



Student Handbook

Welcome To The Exciting World Of Martial Arts!

Thank you for joining our training center. We're proud to have you as a student and look forward to working with you for many years to come as you progress to your black belt and beyond. This handbook is designed to help orientate you with the traditions of the martial arts and rules that are specific to our school. Of course, you may always call or speak to any of our coaches and they will be happy to help you get the most out of your training with Inferno Mixed Martial Arts.

Inferno Mixed Martial Arts

Inferno Mixed Martial Arts was founded in 2003 in the pursuit of ridding the art of combat from politics and bias. Influences on our individual expression of combat range from both traditional and modern arts. By entering into a journey of self expression through individuality and focusing on the idea of freedom of thought, we have learned to listen to our bodies and minds. Through strong work ethic and open-mindedness we can push ourselves to achieve better execution of techniques and flawless transitions between ranges of combat.

Our Coaches

Rather than tell you about our championships and black belt rankings, we prefer to focus on our students. Certainly, we're proud of our coach's accomplishments. But, we're more proud of the achievements of our students. We understand that the student's individual progress is the most important focus of their attention. That's why our coaches continue to be students themselves. They take classes, attend seminars and continually work to improve their ability to help our students reach their goals.

Respect

Everything we do at Inferno Mixed Martial Arts is based upon ideas of respect and courtesy. Children address all adults by surname only. All Black Belts are also addressed by surname only. Responses of "yeah" or "no" are not encouraged. "Yes sir" or "no ma'am" is preferred. We sincerely hope this conduct will carry outside of the school and have a positive effect on our community.

A Special Note To Parents Of Our Junior Students

Out of concern for the safety of our juniors, we kindly request that all children wait in the school after class until their transportation arrives. We also would like to remind you that children are to arrive no more than 10-15 minutes before their class begins. During that time, the students are to show respect to other students by remaining quite. We encourage parents to help us teach the children the importance of arriving to class on time. Late arrivals can confuse the child if he/she has missed part of class they also provide a safety hazard if the child has missed an important warm up. Finally, it is contrary to the principles of discipline and respect that we are trying to teach. Arriving on time is a courtesy that we all can appreciate.

Vacations or Extended Absences

If you will be missing class for vacation or illness for a period of more than one week, please notify the program director.

Make Up Classes

Please contact your instructors for information on makeup classes.

Parties

Parents Night Out parties are fun filled evenings for kids. This gives parents a chance to get out and have an evening to themselves. The kids have fun and play games. Some parties are paid events in which we provide food and drinks. Other events that are free will not offer food.

Birthday Parties

We have different birthday party packages available. We will be glad to show you everything that we offer. Just go to the front desk. There are limited party times so book your party early!!

Private Lessons

All students are invited to supplement their training with private lessons. Just schedule an appointment at the front counter.

Special Events

Throughout the year we will host a variety of seminars, weekend retreats and picnics along with charity fundraisers. Your support and participation in these events is important. Please be sure to stay up to date by watching our Facebook page and emails.

The Parent's Role

We want to reinforce the same important life principles you teach at home. Here are the three main ways that you can help us do this:

1. Communicate to us the benefits you wish your child to receive from the martial arts.
2. Be actively supportive of your child's participation.
3. Reward progress with praise. The more excitement and enthusiasm you show for each success, no matter how small, the more excited your child will be to achieve even more.
4. Do NOT coach from the side lines. Our coaches are some of the best in the business. We understand that sometimes your child may be doing something incorrectly. You must believe in our system and NOT act on the urge to talk to your child while in classes.

Parent Meetings

Inferno Mixed Martial Arts will occasionally hold parents conferences/meetings. These meetings give us opportunities for discussion, both on matters of a general nature and on specific topics. These topics may include positive reinforcement, goal setting, instilling success, establishing respect, and other areas of concern to every parent. We hope you will make every effort to attend whenever you are able.

Attendance Cards

Students will have a attendance card after enrollment. This is how we track class attendance. Students MUST have their attendance card before they are permitted on the floor.

Schedules

Inferno Mixed Martial Arts offers a convenient class schedule for students of different age and rank. This makes it easy for you to practice and progress towards your goals. *Schedules are subject to change.

Holidays

We will be closed for the following holidays:

Easter, Mother's Day, Father's Day, Memorial Day (with limited weekend hours), Independence Day, Labor Day (with limited weekend hours), Thanksgiving, Christmas and New Year's holiday schedule will be posted.

Uniforms

Uniforms are required. Uniforms must be purchased at Inferno Mixed Martial Arts. Uniforms must clean, wrinkle free, and be worn to every class, no exceptions. Patch kits are required for jiu-jitsu gi's. Uniforms purchased outside of Inferno will not be permitted.

Safety Equipment for Youth Students

Uniform, belt, bag gloves, mouthpiece, cup & supporter (males) are required for every class. After about 3 months, the students will be sparring. This requires sparring gear (headgear, gloves, shin guards, & boots). Additional equipment may be required for participation in certain programs. Please put your name on your equipment with a permanent marker on each piece. All equipment must be purchased here at Inferno Mixed Martial Arts.

Safety Equipment-Adult

Safety equipment depends on the program in which you enroll.

Optional Equipment

Inferno Mixed Martial Arts offers a full line of martial arts equipment and training tools. Ask your coach for advice regarding training equipment that will be beneficial to your martial arts training. You can look at our martial arts supply catalogs at any time. All gear must be purchased at the Inferno pro-shop.

Website

We have an informative website. We post announcements, events, and important dates on the website. It is the responsibility of the student to stay informed and check the website frequently. Check us out on the web at www.MyInfernoFitness.com

Social Media

Follow us on

Facebook at <https://www.facebook.com/MyInfernoFitness>

Twitter at <http://twitter.com/InfernoMMA>

Blogger at <http://infernommablog.blogspot.com/>

Opt-in to our text messaging service by the following:

Adult students: text inferno.Adults to 77948

Youth/Teen students: text inferno.Youth to 77948

We do most of our communication about upcoming events and general things going on at Inferno through Facebook. Search for Inferno Fitness & Martial Arts and become a fan!

If you need help getting setup on Facebook, please don't hesitate to ask.

Martial Arts Rules of Etiquette

1. We believe having respect is not enough unless we demonstrate respect. In martial arts we demonstrate respect by addressing all black belts by surname only.
2. Uniforms must be clean and wrinkle free. Tightly folding uniforms after drying can prevent wrinkling. Patches are limited to those approved by coaching staff.
3. Should you arrive late, quickly turn in your card at the front desk and request permission to enter. The decision to allow a late student to enter is entirely up to the coach of the class. The coach may prefer a late student to watch rather than risk injury due to missing important warm-ups.
4. Family members and friends are invited to watch class, however, it is important that small children are contained and quiet during class. Also, only students are permitted on the training floor. Do not enter or cross the training floor if you are not a student.
5. The kids room is reserved for parents that are working out in the fitness center.
6. Family members are requested to support their children in class by applauding good efforts and at the end of class. However, we do not permit coaching from anyone other than the instructor.
7. Testing is mandatory at all levels. Testing is performed in full uniform.
8. Inferno Mixed Martial Arts is the area's most respected schools. As such, we look for our students to help keep the school clean and free of clutter. The training center has a lost and found that will hold clothing for 30-days after which it will be donated to homeless shelters. Inferno Mixed Martial Arts is not responsible for lost or stolen items.
9. Delays in obtaining required equipment can result in delays in advancement since students without gear cannot fully participate.
10. Students are requested to call the school if they are going to miss class. Our coaches monitor attendance very closely and will call if you have missed class without contacting us. We expect students to attend class a minimum of twice a week.
11. Jewelry must be removed before class.
12. Finger & toe nails must be trimmed.
13. Chewing gum is not permitted.

Additional Etiquette

1. Conduct: Your conduct should always be respectful. Your behavior when viewed by others will reflect on the entire organization.
2. Silence: There will likely be another class in session when you arrive and as you prepare to leave. Respect other students' class time by refraining from noisy conversation and other distractions.
3. Leaving the workout area: Once class has begun, you must get permission from your instructor to leave the floor. To get your instructors attention, raise your hand and then ask permission to leave. If you need to leave class early, you should inform your instructor prior to the beginning of class.
4. Home practice is strongly suggested and encouraged. Always ask your parents permission! Just 20 to 30 minutes a few times week at home will greatly improve a student's retention of new techniques and improve flexibility.
5. It will soon become evident that you cannot practice martial arts with someone who has no experience. Practicing at school is not allowed! It is likely someone will get hurt and you will most likely get into trouble. Please respect what you are learning.

Our Philosophy on Belt Exams

Sometimes we are asked how student exams are scheduled. Our philosophy is that students take an exam after a specified period of time. For example, a white belt will take the yellow belt exam after about 60 group lessons, which is the equivalent to 32 weeks of training. The number of classes increases as you go through the higher belts. One comment we sometimes hear is, "I'm not ready to take the exam". Consider for a minute how the exams are scheduled in school. The math teacher doesn't give the exam when each student becomes ready. He would say, "the exam will be given a week from Friday. Ready or not, all students will take exam on the given day." This is also how our exams are scheduled. The information that we receive by watching the exams helps us to know which students are in need of the most attention. When a student does well, or not as good, we take that information back to the coaching staff. Upcoming lesson plans are written accordingly. Finally, as you spend more time in the classroom, you come to realize that Inferno Mixed Martial Arts instructors are some of the best instructors in the industry. They are 100% on your side and are only concerned with your individual progress. As you build trust in these outstanding martial arts educators, you will realize that they work very hard to position you for victory.

Why do we have to test?

This is a school and examinations are part of any quality school. In order to gain any real confidence in your technique, you must work it and then demonstrate it under circumstances outside of the comfort zone of the classroom. Nearly all of the confidence thresholds achieved by our upper ranks came as a result of test preparation and performance. It is a challenge that has to be met head on. We are doing all we can to get you ready and to eliminate excuses. The rest is up to you.

White to Yellow Belt Requirement Guide-Youth

Here is a preview of your requirement for your first major belt advancement- White to Yellow Belt. This will take about 8 months to complete. Keep this sheet handy to use as a practice guide.

White Belt to senior white

Jab, Cross, Hook, Thai kick, side kick
Side mount, full mount, guard

Senior white to yellow

Jab, Cross, Hook, switch kick
Grappling drill #1

Testing Fee's

Under belt testing fees \$40
Black Belt testing fee \$150

What are the Black Belt Excellence Achievement patches?

At Inferno Fitness & Mixed Martial Arts, our vision is to empower our student's lives through the martial arts, thus building a better community one student, one Black Belt at a time. Our training at Inferno focuses equally on the

physical requirements of the martial arts, and just as importantly, the students character development. Our goal is to develop a happy and healthy person through our martial arts training.

One of the programs we use to teach and instill character development in our students is our BBE Achievement Patch Program. To become a Black Belt in Inferno Fitness & Mixed Martial Arts, each student must earn six different patches through various requirements that teach and develop different and important aspects of being a mentally and physically complete person.

These six achievement patch topics are

- ~ Academics
- ~ Goal Setting
- ~ Charity
- ~ Random Acts of Kindness
- ~ Nutrition
- ~ Fitness

Testing requirements for youth/teens

Testing curriculum is posted on the mats.

What do we teach?

Grappling

The ground game we have put together is an eclectic blend from various arts such as Brazilian jiu-jitsu, judo, wrestling, and other ground influences. This blend has become useful when trying to apply important principles of leverage, control, elevation, and damage from a ground position.

Striking

Our standup fighting is heavily influenced by Muay Thai of Thailand. By taking the efficient economy of motion tactics and applying them to modern day no holds barred fighting we have been able to find a very effective and efficient method of engaging and disengaging standing combat.

Mixed Martial Arts

With Mixed Martial Arts reaching mainstream media it has helped open the barrier to educational inefficiencies of traditional training. With the new age of information we are able to adapt our bodies and minds to the most efficient process of performance. By defining guidelines and strategies we are able to give each individual the ability to follow their own path. Education, open mindedness, and evaluation have led to our success in training hard, efficient, and safe.

The Ultimate Goal

The road to greatness for any individual is a long tedious battle. Through discipline, work ethic, and open mindedness we all can achieve our goals of victory.

Self expression through individualism...

Programs

Lil' Dragons – Ages 3-4

This program is designed for 3 & 4 year olds. This program teaches more than just martial arts. Our students will learn Safety skills, Life skills and Martial arts techniques.

The Lil' Dragons will:

- * Learn to share
- * Develop a sense of independence
- * Develop speech and language
- * Promote physical strength
- * Promote coordination and stamina
- * Build fundamental learning skills
- * Follow directions
- * Problem solve

* Show self-control

* Act respectfully

We want our students to grow up to be well mannered citizens. Lil' Dragons will wear a white Lil' Dragon uniform and start with a white belt. After acquiring the proper skill they will advance through the ranks of yellow, orange, green, blue, purple, red, brown, and black stripes that run down the middle of their white belt. Lil' Dragons do not earn solid colored belts. Lil' Dragons will eventually graduate into the youth MMA program. After they transition to the youth class, they will test for their yellow belt and work their way through the solid colored belt ranks.

Ninja's (ages 5-7)

The Basic Program

The Basic Program develops a positive mental attitude through the students building a strong foundation in the basic skills of the martial arts, including blocks, punches, kicks, and stances. In this program, students begin seeing the physical fitness rewards of the martial arts as they begin the journey of getting in the best shape of their lives, resulting in building confidence needed to succeed at any challenge. Basic students can attend up to 2 classes per week.

The Black Belt Training Program

This program that teaches our students not only the basics of martial arts, but all of the techniques that are necessary to one day become a black belt. The Black Belt Training Program instructs all of the striking techniques, patterns, and self-defense techniques. Students also learn to use weapons! Weapons training with the Kamas, Bo staff, Single Stick Fighting, and nunchucku. This program is super exciting and our students have a blast as they learn all techniques needed to become a black belt and are empowered from our self-protection program, while learning life skills from our personal coaching system. The Black Belt Club is comprised of students committed to the goal of black belt. The Black Belt Club is encouraged for all students that have set a goal of Black Belt Excellence! BBT students can attend unlimited classes per week.

Warriors (ages 8-12) and Teens (ages 13-17)

The Basic Program

The Basic Program develops a positive mental attitude through the students building a strong foundation in the basic skills of the martial arts, including blocks, punches, kicks, and stances. In this program, students begin seeing the physical fitness rewards of the martial arts as they begin the journey of getting in the best shape of their lives, resulting in building confidence needed to succeed at any challenge. Basic students can attend up to 2 classes per week.

The Black Belt Training Program

This program that teaches our students not only the basics of martial arts, but all of the techniques that are necessary to one day become a black belt. The Black Belt Training Program instructs all of the striking techniques, patterns, and self-defense techniques. Students also learn to use weapons! Weapons training with the Kamas, Bo staff, Single Stick Fighting, and nunchucku. This program is super exciting and our students have a blast as they learn all techniques needed to become a black belt and are empowered from our self-protection program, while learning life skills from our personal coaching system. The Black Belt Club is comprised of students committed to the goal of black belt. The Black Belt Club is encouraged for all students that have set a goal of Black Belt Excellence! BBT students can attend unlimited classes per week.

Elite Program

When a student demonstrates the attitude, aptitude, and desire to become a Black Belt Leader in all areas of their life, they are invited into our Elite Team. Students develop the Leadership Skills and qualities of Black Belt Leaders while earning their advanced belts in Inferno Mixed Martial Arts. We stress valuable Leadership skills that focus on Goal-Setting, Belief, Honesty, Discipline, Communication skills, and Self esteem. Additional Curriculum includes Advanced bo staff training, samurai sword training, double kali sticks, and double nunchucku training. Elite members receive special training to develop these critical personal development and hi-level achievement skills.

Elite members have an all access pass. They can attend as many classes per week as they want!

Adults

Basic Kickboxing

Kickboxing fundamentals.

Our stand up fighting is heavily influenced by a blend of Muay Thai Kickboxing, Western Boxing, and American Kickboxing. By taking the key stances, techniques, and efficient economy of motion we are able to apply them to current day Mixed Martial Arts. By doing this we have created a fluent and smooth transitioning strategy that allows us to work our offensive and defensive techniques more efficiently. Adding a strong work ethic and open mind has made this blend even better for all of us.

Basic Kickboxing is a 2 class/week program.

Basic Grappling

Grappling Fundamentals.

The ground game we have put together is an eclectic blend from various arts such as Brazilian jiu-jitsu, Judo, Wrestling, and other ground influences. This blend has become useful when trying to apply important principles of leverage, control, elevation, and damage from a ground position. Our ground training consists of both gi and no gi Brazilian jiu-jitsu that highlights mobility and adaptability. By using drills, free rolling and repetitive muscle memory exercises we try to engrain efficient techniques into our strategy.

Basic Grappling is a 2 class/week program.

MMA

Our MMA program consists of both kickboxing and Brazilian jiu-jitsu.

The MMA program is a 4 class/week program.

- Wear Inferno attire/uniform to EVERY class. No street clothes.
- Put all personal belongings in dressing room or your duffel bag.
- Please do not bring in cell phones, valuables, etc.
- Do not sit on counter tops.
- Shoes must be worn to enter building.
- Remove shoes to get on mats.
- All equipment must be taken home.
- Employee's only behind front desk.
- Please arrive only 5-10 min prior to your class start time.
- All equipment and uniforms must be purchased at Inferno.
- Please do not get on the mats until your class is called.
- Youth students are not to be dropped off more than 10 minutes before their class starts.
- Youth Students MUST be picked up 5-10 min after class is over.
- Kids under age 13 are encouraged to come to class dressed out. There is a bathroom in the kids room available. Kids are not allowed in the locker rooms.
- The kids room is reserved for parents that are using the fitness center or martial arts classes.