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## WHOLE ARMOR MARTIAL ARTS ®

Welcome to Whole Armor Martial Arts! We are an exciting Christian alternative, offering the amazing benefits of traditional martial arts training in a safe and dynamic learning environment based on the Truths from Gods Word in The Bible. Our goal is to help our students become Christian Black Belts who will be outstanding leaders in their families, their local church, and their community.

As a martial arts program, we spend a significant amount of time training our body and learning the physical skills for a self-defense scenario that we hope we will never face. But more importantly, as a Christian martial arts program we learn about and use God's Word to prepare us for the spiritual battles that we know we'll face every single day.

Whole Armor Martial Arts, in Bellevue WA, is a certified school through the Christian Black Belt Association and Shiho Karano Ryu. The Senior Instructor is Mr. Andrew Colson, a 3rd Degree Black Belt Instructor with well over 15 years' experience teaching Christian martial arts. His teacher is Mr. Ron Hagelanz, a 5<sup>th</sup> Degree Black Belt Master Instructor with over 30 years' experience in the same.

There are no contracts, we have great family discounts and a unique payment policy - once enrolled your class rate will never increase! Really! (Please see the following Payment Policy page for details)

Classes meet in Clark Hall at Eastgate Bible Fellowship in Bellevue Washington. The address is: 15005 SE 38<sup>th</sup> St, 98006. Classes are held every Monday evening from 6:30-8:00PM. We accept students age 8 through adult, and have many moms and dads who train together with their sons and daughters and really enjoy it!

Uniforms (called a GI), may be purchased at class through the instructor. Sweat pants and a plain white crew-neck t-shirt should be worn until a uniform is purchased. *(no shorts or jeans please)*

Our hope that Whole Armor Martial Arts will be a blessing to you in many amazing ways. If you have any questions, please visit us online at [wholearmor.net](http://wholearmor.net), or contact us at 360.635.3770, or email to the address below. We look forward to serving your family!

***“Be strong in the Lord and in the power of His might...” Ephesians 6:10***

[www.wholearmorkc.com](http://www.wholearmorkc.com) – 360.635.3770 – [ac@wholearmorkc.com](mailto:ac@wholearmorkc.com)

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## ***"So, Why Should My Kids (or me!) Take Karate Lessons Anyway?"***

You always thought you had raised a perfectly normal, responsible child, but there they are, leaping over the furniture, chopping their hands in the air, yelling and kicking... What's going on?! Well, maybe they saw a martial arts demonstration at school or they've gotten a heavy dose of Ninjago, Naruto, or Teenage Mutant Ninja Turtles. In any event, the end result is pretty much always the same: *"Mom! Can I take karate lessons?"* "Oh brother," you say to yourself, right?

So, why *should* you entertain the idea of martial arts lessons? Let's see:

The go-to answer is to talk about self-defense, confidence building, and being able to handle yourself in any situation. These are all very good answers, but you already knew that as soon as you read the question, so I won't really speak to those here. There are also the many physical benefits of training which develop coordination, strength, motor skills, and timing.

However, I have found that the greatest benefit to our students, whether young or old, is character development. Here's why:

Because the student wants to learn the physical things, (to punch, kick, etc.), they're willing to enter into a completely different world when they step into class, and submit to a completely different set of rules too. Everyone wears exactly the same uniform and nobody wears shoes, so immediately all the fashion and peer pressure is peeled away leaving only a group of equals, ready and eager to learn. Everyone is required to bow to each other all the time and answer "Yes Sir" and "No Sir" to the guy with the Black Belt. They submit to a strict rule of discipline and almost militaristic regimen of training, with punishment for disobedience being endless push-ups at the word of the instructor. No one is allowed to talk unless spoken to, and absolute respect of everyone else is required at all times.

Isn't that amazing? Your kids, who usually freak-out when you ask them to do anything, standing perfectly still at the position of attention, silent, listening intently to every word and following every command of the instructor - without question! And they *want* to do this!

And what's even more amazing is that as they continue their training in our Bible focused format, little by little those Godly character qualities we teach about and require in the classroom; respect, humility, self-discipline, self-control and so much more, will slowly start to leave the classroom with the student, and becomes a part of their character. And someday it won't matter anymore if they have their uniform on or not. They'll have developed and internalized those qualities to become a part of their own character that will help them and bless others for the rest of their lives.

Martial arts lessons can be an incredible learning environment where the student gets to experience things the rest of the world doesn't. Bonds between students will be made, bodies will be hardened, and boards will be broken. When you center all of that on the study of God's Word, and the modeling of lives that depend on Christ, you have something that benefits us all.

Mr. Andrew Colson - Senior Instructor

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## PAYMENT POLICY

The class rate (including WA state sales tax,) is \$64 per month for one student, and \$53 for each additional student from the same family. We also have a \$215.00 cap at 4 students or more!

**We do not use contracts!** This is a great benefit to you, and besides, if we don't earn your continued participation you should be free to leave at any time. No contracts means we do need to follow this Payment Policy so as to define specifics and guidelines to keep everything in good order.

**Once enrolled your class rate will never increase!** While we will have rate increases as necessary, as long as you remain current with your monthly payment yours will not increase. (This applies to your current program - enrollment in new programs or classes will be at current rates).

You reserve a spot in our class by paying for that spot each month, and it automatically renews the first of each month unless advance notice is given. If you wish to take time off, you must continue to pay for your class spot in order to reserve it and your current rate.

So as with any athletic club or other membership, the class fee for your spot is due the first class of each month unless you give us advance notice that you are leaving. Should you terminate your enrollment or not pay for any period of time, you lose your spot in the class, forfeit any discounted rates, and must re-enroll at the new, current rate.

*In other words, you can't get busy, miss the first couple of weeks of a month and then decide just not to come or pay for that month. Your spot has been reserved for you for the month, and payment is due.*

Payments are due the first class of each month. Payments received after the 15th of the month will incur a \$10 per student late fee.

Please make checks payable to Whole Armor Martial Arts or simply "WAMA". (We will soon be able to accept payments through PayPal)

A "month" is three, four or five weeks of classes. There are several five class months each year and only one or two three week months. (Due to national holidays, etc.).

Full monthly payment is due regardless of how many classes the student is able to attend. There are no partial payments for individual classes.

If less than 3 classes are offered by Whole Armor Martial Arts during any month, an adjustment to the monthly fee will be made.

### Other Fees

Every year in March, each student pays a \$15 annual registration fee to join or maintain membership in the Christian Black Belt Association (CBBA).

A uniform is not required when you first start training, however each student will need to have a uniform for their first promotion test. They are available through the instructor at a cost of \$30.

Promotion Exams are scheduled only a few times a year. Students do not automatically test every time, only when they are ready. The Exam fee is \$10.00. NOTE: The Exam fee is normally \$25 per student, however we have lowered it to only \$10 in hopes that you will give the extra \$15 to your home church. (*Hebrew 10:24*)

If you have any questions, please contact us anytime!

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## CLASS RULES

As we strive to glorify God through our physical performance and behavior, students will be expected to conduct themselves in an appropriate manner. We do have a lot of fun, but there are rules that are strictly enforced. *(A detailed list of etiquette guidelines will be given to each student at their first class - this is just a brief starting point)*

- Be on time for class.
- Bow when entering or leaving the classroom.
- Instructors will be addressed as "Sir", (Ma'am), or "Sensei".
- Always answer "Yes Sir" or "No Sir" and show the instructors the utmost respect.
- Pay attention. Do not goof off or talk during instruction.
- Always treat others the way you want to be treated.
- Keep your uniform clean. Always wear a clean white t-shirt under your uniform top.
- Fingernails and toenails must be clean and trimmed.
- Students with long hair must tie it back or wear a headband to keep it out of your eyes.
- Do not wear jewelry during class.
- Do not wear shoes in the classroom.
- Do not lean against the walls.
- DO practice privately at home. DO NOT show off or spar outside of the class except when supervised by your instructor.

## KARATE SPARRING AND SAFETY

- All male students will wear groin cups at all times (not only while sparring).
- All students will wear a mouthguard, headgear, gloves and footpads during any sparring. (Rib or Chest protectors are recommended)
- No contact will be allowed to the face, neck, or groin. Only light contact is allowed to the headgear.

Safety is an important issue that we need to address. Just like football, boxing or any other sport that can involve contact, we must wear safety equipment to help protect us from accidental injury. We have a limited amount of this gear that can be used by new students, however all students are encouraged to purchase their own set of safety equipment. Having their own equipment is not only much more comfortable, but it also allows the student to participate more often in sparring exercises.