



# EXCLUSIVE

\* [www.ExclusiveMartialArts.net](http://www.ExclusiveMartialArts.net) \*

\* 303 955 0906 \*

## **How to contact us:**

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Lakewood Location:  
10025 W. Kentucky Dr.  
Lakewood, CO 80226

## The Karate After School Program

The program works hand in hand with a child’s school work, providing self-discipline, self-confidence, mental alertness, and goal setting skills.

Young people are taught at Exclusive Martial Arts that through dedicated, intense work, all worthwhile goals in life are possible.

Parents have attributed our program with improved grades as a direct result of the increased achievement motivation, self-direction, and self-confidence provided by the program.

<b>SHOW RESPECT</b>	<b>RESPECT FOR TEACHERS</b>	<b>CLEAN YOUR ROOM</b>
Call your parents “yes sir” and “yes Ma’am” for the whole week. Be extra polite. Say “I love you” at every opportunity, especially when they do something nice for you.	Go out of your way to show respect and appreciation for your teachers. Focus your eyes, mind and body: say “ <i>Thank you for class!</i> ”	Clean the whole house! Every room should have your personal touch! Your room should be perfect! Clothes off the floor, toys organized, bed made! <i>Do it every day!</i>
<b>Thank You I love you</b>	<b>DO IT THE FIRST TIME</b>	<b>GO ABOVE AND BEYOND</b>
Always show your affection and respect for your parents as often as possible. “Thank you” and “I Love you” should be part of your daily courtesy rituals. Make mom and dad feel appreciated.	Do the things you need to do. Without being asked. Dress yourself; take care of your own duties and responsibilities without your parents having to say anything! WOW!!	Do something to help your parents when they least expect it! Do something extra special, which you don’t ordinarily do. Set the table, help with the chores, and be creative!

## Exclusive Martial Arts Student Creeds

1. I improve my quality of life by developing my mind, body and spirit.
2. I promise to never use my martial arts skills to be abusive or offensive.
3. I achieve a Black Belt attitude by being respectful, responsible and reliable.

\* Students must memorize our second student creed to earn their white belt.

## Exclusive Martial Arts Class Schedule

For the next couple of weeks your family is welcome to come try out classes at our Martial Arts School for ABSOLUTELY FREE!!

### Schedule

Monday	Tuesday	Wednesday	Thursday
5:15 - 5:45	6:00 - 6:30	5:15 - 5:45	6:00 - 6:30

### Private Lessons

During the Karate After School Program we give all student the opportunity to do a FREE private lesson. Private lessons are designed to give the students individual attention at a pace that suits them. Our goal is to ensure all students have a great learning experience. **Please give us a call to schedule your child's preferred day and time.**

### Graduation

At the end of the program there will be a special Graduation Ceremony at the Karate school. Each child will receive a certificate of achievement and will also have an opportunity to win our Top Student Award.

### Continuing on...

Visit us at [ExclusiveMartialArts.net](http://ExclusiveMartialArts.net) and you'll be taken to a page where you can see our kids class schedule and our web special, where you can enroll right away. Then, after submitting your payment (risk-free), one of our friendly staff members will give you a call (usually within 24 hours) and schedule a time for you to bring your child in that's most convenient for you.

If you would like more information give us a call, text, email or visit us on Facebook and schedule a time that best fits your schedule.

# Lil' Dragons

Our Lil' Dragons program, designed for 4-6 year olds, provides a great opportunity to introduce martial arts to kids but at a pace tailored to their young minds and bodies. In addition to basic martial arts/motor skills your child will also learn safety lessons and life skills.

Each class takes place in a high energy and exciting environment. The curriculum starts simple with focus on martial arts etiquette, respect, focus, and discipline. As your young one progresses through the program the skills become more challenging to properly prepare them for progression both in martial arts and life.

Your Lil' Dragon is not restricted or expected to follow a set time frame in the program. Each child is unique and so will their progression be. Some spend as little as 6 months in the program before they show readiness to join the larger and faster paced Basic classes; others need longer to learn and grow. We evaluate our Lil' Dragons about every 3 months on their readiness to jump up into the Basic class.

## Safety Skills

Poison Prevention, Fire Safety, Health/Nutrition, Home Safety, Stranger Awareness, Traffic Safety, Weather Safety

## Life Skills

Balance, Listening, Cooperation, Discipline, Exercise, Respect

## Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
4:30 - 5:00	4:15 - 4:45	4:30 - 5:00	4:15 - 4:45



# **Frequently asked questions about the after-school program and on-going Karate program at Exclusive Martial Arts.**

**Q:** If my child likes the program what should I do next to keep him or her involved?

**A:** All students in the after school program are encouraged to attend at least one additional class per week at our Karate school. We encourage you to come to the first class as soon as possible.

**Q:** Will this program continue at our elementary school?

**A:** No, we've created a very high quality program to create great character, to improve performance at school and at home, and to instill winning attitudes. Once you begin classes at the Karate school you will find a much lower student-teacher ratio (typically 7 to 1) as well as a much more focused classroom environment.

**Q:** How many children from our elementary school will be allowed to join your program.

**A:** We limit enrollment based upon two factors. First the level of effort and attitude displayed by the child during the first class or two at our school. We then do a thorough evaluation to determine that each family will be a good fit with our program and that they will contribute to the learning environment.

**Q:** How does my child get a uniform? Will I have to pay for it?

**A:** To receive a uniform, you must enroll into the Basic Program at Exclusive Martial Arts. Upon enrollment your child will receive a uniform absolutely FREE.

**Q:** If my child continues in your program after the after school program, how often do they need to attend?

**A:** Students must attend 2 times per week. They are welcome to attend more often, but must be able to attend 2 times a week.

**Q:** Do you have adult & family programs as well?

**A:** Absolutely, we find that kids do better in the program when parents and families are involved.

**Q:** What are the stripes for?

**A:** Our program focuses heavily on goal setting. In the after school program we want the students to be able to get a taste of what a goal is and how to obtain it. In order for the student to graduate they need at least 5 stripes. At graduation they will receive their certificate of completion. We also offer prizes for the students that work hard to obtain the most stripes. The stripes act as a bench mark for the student to know how they are doing toward their goal.

**Q:** I missed one of the homework assignments; can I turn it in to you later?

**A:** Absolutely, just send the assignments to the next class.

**Q:** What is graduation for?

**A:** Graduation is about presenting the students with their accomplishments. We will present the students and what they learned during the program to everyone attending the event. We then present the certificates, and awards.

**Q:** How long will graduation last?

**A:** Typically graduation will last between 45 minutes and an hour.

**Q:** My child is already involved in another sport; can I wait to enroll after they are done with the other sport?

**A:** Our program is not a seasonal activity, the results you see from the program will continue through re-enforcement through our program if you decide to continue. Please keep in mind that we are a school. We teach confidence, focus, self-discipline, respect and more. We are a specialty school that teaches success and character development skills to our students as our primary focus. Students will often excel in many other parts of their lives including the seasonal activities. If you are serious about developing these traits and skills in your child, we highly recommend that you do not hesitate to set an appointment to see if your child qualifies for our program as soon as possible.

**Q:** My child is already well disciplined, makes good grades and is very respectful, why should we consider this program?

**A:** You will find that Exclusive Martial Arts provides a marvelously supportive peer environment of other kids striving to do their best and will provide an environment that reinforces their good behavior and where children are rewarded and supported for that behavior. Additionally, the confidence, self reliance and focus created by our program will help keep them on that track.



## Step 1

With the belt hanging in front of you and the tag of the belt on your right side. *(tag on your right)*



## Step 2

Wrap the belt around you bringing the ends around to your front . Make sure ends are even. *(tag on your left)*



## Step 3

Overlap the ends keeping the end with the tag on top. *(tag on your right)*



## Step 4

Without twisting the belt, tuck the tag end under the belt and pull both ends tight. *(tag on your right)*



## Step 5

Bend the left end up and make a loop, then flip the tag end over the top *(tag on your left)*



## Step 6

Tuck the tag end through the loop you just made with the other and pull tight. *(tag on your left)*



## Step 7

The finished knot should look like a fortune cookie. *(tag on your left)*



# Exclusive Martial Arts

Effective July 9th, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Little Dragons</b> 4:30pm - 5:00pm	<b>Little Dragons</b> 4:15pm - 4:45pm	<b>Little Dragons</b> 4:30pm - 5:00pm	<b>Little Dragons</b> 4:15pm - 4:45pm		
<b>Basic</b> 5:15pm - 5:45pm	<b>Level 1</b> 5:00pm - 5:45pm	<b>Basic</b> 5:15pm - 5:45pm	<b>Level 1</b> 5:00pm - 5:45pm		
<b>Level 1</b> 6:00pm - 6:45pm	<b>Basic</b> 6:00pm - 6:30pm	<b>Level 1</b> 6:00pm - 6:45pm	<b>Basic</b> 6:00pm - 6:30pm		



FOLLOW OUR CLOSED GROUP  
JUST RESULTS

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