parents/Guardians/Students) **must purchase his/her own PMAA Safety Equipment.** Personal safety equipment (sparring gear) at PMAA is mandatory for ALL students to develop and progress in Taekwondo, self-defense and contact sparring, as well as for safety and personal hygiene!
- SPECIAL NOTE 1:** Upon purchasing your Safety Equipment and Student Uniform, PMAA will provide you with a complimentary "Team Precision" T-shirt and a 20<sup>th</sup> Anniversary Drawstring Knapsack Bag.
- SPECIAL NOTE 2:** Pay in FULL for PMAA's Premium Membership plus ALL required Safety Equipment (will receive 10% off), and PMAA will provide you with a FREE Student Training Uniform.

### **Personal Safety Equipment required for training, developing and progressing at PMAA!**

<u>ITEM</u>	<u>PRICE</u>	<u>w/GST</u>
1. <b>Chest Protector</b> (reversible)	\$70.00	\$73.50
2. <b>WTF Head Gear</b>	\$56.00	\$58.80
3. <b>Shin &amp; Instep Guard</b> (cloth)	\$28.00	\$29.40
4. <b>Fist &amp; Forearm Guard</b> (cloth)	\$28.00	\$29.40
5. <b>Groin Protector</b> (male & female)	\$26.00	\$27.30
6. <b>Mouth Guard w/case</b>	\$5.00	\$5.25
<b>TOTAL PACKAGE:</b>	<b>\$213.<sup>00</sup></b>	<b><u>\$223.<sup>65</sup></u></b>
<b>**WITH PMAA GYM BAG (\$40 + GST)</b>	<b>\$42.<sup>00</sup></b>	<b><u>\$265.<sup>65</sup></u></b>
<b>PMAA STUDENT TRAINING UNIFORM</b> (Sizes #0000, #000, #00, #0)	<b>\$60.<sup>00</sup></b>	<b><u>\$63.<sup>00</sup></u></b>
<b>PMAA STUDENT TRAINING UNIFORM</b> (Sizes #1, #2, #3, #4, #5, #6, #7, #8)	<b>\$80.<sup>00</sup></b>	<b><u>\$84.<sup>00</sup></u></b>



# PMAA'S "VIEWING AREA" POLICIES

For parents, siblings and guests to respect and observe!



- ☺ **If your child is a NEW STUDENT at PMAA (White Belt)**, they will be training in Dojang #1 (main gym). Please enjoy "viewing" your child (ren's) classes to ensure they are comfortable and engaged.
- ☺ **After 2-3 weeks**, please plan to simply drop them off and pick up as the "**Seated Viewing Area**" is **NOT a waiting area** and is ONLY designated for NEW families to PMAA.
- ☺ **If your child is a YELLOW STRIPE BELT or HIGHER, PARENTS/GUARDIANS** are no longer permitted to sit at the back and wait for your child's class to end. There are benches in the main floor of this Shopping Centre to go and relax, or treat yourself to a tea or coffee. Please return to pick up your child after his/her scheduled class time. Please phone our office at 780-472-6238 if you have any delays.
- ☺ There is to be **NO LOUD CONVERSATION** while viewing your child's class. The noise level should be very minimal to keep from disturbing or distracting classes. This includes **NO CELL PHONE USAGE / CONVERSATIONS**; please be respectful of others... if you must take/make a phone call, **PLEASE** be courteous and considerate of others by excusing yourself and proceed to the outside mall hallway.
- ☺ **PLEASE** kindly avoid texting and /or typing on laptops while sitting in the "viewing area". IF you must... be courteous and considerate of others by excusing yourself and proceed to the outside mall hallway or the couches on the main floor of Shopping Centre. Other parents would surely like to watch their child.
- ☺ **ALL parents, students, siblings and guests** are NOT permitted to stand and view classes in PMAA's hallway as it poses a safety hazard and causes congestion. If siblings must be present, they are to be supervised at all times. Horseplay, loud noise, and running around will not be tolerated and they may be asked to leave. This will be strictly enforced.
- ☺ **ALL siblings and guests are strictly prohibited** from being in the back matted area, entering gyms or change rooms. These areas are NOT play areas and are for PMAA students ONLY! Parents may enter these areas if helping your child (ren) change into uniforms or safety equipment on sparring nights.
- ☺ **Sibling children MUST be supervised at all times** by the parents and will be expected to behave in a respectful and quiet manner. Any running around (up and down hallways, in gyms/matted areas) or horseplay will not be tolerated and they will be asked to leave.
- ☺ If you have young children/babies and they are crying and fussing... you **MUST** be courteous and considerate of others by excusing yourself and proceed to the outside mall hallway.
- ☺ No one is to sit in the middle of the viewing area floor as this is a safety hazard and blocks traffic flow.
- ☺ Leaning on the ledges along the glass windows, or having children stand on them is not permitted. This too is a safety hazard, obstructs the view of others, and causes damage to the structure.
- ☺ **ABSOLUTELY NO "HOT WHEELS"** type toys or any other rolling or sharp edged toys are allowed in PMAA.
- ☺ Please observe all PMAA rules and **ANY PMAA STAFF or INSTRUCTOR** requests. All staff and instructors at PMAA are professionals and should be treated with courtesy and respect.
- ☺ **FINALLY... PLEASE** clean up after yourselves, if you / your children have snacks, coffee, etc. Enjoy "**VIEWING**" your child (ren's) classes and help keep PMAA clean and safe for all to enjoy.