



Welcome to Diaz Martial Arts

Congratulations on your decision to take the challenge towards personal excellence! The purpose of this student guide is to make your start with our school easy and comfortable. Included are class times, people to call for information, rules and protocol and structure of the school. Thank you for choosing Diaz Martial Arts for you martial arts needs and I cannot wait to see your Black Belt journey. *- Master Eddie Diaz*

ATTENDANCE

Attendance is a key to progress. A minimum of two classes per week are required to gain the benefits Diaz Martial Arts has to offers.

ATTENDANCE PROCEDURE

Students receive an attendance card which we mark for their attendance. It is the student's responsibility to pull their card and present it to the instructor for every class they attend. Class credit is marked on the student's attendance card as well as entered into the computer to keep track of the students' progress. Please note that this is one of the requirements in order to advance to the student's next belt.

CLASS TIMES

Please refer to your schedule for class times. We highly recommend you attend class at a rate of two to three times per week. We also recommend you attend class on consistent days and times each week to make your attendance with our school part of your weekly schedule. If for some reason you are not able to attend class, we ask you call the school and inform the DMA staff or instructors.



MONTHLY CALENDAR

Each month homework sheets are handed out to work on the mental aspects of the martial arts. These homework sheets are to teach the mental benefits that the martial arts have to offer as well and reinforce the value that parents want for their children. In order to stripe test, students must do the assignment and get it signed by parents and the teacher to show that they are on track and ready for stripe testing at the end of the month. Homework stripes will go on left side of their belt and are black. Homework sheets are due on the second Wednesday and Thursday of each month. The newsletters also contain the monthly events calendar that contains the monthly events that are happening for the month and upcoming month.

DRESS/ATTIRE

Our student uniform for Boxing / Kickboxing / Muay Thai class is

- DMA Shirt
- DMA Muay Thai or Board Shorts
- Hand Wraps
- 16 oz. Gloves (Deodorizers for Gloves/Dogs)
- Shin Guards

There are exceptions to the uniform during the Fall and Winter months if students can wear long sleeve DMA shirt, DMA Hoodies, warm-up or Gi pants in class .

Make sure your shirt, short and wraps are always clean.



VIEWING CLASSES

We welcome guest to come in and watch classes, but all we ask is that you respect the class by remaining quiet. If you are bringing younger children with you that you keep them quiet and under control.

CLASS ETIQUETTE/PROTOCOL

- Always arrive a few minutes early to stretch, warm-up and wrap your hands if needed.
- Make sure you have you have the following attire for classes. The uniform for this class is DMA shirt, DMA shorts, 16 oz gloves, deodorizers (glove dogs), shins and your hand wraps. If you need help wrapping your hands always ask the instructors or a high-ranking student and they will be more than happy to help you with your wraps.
- Having more than one uniform for this class. Having extra shirt and shorts will help with being able to attend more classes with the proper attire. Remember to use your **20% off** discount card for your next purchase.
- Always bow when entering and exiting the floor to show respect.
- Always have sandals when exiting the floor and going to the bathroom.
- Extra clothes and towel are recommended.
- If you arrive late to class, we ask that you bow in and wait for the instructor to come into class. This is just show courtesy and respect to the instructor and your classmates. Also go to the back of the line.
- If you need to leave early for any reason, please let the instructors know.



HYGIENE

- Make sure to wash your wraps and re-roll them. This will make it easier when you are wrapping your hands. If you need help with wrapping your hands get with one of the instructors and we can show how to wrap your hands. I also recommend recording it so it will make it easier to wrap your hand the next time.
- Make sure to check your own hygiene before coming to class.
- Make sure your finger and toe nails are cut so you don't scratch your classmates.
- If you are bleeding, please let the instructor know so they can administer first if needed. If you have an open wound and it continues to open, we ask you not to grapple for the safety of everyone involved including yourself.

SPARRING RULES & ETIQUETTE

We ask all beginners to wait before sparring this is for your safety. The professionals make it look easy but we want make sure you know all the rules and etiquette before you spar.

- In order to spar you need the following equipment:
 - Sparring Helmet (Face Saver Helmet recommended)
 - 16 oz Leather Gloves
 - Shin Guards
 - Cup & Supporter
 - Mouth Piece
- Bowing to your opponent and touch gloves to show respect when getting ready to start sparring.



- We spar to gain experience and to have fun. Not to knock each other out. Even our competitors know this. If we hurt our training partners, they won't be able to compete. Our training partners are not human punching bags.
- **Make sure to ask permission before you start sparring.** This is to ensure the safety of everyone who is sparring. If there is no instructor or safety coach, we ask that you don't spar but you can drill the combinations.
- A commonly asked question is when are most students ready to spar? This is left up to the instructor and student. If the instructor feels like you are ready to spar, they will partner you with the best partner to ensure the safety of both and that everyone has a great experience. One of the first sparring drills or matches we do with beginners is a jab only drill. This is to ensure that both students are able to handle the jab offensively and defensively.
- Make sure to check your ego at the door. If we have problems, we will ask you not to return for the safety of everyone involved. Sparring is a very physical activity and emotions run very high, but we want to make sure that our students have the right temperament and attitude when they are sparring. The name of the game is to score as much as you can and stop your opponent from scoring. This ensures the safety of everyone and that everyone has a great experience and helps with physical plus mental growth of the student.
- You have the right to be selective with who you want to spar with. Feel free to talk with one of the instructors about this situation and please let us know why so we make sure that sparring is enjoyable for everyone involved.



Lining up for Classes

- When lining up for classes we line up according to rank. We will have a line of Black, Brown, Purple, Blue and White belt but also according to rank. When you line up, we also line by stripes, 4 stripes are first, 3 stripes, 2 stripes, 1 stripe and then no stripes.
- We always line up according by rank.
- If you show up late you should stand to side and ask for permission before entering the class. At the end of the class, you will line up in correct spot. This is just to show respect.

RANKING & PROGRESS

Our ranking system goes as followed. Every 3 months our students are eligible for their next ranking as long as they meet the requirements for testing. Twice a week or more, 8 classes or more per month and if their attitude inside and well as outside the school is great. Class participation and playing all out in their work-out is a must.

Ranking just shows the students where they are and their progress. The stripes that are earned each month lets the students know they have an understanding of the material that is being taught and will continue to work on current and lower material to make improvement. Once a student has earned their 3rd stripe, they will be eligible for their next ranking as long as the instructor feels they are ready for the promotion.

Students have been known to skip belts or the following reasons physical, mental abilities and to give the student the necessary challenge needed. On this the student will have to learn their new material and also the material that was skipped to maintain their progress and test on time or when necessary.



- White
- Yellow
- Orange
- Camo

1st Year

- Green
- Blue
- Purple
- Red

2nd Year

- Brown
- Brown/Red
- Black/Red (6 months)
- Black/Brown (6 months)

3 Year

KEYS TO SUCCESS

Two major keys to success are focus and consistency.

- When you are in class make sure you are focused. Don't focus on what has happen in your day or zone out. Stay focused on the moment to get the best out of your training.
- Listen to the instructors and don't interrupt them while they are explaining or teaching. If you have a question, please ask. It is important to answer your question so you have the correct answer. Make sure you listening and not talking while the instructor or other students are talking to show respect.
- The more you attend classes the more you will learn and improve.
- The last thing is Train, Train, TRAIN!!!



EXTRA HELP

If for any reason you fall behind and need extra help see one of the instructors. Achieving goals at Diaz Martial Arts is one of the most vital instruments used in building our students confidence, knowledge and skill sets. Communications, teamwork and action are essential for the benefits to be obtained. If you have your camera when you're in class we highly recommend recording the techniques so you can study and remember what was taught in class. If you are wanting extra help, speak to one of the instructors about private classes, availability and prices.

HOLIDAY SCHEDULE

The schedule will be modified for the holidays. Notification of all holiday schedules are posted on the calendar over the entrance way to the main floor. We are closed New Year's Day, Spring Break, 4th of July, Labor Day, Thanksgivings Day and Christmas.

VACATIONS or EXTENDED ABSENCES

If you will be missing class for vacation or illness for a period of more than one week, please notify us. Time you miss can then be added to the end of your program or made up on your return.

LOST AND FOUND

If you have left something behind, we put it in the lost and found. Please see your instructor and they will try to help you locate it. All items are held for 4 weeks before being discarded.



FAMILY MEMBERSHIPS

Family discounts are available for those who are interested in training or adding an additional member of the immediate family please speak with an instructor and they will assist you.

SPECIAL MERCHANDISE ORDERS

To order supplies not in stock, please see the person at the front counter. Special orders take about 7 days to come in. We can place orders from all the major martial arts suppliers. Talk to one of the instructors and we can help place that order for you.

EMAILS

Please give the school your e-mail address. Several times a week we will keep you up to date on events and important training information.