

WELCOME TO ^{THE}EDGE MARTIAL ARTS!

Congratulations, your journey to Black Belt has begun!

The martial arts are recognized for providing a lifetime of personal growth skills. We are excited to have the opportunity to share these benefits with you. To maximize the many benefits you can experience from the martial arts, we think it's very important for you to understand the areas we focus on in our program. This will ensure a great martial art experience for all!

^{THE}EDGE MARTIAL ARTS emphasizes:

- Self Confidence and Self-Esteem. Martial Arts provide you with the confidence to control situations and an ability to stand up to peer pressure and other intimidating situations.
- Excellence in all aspects of life. Our program develops the mindset of continuous improvement in all your activities and interests.
- Perseverance and Goal Setting. Earning higher levels of martial art belts instills a sense of achievement and accomplishment. Training for your belt tests and passing them, enhances your ability to concentrate, plan for and triumph over challenges.
- Physical fitness. The martial arts develop coordination and increases strength and flexibility, which will carry over to the workplace, school, and sports.
- Self-Defense. We utilize effective and easy to learn self-defense so you can defend yourself if necessary. Emphasis is placed on verbal de-escalation drills and also the legalities involved. These skills also directly increase your self-confidence.
- Respect for parents, authority, environment, and peers.
- Fun!! We strive to balance your workouts to development the above traits while at the same time ensuring an enjoyable experience. You'll also make lifelong friends with people seeking the same life enhancing skills you desire.

Our program is designed to allow you to grow as a martial artist and as a person. What you learn about yourself while earning your black belt will help you in many aspects of your life including school and/or work. Have patience with yourself in training, strive for continuous improvement, and remember **“What you Believe is What you Achieve!”** On behalf of the entire staff and students at ^{THE}EDGE, welcome!

THIS BOOKLET CONTAINS ESSENTIAL PROGRAM INFORMATION ON YOUR MARTIAL ARTS TRAINING. PLEASE READ IT COMPLETELY AND REVIEW IT REGULARLY - YOU ARE RESPONSIBLE FOR KNOWING ITS CONTENTS.

THIS IS A LIVING DOCUMENT. ITS CONTENTS WILL CHANGE AS NEW INFORMATION IS DEVELOPED. UPDATES WILL BE PROVIDED TO CURRENT MEMBERS AS THEY OCCUR.

AMERICAN FREESTYLE MARTIAL ARTS

The EDGE teaches American Freestyle System of Martial Arts. Our system incorporates the most effective techniques from a variety of martial arts systems. Styles having a major contribution to the American Freestyle Martial Arts include the Korean based systems of Tae Kwon Do and Tang Soo Do, American boxing, Muay Thai kickboxing, Israeli Krav Maga, Filipino stick and knife fighting, and grappling.

LITTLE NINJAS PROGRAM

Designed for children aged 5-8, the Little Ninjas Program is a detailed curriculum focusing on improving children's basic motor and listening skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home, and more ambitious toward the future. We believe the time between the ages of 3-5 are some of the most important years of a child's development. Our program will enhance positive development in a fun and motivating way.

The skills we teach our Little Ninjas are composed of physical and mental benefits. The following are the skills with the benefits from participating in the Little Ninjas class:

FOCUS: This skill will help your child's aim, listening skills, and reaction skills. They will excel faster in any physical activity. Your child will also become a better listener and more focused student in school.

TEAMWORK: Teamwork is necessary for any young child to develop. The more confident your child is willing to work with others, the more he or she will accomplish. Your child will develop character which will help him or her make new friends and become a better leader in life.

CONTROL: Having control means making good decisions. Whether your child is handling a pet or handling a problem, he or she will learn to make the right decisions. Control builds confidence.

BALANCE: This skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging like riding a two-wheel bicycle. Your child will develop good balance and a better posture.

MEMORY: Developing a good memory is exercise for your child's brain. The sooner your child exercises his or her mind, the smarter he or she will become. Our drills are constantly helping your child think and make smart decisions.

DISCIPLINE: Our instructor uses the Little Ninja drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing. Your child will also follow directions better.

FITNESS: It is important for children to understand the importance of being healthy and physically fit. If your child doesn't burn off excess energy exercising, how *will* he or she burn off all that energy?

COORDINATION: Your child will learn left from right. They will become better physical participants in sports and activities. The better coordination your child has, the fewer injuries your child will sustain.

The Little Ninjas program will also prepare your child for our Super Kids program.

SUPER KIDS PROGRAM

Designed for children aged 5-8. Our Super Kids program is divided into three parts. The first 18 months contains drills to increase your child's concentration and physical coordination. We work extensively on life skills. Examples include knowing their full name, address, phone number, parents work number, how to cross the street safely, how to make 911 phone calls etc. We also role-play "stranger danger" scenarios. Weekly "mat-chat" topics are discussed and vary from diet to dealing with anger management.

After approximately 18-months, Super Kids start learning the beginner youth marital arts curriculum. Experience has shown they love the challenge of new katas, kicks, and hand techniques. You will be absolutely amazed at how far your son or daughter has come by this point. They have the leadership and public speaking ability to lead their peers though a complete workout!

The third and final portion of the Super Kids program is at the Purple Belt level. Your son or daughter will have the new challenge of learning flying kicks, self-defense, and ground fighting skills.

Our experience has shown your personal commitment to this training program is a must for your child to be successful and to experience the above benefits. We will do our utmost to reinforce the same important principles you teach at home. You can help us to help your child in the following ways:

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. Children need to be reminded of the importance of the martial arts. They need to be reminded of the fun they have as well. One problem we see is children are pulled away from playtime at home to come to karate. This makes the karate class look like the "bad guy" for interrupting the child's play time. We recommended that 30 minutes prior to bringing your child in for class, to bring them inside for a cool down period. Remind them continued training will bring them closer to achieving the goals they have set. Please see us immediately if your son or daughter is consistently having difficulty coming to class.

Of course martial arts training is not all training! We have voluntary monthly fun events for your child. Examples of past events include a night at the movies (private screenings), pizza parties, game nights, pool karate classes and picnics. We also encourage organized community service events.

YOUTH LEADERSHIP DEVELOPMENT PROGRAM

THE EDGE MARTIAL ARTS system is designed to give your child a head start on life by developing those traits most linked to success. We work in conjunction with your input and desire to target and increase these important areas of your child's development. Our goal is to make your son or daughter a leader in and out of school. Key targeted traits:

- Self Confidence and self esteem
- Integrity (*doing the right thing when no one is looking*)
- Excellence in all aspects of life
- Respect for parents, authority, environment, and peers
- Perseverance (*completing a chore/job even if difficult or boring*)
- Concentration
- Physical fitness
- Goal Setting

Our emphasis on excellence encourages the aspiring Martial Artist to excel scholastically. In fact, continued martial arts training is contingent on their level of effort in the classroom! Recognition patches are awarded to all honor roll and straight-A students.

Parents of our higher-ranking students have said they consider martial arts to be a part of their child's education. They use martial arts to fill the gaps inherent in our public school system for physical education, personal development and self-defense.

At THE EDGE every student's goal is the Black Belt. Black Belt is a symbol of excellence in the martial arts and an important tool for instructors and parents to use for developing desire, tenacity and for teaching the importance of follow-through in any activity. Students realize that in order to achieve their long-term goal of black belt they must set short term and intermediate goals such as stripe test and color belt test to achieve their ultimate goal. To achieve this, personal and scholastic goal setting and discussing strategies to obtain these goals is an integral part of our curriculum.

Our program is also one of the most effective ways to protect your child against the dangers of drug experimentation. Children with high self-esteem are better able to combat the peer pressure that is the leading cause of drug experimentation. Another benefit you will appreciate is how our system works with you to systematically instill into your child abduction awareness techniques to minimize this danger. We make every attempt to make both you and your child "street smart."

Participation in other sport and activities during martial arts training. We fully encourage our students to participate in other activities. You will find the physical and mental aspects of our program complements all other areas your child's life. Be sure to discuss with us an alternate training schedule while involved in other activities.

Proper use of learned skills. It is constantly stressed to all students that karate skills require them never to be abusive or offensive and only used as a last resort in a self-defense situation. There are no winners in a fight.

ADULT PROGRAMS

THE EDGE MARTIAL ARTS adult program is designed for those adults who desire a challenge! Our program is carefully constructed not to “burn” you out physically or mentally, but allow you to grow as a professional martial artist. As you progress up the belt ranks, your martial arts training will be reinforced with positive comments from your friends, family and co-workers on your improved self-confidence and physical appearance.

A great side benefit to martial arts training is the social aspect of meeting people with similar values and interests as you. Regular social gatherings outside of the school are a part of THE EDGE MARTIAL ARTS experience.

ADDITIONAL MARTIAL ARTS PROGRAM INFORMATION

Black Belt Club (BBC): BBC membership is by invitation only to green belts and above and is designed to give extra benefits to those students who have demonstrated leadership qualities and a desire to earn a black belt. BBC benefits include 50% off sparring gear or a free BBC uniform, reduced seminar fees, and a specialized curriculum. Although we strive to reach 100% student membership in the BBC, we know historically only about 70% of our students earn the right to become BBC members.

BBC is our leadership development program. At THE EDGE we recognize the best way to improve martial arts skills is to teach skills to lower ranking belts, therefore the BBC is required to help instruct at least three hours per month.

Master’s Club: Master’s Club membership is again invitation only to newly recognized red belts. It is the final screening process for Black Belt candidacy. Although not a guarantee of earning a Black Belt, entrance into the Masters Club it is a solid indicator the martial arts practitioner is nearing his or her quest for Black Belt.

Demo Team: Open to students of all ranks by invitation only. Demo team membership incurs extra practice sessions normally held once per month in the winter months and bi-weekly in the summer

Extreme Martial Arts (XMA): . Where Martial Arts meets acrobatics and gymnastics! Added benefit of being in BBC! Use for demos so that students can show off what they know!

CONDUCT IN AND OUT OF THE STUDIO:

1. Conduct yourself in a formal and respectful manner always.
2. Unnecessary roughness, crude language or a display of ill temper is forbidden.
3. Always refer to staff instructors as Sensei and senior students (provisional black belts and above) by Mr. or Ms. and their first names.
4. Always observe mat etiquette in the studio. This includes:
 - a. No shoes are worn in the workout area.
 - b. Ask permission of the instructor to leave workout areas.
5. No smoking, chewing gum, eating or drinking on the mat area.
6. All students must help keep the studio clean, trash off floors and locker rooms neat.
7. Do not punch or kick walls. Please keep hands and feet off walls and mirrors.
8. Do not touch bags, pads or other training equipment without permission.
9. No student is to designate himself as an instructor and teach others without the instructor's permission.
10. Students who visit other schools must remember that they are representing our school. Students will refrain from making critical comments about other karate styles or instructors of other fighting arts.
11. Show courtesy to visiting black belts and instructors.
12. Do not wear your GI in public unless you are part of a demonstration, or en route to training in a karate school.

POLICIES AND PROCEDURES

Rule number one: if we are not having fun, we aren't doing it right!

Extra Practice: Adults and BBC members may use the facility for extra practice at any time the school is open. DO NOT TRAIN WITH ANYONE OUTSIDE THE SCHOOL WITHOUT MY PERMISSION. It is too easy to get injured when training in an uncontrolled environment.

Uniforms: Always have your uniform clean and wrinkle free. We suggest you purchase an extra uniform to lessen the problem of performing laundry between weekday classes.

Summer uniforms: Are available for sale at ^{THE}EDGE and consist of black EDGE shorts and an EDGE t-shirt colored to reflect your current belt rank. Summer uniforms are permitted between Memorial Day and Labor Day. Full uniform is required for testing and demonstrations.

Personal Hygiene: Follow the rules of personal hygiene. Also ensure finger and toenails are trimmed.

Low energy days: Every athlete experiences low-energy days. You'll find those days are the best times to train! Talk to me if you feel constantly burned out. We have strategies available to help you overcome burnout.

Safety Gear: For your safety, you must purchase required safety equipment (head, hand, feet gear, chest guard, mouthpiece, and a protective cup for men) before sparring.

Attendance: Try not to miss any classes. If you have to miss, call as early as possible to schedule a makeup.

Please be prompt: Please **BE ON TIME** to avoid disrupting classes

Holidays: The EDGE will not hold classes on the following Holidays: Christmas eve and Christmas day New Year's Day, Memorial Day, July 4th Labor Day, and Thanksgiving. Other holidays the local Towanda School district recognizes will be optional classes (classes will be held, but attendance not taken). Each year formal classes will be canceled for two weeks. Normally one week in January and one week in July. The floor will be open during these times for open practice during normal operating hours.

Snow Days: On days when Towanda Schools are cancelled or dismissed early due to the weather, there will be no karate classes.

Calendar of classes: A monthly calendar of classes is posted. Students are responsible for checking the calendar and knowing what materials and gear are required for each class.

Feedback: We can't get better without your feedback. Your input will allow us to meet our goal of being "The Martial Arts School by Which all Others are Measured."

Dropping off kids: Parents may leave the school to run an errand while their children are in class. However, **BE SURE** to return **ON TIME** to pick up your children. We are not responsible for them after their designated class time.

Student Notebook: A student notebook is mandatory. It provides a repository of the many skills and life lessons learned throughout their martial arts training.

Questions: If you have any questions concerning a technique, equipment, or your martial arts training, talk to an instructor or staff member.

HOME PRACTICE:

You Are Best At What You Practice The Most!

How: Younger students should always ask permission before practicing, to be sure it is OK. Start with 5 minutes of practice daily and work up to 15 minutes of practice everyday.

What: All belts have certain requirements listed in your introductory package. Check off each technique as it is learned and practiced.

Why: Home practice is one of the most important aspects of training. The teacher can only instruct the students on the techniques. It is up to the student to practice what they have learned so that they can become proficient. Class time is when students learn new material. During home practice is when they master the material.

**Green star patches may be earned by practicing at least 300 minutes per month (10 minutes per day).

THE 100 - TIME THEORY

How many times does one try something before giving up? What if everyone was willing to try 100 times! What a world we'd have. Unfortunately, most people will quit after just a few attempts. The 100-Time Theory is taught to combat one of the most significant obstacles to success.

3 RULES OF CONCENTRATION:

1. **Focus your eyes.** Example: by looking at who is talking to you.
2. **Focus your mind.** Example: by thinking about what is being said.
3. **Focus your body.** Example: by sitting still or standing tall when someone is talking to you.

RATING ON A SCALE OF 1 TO 10

Students who, while training, develop the habit of rating their performance on a scale from 1 to 10-with level 10 being the ultimate goal-have the ability to increase their ability faster than those who are unaware of the level at which they're operating.

HEALTHY COMPETITION

A healthy competition is what happens between training partners and classmates when they try to out-do each other. It's a healthy competition because both parties encourage each other in a positive way rather than in a negative way.

CONTINUOUS IMPROVEMENT

What does it matter if you're practicing a side kick or a high block? Develop the mindset it's not what you do, but how you do something that makes the difference. Develop an attitude you're going to do everything with a certain level of excellence. Learn from every kick, block, or punch you execute and how you can make the next one better! **This mindset will directly make you more effective in other areas of your life.**

EXPECT THE BEST, PREPARE FOR THE WORST

That's why we practice self-defense. We need to prepare ourselves for any situation possible, then if it is ever necessary, we have the skills needed in a crisis. On a different level we need to over prepare for everyday events. Whether a belt test or an academic test at school, always over prepare.

YOU TEACH YOURSELF

You teach yourself if you pay attention to the results you get when you practice. The idea of being "self analytical" is an important one to learn. If you know your trying to "teach yourself" when you practice, you'll look closer at the results you get.

WE ARE A BLACK BELT SCHOOL!!

Youth/Adult	Super Kids
BLACK	
RED/BLACK	SILVER
RED	PURPLE
BLUE	TEAL
GREEN	NEON
ORANGE	YELLOW
WHITE	WHITE

TESTING PROCEDURES

Because we feel you earn your rank, a belt-testing fee (normally \$25 - \$50/belt test) is not imposed resulting in much lower long term program cost.

PHYSICAL FITNESS ASSESSMENTS (PFA's)

Physical fitness is a key component to martial arts excellence. We track each student's physical fitness via a standardized physical fitness assessment (PFA) including push-ups, sit-ups, and a timed shuttle run. Students may earn Fitness Excellence patches by meeting the following criteria:

Youth & Adult

Super Kids

White Patch= 25 push-ups
25 sit-ups

White Patch= 10 push-ups
10 sit-ups

Silver Patch= 50 push-ups
50 sit-ups

Silver Patch= 25 push-ups
25 sit-ups

Gold Patch= 75 push-ups
75 sit-ups

Gold Patch= 50 push-ups
50 sit-ups

Promotion to Youth and Adult Green belt requires earning a White Patch.

Promotion to Youth and Adult Red belt requires earning a Silver Patch

Normally, the last week of each month is designated testing week. Testing each month includes an original freestyle kicking sequence plus a monthly testing subject announced a month earlier.

Each belt receives four stripes (orange, green, blue and red) before the next belt is awarded.

Progression through the ranks is not guaranteed each month. Students must show competence in the testing subjects, and improvement in freestyle kicks. Practice at home is a must!

If a student cannot attend a testing night, no stripe or belt will be awarded, however double striping may occur the following month, if earned.

Blue, Red, and Provisional black belt (PBB) exams are held on designated Saturday mornings. Red belt and PBB exams are executed by select black belts from other schools. Stripe testing for these belts will occur during normal weeknight testing classes.

Striping for Blue, Red, and PBB belts (Teal, Purple, and gray for Super Kids) occur every other month and is based on the students' performance on the material from each month's test.

Provisional black belt candidates wear their newly earned belt with the red portion on top for a minimum of three months and tests. If successful, they have earned the honor of wearing the black portion of the belt on top. Black is worn on top for a minimum of three months before the black belt test.

In order to qualify for testing, students must attend 80% of their classes. Make-ups are available in classes of same age group, but different skill levels.

Students must have an "Intent to Promote" form signed by a parent and a teacher before each belt test.

BBC TESTING REQUIREMENTS

Assistant instructor duties are mandatory for improving teaching skills, public speaking skills, and feedback skills.

All green belts must teach once per week until student performance is at a level where a maintenance level of once every other week is reached.

TIPS FOR SUCCESSFUL TESTING

1. Attendance - The most important thing about attendance is to be consistent. Material is covered throughout the entire period. If you miss a week or two due to vacation or illness, the next belt test is only one month away for most students.
2. Parents - If your son or daughter misses more than three scheduled classes in a month and does not make up the classes, it is likely your child will not test. Also, before a test, we review the student's progress and make an analysis on whether they should test. Our goal is to have everyone pass his or her belt test. To increase the passing rate we review each student before the belt test and only invite only those who are ready.
3. Stripe Test - The Stripe Test is a "progress check". The idea of testing is to check the student's progress. When the student is at the proficiency level required at their present belt level they will be eligible for promotion to the next higher belt. Sometimes we discover areas needing attention and the student needs to be reevaluated at a later date. This is all a part of the learning process and avoids putting unnecessary pressure on the student at the test.
4. Practice - Parents are urged to encourage practice at home. Adults are encouraged to do the same. If you feel you or your child are not doing something correct, ask one of the instructors or higher ranked students for help.
5. Never confront the instructor in front of the child. This works against everything we teach at the school in terms of respect, rapport and courtesy. Consult with the instructor privately when discussing challenges and progress. Should you have any questions or concerns about an exam, please make an appointment to discuss the issue in private. This school is built on a foundation of respect and courtesy and is the example we all seek to set for ourselves and our children.
6. Our goal is to build self-esteem, and we need your help. Please be solution oriented. Parents, students and instructors need to work together in order to benefit the student. If you or your child is held back, set up a solution. Develop a plan of action, get back on track, identify the area needing work and reset the goal. In other words, use the setback as a positive learning opportunity to teach yourself or your child how to regroup and cope with life's challenges. Do not hesitate to ask for assistance in this area.
7. Remember this is a test of martial art knowledge and a test of the student's spirit and stamina. Students being tested for blue belt and above should expect harder and longer tests. Be prepared and train appropriately. Being out of shape will make some of the longer belt tests more grueling and students might begin to question their readiness or ability. **BE PREPARED PHYSICALLY AND MENTALLY!**

OTHER FITNESS PROGRAMMING AVAILABLE

Krav Maga

The EDGE Fitness Center's Reality Based Self Defense is based on Krav Maga. Krav Maga is the official self defense system of the Israeli Defense Forces, and has been taught to hundreds of law enforcement agencies and thousands of civilians in the United States. Krav Maga is a simple, effective self defense system that emphasizes instinctive movements, practical techniques, and realistic training scenarios.

Stretch and Balance

This program focuses on stretching, breathing, balance, and relaxation. Perfect for all age groups and ability levels, our yoga class works to increase your body's functional strength in a relaxing, enjoyable environment.

Pilates

This program focuses on core muscle training through fluid and constant movement. It is a wonderful mind-body exercise experience.

Adult Swimming

Pool memberships at the Comfort Inn are available through The EDGE. Swim times are 8am-8pm Monday through Friday to swim at your leisure. No lifeguards are on duty, and memberships are for adults only.

Strength and Cardiovascular Training

The EDGE offers a full line of state of the art strength training and cardiovascular equipment. Knowledgeable staff members are available to get you started on an exercise program.

Massage Therapy

Nettie Geiser brings 13 years of experience to The EDGE. Treat yourself to a massage or buy a gift certificate for someone you love.

****NOTE: Karate parents receive substantial discounts on all fitness programs ****

STAFF INFORMATION

Owner and Head Instructor Scott Wilcox, a Wyalusing native, was previously a special agent with the USAF's Office of Special Investigations specializing in counterintelligence and anti-terrorism. He served as the lead Defensive Tactics instructor for the United States Antiterrorism Team. He also has served as visiting lecturer at Cornell University, Ithaca NY, specializing in leadership development. In 1998, his Cornell University AFROTC leadership development program was ranked number one in the nation. He is a graduate of Bloomsburg University and earned his graduate degrees from Webster University, St Louis, MO in International Relations and Human Resource Development. He has been continually involved in martial arts instruction for over 32 years and has black belts in multiple styles of karate as well as advanced training in other forms of combative arts.