

INFERNO
MIXED MARTIAL
ARTS



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.

The Martial Arts Teachers' Association

As a member of The Martial Arts Teachers' Association, our coaches continue to upgrade their teaching and leadership skills to make your experience in class the best it can be. Also, as a member of MATA, our school enjoys transfer privileges in the rare case that you may have to move to another area.

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 10-15 minutes before the their class begins. That time is to be spent practicing and preparing for class. 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 teach. Arriving on time is a courtesy that we all can appreciate the importance of.

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 special 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 playing games, and eating snacks.

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 with them.

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.

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.

Membership Cards

Students will have a membership card after enrollment. This is how we track class attendance. Scan in before *each* class attended.

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:

Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas and New Years 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.

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.

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.InfernoMartialArts.com

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 scan in for class 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. Please do not enter or cross the training floor if you are not a student.
5. 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.
6. Testing is mandatory at all levels. Testing is performed in full uniform.
7. Inferno Mixed Martial Arts is one of 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.
8. Delays in obtaining required equipment can result in delays in advancement since students without gear cannot fully participate.
9. 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 twice a week.
10. Jewelry must be removed before class.
11. Finger & toe nails must be trimmed.
12. 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 instructor's 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 a 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 36 group lessons, which is the equivalent to 18 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.

What is the Stripe System?

The key to earning your Black Belt is in the stripe system. Stripe exams could best be compared to the ongoing exams you take in any semester course in school. About every 6 weeks you take an exam on material you cover in class. After all of the stripes are awarded, you will be approved for belt testing. Testing cannot be made up. If you miss your testing, you must wait and test on the next testing. So remember, The Black Belt formula is: Attendance = Improving Skill = Stripes = New Belts = Black Belt!

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 three or four months to complete. Keep this sheet handy to use as a practice guide.

White Belt to 1st Stripe

Jab, Cross, Hook, Elbow strike, Right Thai kick, Step behind side kick, Step behind hook kick

White Belt 1 Stripe to 2nd Stripe

Side Mount, Mount, Guard

Chon-ji form

Testing Fee's

White belts testing for Yellow Belt	\$20
Yellow belts testing for Orange Belt	\$20
Orange belts testing for Green Belt	\$20
Green Belts testing for Blue Belt	\$30
Blue belts testing for Purple Belt	\$30
Purple belts testing for Red Belt	\$30
Red belts testing for Brown Belt 1 st Stripe	\$50
1 st Brown Belts testing for 2 nd Brown Belt	\$50

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.

Standup

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

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.

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. 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!

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 Leadership 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 Weapons training with the Kamas, Bo, Double Stick Fighting, and other weapons. Elite members receive special training to develop these critical personal development and hi-level achievement skills.

Leadership Elite Program

Our Elite program is an Instructor training course that teaches the martial arts curriculum and teaching system to make them an official assistant instructor of Inferno Mixed Martial Arts. This program instills confidence through positive coaching, encouragement and a powerful mentoring relationship with role model leaders. We stress valuable Leadership skills that focus on Goal-Setting, Belief, Honesty, Discipline, Communication skills, and Self esteem. Leadership Team students receive special training to develop these critical personal development and hi-level achievement skills. Duties of the Leadership Team include assisting with classes, demonstrations, competition, and assisting with special events. Classroom Topics Include: 10 Qualities of a leader, Authority vs. Influence, Listening blocks, Active listening, Non-verbal communication, Verbal feedback, Ethics and principals, Learning how to motivate, Emotional intelligence, Action principals, Classroom leadership, and Community service.

- Wear Inferno attire/uniform to EVERY class. No street clothes.
- Put all personal belongings in dressing room.
- Please do not bring in cell phones, valuables, etc.
- Do not sit on counter tops.
- 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.
- Youth Students MUST be picked up 5-10 min after class is over.
- Please do not get on the mats until your class is called.