



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 the structure of the school. Thank you for choosing Diaz Martial Arts for your 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 offer.

ATTENDANCE PROCEDURES

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 teacher to show that they are on track and ready for stripe testing at the end of the month. Homework stripe will do 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

Student uniform consists of a Brazilian Jiu Jitsu Gi and belt. Students are allowed to wear a white, blue or black Gi for classes. We also recommend for students to have the following when doing classes mouth piece, rash guard, cup and supporter (males).

We recommend a second Gi which new students will receive 20% off on their next purchase if they are needing a second Gi. This will save on washing of the Gi and ensuring you have a Gi when you attend classes.

During the warmer months we will announce no Gi. When we do have no Gi classes the following uniform is required: Rash Guard, Gi Pants and DMA Shirt.



HYGENE

- Make sure to wash your Gi after every class to help with hygiene.
- Make sure to check your own hygiene before coming to class. So, make sure you bathed and before coming to class.
- Make sure your finger and toe nails are cut so you don't cut 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.

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 or warm-up if needed.
- Make sure you have your Gi and belt tied before class starts. If you need help with your Gi and belt we will have instructional videos on how we wear the Gi and tie the belt. You can always ask the instructors for help with you Gi and belt.
- Having more than one Gi will help you with having to wash the same Gi daily. This will also help with being able to attend more classes with the proper attire (Gi and belt). Remember to use your **20% off** discount card to purchase your next Gi if needed.
- 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.



GRAPPLING RULES & ETIQUETTE

- We ask all beginners to wait before grappling 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 grapple.
- Slap & Bump Knuckles - Slapping and Bumping Knuckles is how we start each match. This is to let you opponent know you are ready to start grappling.
- Tapping Out (Tap Out) – Slapping the mat or tapping on your opponent is how we let partner know they have submitted or the match is over. You can also verbally tap out by saying “Tap – Tap – Tap”. You can also slap the floor with your feet to show you have been submitted. If you need to stop for any reason, please let your opponent know this is very important.
- Make sure to ask permission before you start grappling. This is to ensure the safety of everyone who is grappling. If there is no safety coach, we ask that you don't grapple but you can drill the techniques.
- There is no striking or slamming your opponent when grappling. If there is striking it will be instructed by the instructor and we will use MMA gloves and proper equipment for the class.
- A commonly asked question is asked when are you ready to grapple. This is left up to the instructor and student. If the instructor feels like you are ready to grappling, they will partner you with the best partner to ensure the safety of both who are grappling and to ensure you have great experience.
- 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. BJJ is a very physical activity but we want to make sure that our students have the right temperament and attitude when they are grappling. The name of the game is to submit and also not get submitted. This ensures the safety of everyone and for a great experience and physical plus mental growth.



LINING UP FOR CLASSES

- When lining up for classes we line up according to rank. We will have a line from Black to White belt but also according to the number of stripes a student has. For example, if there is a row of white belts 4 stripes, 3, 2, 1 and then no stripes at the end of the line.
- If you forget your Gi or belt you line up at the end of the line.
- If you arrive late stand at the end of the mat with your hand up and one of the instructors will call you into class. This show respects to the class and to your classmates.
- If it is not Gi we sell ranked rash guards for you can still line up according to rank or if you compete.

BELT RANKING

Students in martial arts show their progress in the art by the color of the belt they wear. Requirements for each belt differ for our kids, teens and adults. Each stripe a student earns show progress toward their next rank and should be based on their improvement mental and well as physically. Each stripe and belt are leading them to the goal of earning their Black Belt.

On rare occasion students have been know to earn 2 stripes in class or during promotion. This is decided by the instructors because of physical and mental ability. Now the TARGET on the students back has gotten bigger.

Ranking

- White Belt (earn 4 stripes)
- Blue Belt (earn 4 stripes)
- Purple Belt (earn 4 stripes)
- Brown Belt (earn 4 stripes)
- Black Belt



KEYS TO SUCCESS

Two major keys to success are focus and consistency.

- When you are in class make sure you are focused on the task at hand. Don't focus on what has happened 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 but wait respectfully for the instructor to address you.
- 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. Communication, teamwork and action are essential for the benefits to be obtained. You are welcome to record [video] techniques so you can have something to study and remember what was taught in. 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.