

ARARAT



4509 TAYLOR LANE. WARRENSVILLE HEIGHTS. OHIO 44128

Phone: 440-541-1002

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After School Martial Arts Program

Monday thru Friday, for only school aged children 5 to 12 years of age

(Free Transportation: Free uniform is included)

PARENTS, DID YOU KNOW THAT 70% OF CHILDREN & YOUNG ADULTS ARE THE VICTIMS OF BULLYING?

NO MORE BULLYING! WE HELP KEEP KIDS SAFE!

**Self Defense • Anti-Bully Program • Judo • Wrestling • Jiu Jitsu
• Games & Fun**

We have trained Ohio, US and World Champions!

WE ARE RAISING WINNERS FOR LIFE!!!

Self Confidence • Focus • Discipline • Balance • Coordination • Respect

Dear Parent(s)

Thank you for enrolling your child in ARARAT After School Martial Arts Program. This is a great alternative to day care. The hours between 3 and 6 p.m. are the peak hours for juvenile crime and experimentation with drugs, alcohol, cigarettes and sex. It gives the students an opportunity to learn martial arts and safe environment while you fulfill your own obligations. After School “MARTIAL ARTS” It’s not babysitting . We are a Licensed Martial Arts School and not a daycare or a tutor. They will need to come prepared each day to learn and must bring their uniform for class. Children may eat a snack before class. Meals are not prepared or served by the ARARAT Martial Arts After School Program while children are in the gym.

Class time is from 4:15pm until 5:15pm each day.

You may pick up your child from 5:30pm until 6:15pm on the way home from work. Finally, our after-school program is good, clean fun to kids and a great way to burn off energy!

10 Reasons Why ARARAT Martial Arts After School Program is Good for your Kids

Martial Arts training regardless of whether it is Self Defense, Judo, Karate, Tae Kwon Do, etc. are a great activity for kids much more than team sports such as, Baseball, Basketball and Soccer. If you are willing to sign up your kid for some organized sports activity, here are some reasons why you should choose Martial Arts for your kids:

1. Self-Defense:



The first reason why most people practice martial art is for self-defense. Not only will the martial arts teach you the techniques to defend yourself, but also the way to think about defending yourself. They also help you build up the reflexes you need if you're ever in a difficulty and give you the confidence to fight back.

2. Belts and Ranking:

Belts are a great way to help children track their progress and motivate them to strive higher. Belts and ranking may help build the child confidence and their desire to succeed. For this purpose, most Martial Arts styles use a system of Colored belts to indicate the knowledge and skill levels of their practitioners. In many cases the first belt promotion can be attained in few weeks and when children obtain that first belt, it shows them that with the right motivation, they can succeed. One belt is always not enough, once a child passes one belt test, he or she is already thinking about the next one.



3. Self-Confidence:

As children become more skillful in their selected style of martial arts, their confidence gets increased significantly. They become more self-assured and confident. The Sensei's (Teacher's) encourage their students a lot to help them achieve this goal, but the confidence level will extend far beyond the Dojo (Martial Arts Studio).

4. Exercise:

The classical Martial Arts class will often be comprised of warm-up calisthenics, teaching and practicing of moves and possibly some sparring. The warm up and practice include the bulk of the time, and for that time your child will be constantly on the go – stretching, crunches, punches and kicks. The workout each child gets will not only assist in the natural development of his/her muscles, but also help them build stronger Cardio-Vascular systems. Even in the most active of team sports such as Soccer, Hockey, or Basketball, children don't get that much of a workout simply because they generally don't play the whole game and even if they do, there are still breaks in the action.



5. Emphasis on Individual Achievement:

In the Martial Arts, each child's success is based on his or her own individual qualities. Yes, your kid may not be the most winning person in his class, but that will be because he tried and lost, and not because he wasn't good enough to make it off the bench like other sports in which he may not play the game at all because his coach told him so. Knowing that their own ambition and hard work will drive them to succeed, they will be motivated to follow their dreams without the fear of hating the sport or not having the chance to practice it.

6. Discipline:



The core of any Martial Art is ‘practice makes perfect’ There is constant repetition in drills and practices with emphasis on details and rhythm. Kicking, punching and throwing are practiced and repeated over and over. Those practices teach them the benefits of frequent practice, and the patience to get there All of this teaches children to respect one another, their opponents and colleagues, and how to play games fair and square.

7. Martial Art isn’t about brute force, it is about control:

Martial Arts teachers emphasize the concept of maximum efficiency. This is evident, as the root of many Self Defense techniques is not necessarily brute force but using your opponents’ movements and strength against him or her. While physical strength and size are important, mental strength is probably the most critical factor in competition.

8. Gender Equity:

Most of parents consider martial arts for their sons, not nearly as many would consider it for their daughters. However, the Martial Arts are one of the few sports where both boys and girls can play together. There are also tremendous international opportunities in Women’s Martial Arts as well. Your daughter’s black belt will not be any easier for her to attain than your son’s black belt will be for him. It also gives brothers and sisters an opportunity to practice together and learn from one another as well.

9. Respect for Strength:

The first thing parents think about when they send their kids to Martial Arts class is: “Is my child going to use this to hurt others?” Although this is a legitimate concern, it is always addressed early by instructors who remind students that the techniques they learn in the dojo stay in the dojo except in self-defense, and shouldn’t be used to intimidate people.

As children learn the ropes, they will learn to respect their newfound strength and techniques. They will also quite be bullying as well.

10. Competition:



Similarly, to team sports, Martial Art is all about competition. The latter is great for kids to test their skills and show their progress. Unlike team sports, the loser can’t really blame anyone beyond his or herself. But then this gives them a sense of respect for their opponent, as well as motivation to do better the next time. Each Martial Art tournament is a fresh start, and it is seldom that you get only one match even in the Olympics where there is a single-elimination for the Gold and Silver medals, there is a second-chance round for those who have lost their first matches for them to be able to win a Bronze.

Price

\$115 per week.

The kids will be insured. The insurance covers the participant from the time he leaves for class till the time he gets back home.

Pick Up Policy

ARARAT Martial Arts After School Program pick-up the kids from school begins from 3:00p.m – 3:30p.m. Parent pick-up begins at 5:30 p.m. and continues through 6:30 p.m. All students must be picked up by 6:30 p.m. by an adult on you check list. If you are going to be late, please call and notify us by 5:30 p.m.

Homework Assistance Policy

- 1.We assist children in finding and starting their homework
- 2.We provide a quiet homework area that is conducive for studying
- 3.If students complete, or do not have homework, they may read or play quietly without disturbing others during homework time
- 4.We do not provide academic tutoring or help children do their homework
- 5.We do not check to make sure that homework is completed or correct.

After School Martial Arts Program Pick-up Authorization

I, _____ , give _____
(Parent First and Last Name) (Elementary/Middle school)

permission to let my child, _____, leave school by way of
(Child's First and Last name)

ARARAT Martial Arts After School Program pick-up bus or van. He/she is currently enrolled in The ARARAT Martial Arts After School Program.

(Parent Signature) _____

Date _____

Registration Form

| | | |
|--------------------------------|---------------------------|-------------------|
| _____ | _____ | _____ |
| First name | Middle name | Last name |
| Sex. M _____ F _____ | | Birth Date: _____ |
| Street Address: _____ | | City, Zip _____ |
| Cell Phone: () _____ | Home Phone: () _____ | |
| Additional Phone () _____ | Email: _____ | |

| | | |
|---------------------------------|---------------------|-----------|
| _____ | _____ | _____ |
| Parent/Guardian: First Name | Middle Name | Last Name |
| Credit Card Holder's Name _____ | | |
| Credit Card Number _____ | | |
| Expiration Date _____ | Security Code _____ | |

The child will be released only to the person(s) authorized, or in the manner authorized, in writing, by the custodial parent(s) or legal guardian(s). The following person must be someone other than the custodial parent(s) or legal guardian(s) and is authorized to remove the child from the facility in case of illness, accident, or emergency, if for some reason the custodial parent(s) or legal guardian(s) cannot be reached:

| | | |
|------------|-----------|--------------|
| _____ | _____ | _____ |
| First Name | Last Name | Phone Number |
| _____ | | |
| Signature | | |

**ARARAT AFTER SCHOOL MARTIAL ARTS PROGRAM
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT
("AGREEMENT")**

In consideration of participating in ARARAT AFTER SCHOOL MARTIAL ARTS PROGRAM

I represent that I (we) understand that injury can occur in the sport of martial arts and by participating in this sport I (we) accept responsibility for this and hereby release and discharge any and all possible claims and causes of action for personal injuries and/or medical expenses, pain and suffering, and all other claims against ARARAT AFTER SCHOOL MARTIAL ARTS PROGRAM, its instructors, employees, officers directors or any other individuals employed or acting on behalf of ARARAT AFTER SCHOOL MARTIAL ARTS PROGRAM. I fully accept and assume all such risk and all responsibility for losses, costs, and damages I incur as a result of my participation in this program

I have a RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance notwithstanding, shall continue in full force and effect.

Name of Athlete

Date

Parent/Guardian

Ararat After School Martial Arts Program Representative

**ARARAT AFTER SCHOOL MARTIAL ARTS PROGRAM
PARENT CONSENT**

I, the Minor's parent and/or legal guardian, understand the nature of martial art, the Minor's experience and capabilities and believe the minor to be qualified to participate in martial arts. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY SAVE AND HOLD HARMLESS Ararat After School Martial Arts Program from any and all liability, claims, demands, losses or damages on the Minor's account caused or alleged to have been caused or alleged in whole or in part by Ararat After School Martial Arts Program, and further agree that if, despite the release, I, the Minor, or anyone on the Minor's behalf makes claim against Ararat After School Martial Arts Program, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS Ararat After School Program from any litigation expenses, attorney fees, loss liability, damage, or cost Ararat After School Martial Arts Program may incur as the result of any such claim.

Name of Athlete _____ Date _____

Parent/Guardian _____

**ARARAT AFTER SCHOOL MARTIAL ARTS PROGRAM
EMERGENCY MEDICAL TREATMENT STATEMENT**

I, the parent/guardian of _____, give permission to Ararat After School Martial Arts Program staff and any medical team to seek emergency medical attention for my child or to transport my child for emergency medical treatment if my emergency medical treatment if my emergency contact or I cannot be reached.

Telephone numbers:

Day:(_____)_____ - _____ Evening:(_____)_____ - _____

Emergency:(_____)_____ - _____

Parent/Guardian signature:_____

Date:_____/_____/_____

