



All Rise Martial Arts
Member Handbook

Introduction

Welcome to All Rise Martial Arts!

Founded in 2020, All Rise Martial Arts is a community oriented Martial Arts studio located in Manhattan Beach. The name "All Rise" represents the idea that developing confidence, respect and perseverance can not only impact individual students, but it can elevate entire communities. Success, earned through commitment and persistence, becomes inspiration for anyone fortunate enough to witness it. In this way, we can all benefit from a dedication to self-improvement.

Our programs are designed to promote determination, integrity and camaraderie. To achieve this, we must maintain tolerance, patience and respect among students, staff and family members. The codes of conduct, guidelines and policies set forth in this handbook have been written to help accomplish these goals, and to help to keep our members informed. We ask that you take the time to carefully read through the entire handbook and let us know if you have any questions. Please be aware that changes to this document can occur periodically so always check for the most up to date version at www.allrisema.com/memberportal.

We hope that you can appreciate our passion to provide a high level of training in a positive environment and we look forward to having you as part of the All Rise Martial Arts family.

Sincerely,

A handwritten signature in black ink, appearing to read 'RR' with a stylized flourish extending from the right side.

Master Richard Ruprecht
Owner/Master Instructor

General Information

Contact Information

All Rise Martial Arts

(323) 455-4092

info@allrisema.com

All Rise Martial Arts Website

www.allrisema.com

Master Richard Ruprecht, Owner/Master Instructor

richard@allrisema.com

About Master Richard Ruprecht

The founder of All Rise Martial Arts, Master Richard, is a lifelong martial artist with a passion for teaching. Originally from Bethesda, MD, Master Richard started training in Taekwondo and Hapkido as a child and quickly became hooked. While in college, studying Zoology, Master Richard competed on the Texas A&M Taekwondo Sparring Team. He also trained in Mixed Martial Arts and developed a love for Brazilian Jiu-Jitsu. After graduating, Master Richard moved to New York, where he taught and trained martial arts full time. During these years, he also focused on Self-Defense and trained with several expert instructors to translate traditional martial arts techniques into practical defensive strategies.

Master Richard is a Kukkiwon certified 5th Degree Black Belt in Taekwondo and holds an International Taekwondo Master's License from the World Taekwondo Academy. He has over 12 years of experience in Brazilian Jiu-Jitsu and currently holds a Brown Belt under IBJJF World Champion, Professor Thiago Rodrigues. Master Richard also has multiple certifications from the National Academy of Sports Medicine including Certified Personal Trainer, Corrective Exercise Specialist, Youth Exercise Specialist and MMA Conditioning Specialist.

About All Rise Martial Arts (ARMA)

Our mission is to empower individuals with effective Martial Arts tenets and techniques, so they can improve their lives and inspire their respective communities.

Traditional Martial Arts, such as Taekwondo and Brazilian Jiu-Jitsu have a rich cultural heritage and have specific etiquette that should be observed by all practitioners. ARMA students are expected to observe a high standard of conduct both inside and outside of the studio. There are several reasons for this. First, proper conduct promotes physical, mental, and spiritual development. Second, it shows respect for staff, peers and the art form itself. Third, it helps reduce the risk of injury by making students more aware of their actions.

Email Communication

Email is the primary form of communication for ARMA. Please ensure that the email addresses listed on your membership application are checked often. If you would like an email address to be added or removed from your account, contact us at info@allrisema.com.

Studio Closings and Holidays

ARMA will post any studio closings on our website as well as sending out an email as soon as possible. Though ARMA will try to schedule make-up classes if possible, the school is not responsible for classes canceled due to holidays, emergencies or other unforeseen circumstances. A list of current studio holidays can be viewed at www.allrsiema.com/calendar.

Lost and Found

For your convenience, there is a Lost and Found Box located at the front desk. ARMA assumes no responsibility for lost items. The front desk will hold on to Lost and Found items for approximately two weeks.

Expectations & Guidelines

Dress Code

Uniforms are required to participate in class. If you forget your uniform, please speak with the front desk to acquire a loner uniform.

Mat Etiquette

Please remove your shoes before entering the mat area. Students should bow before entering or exiting the mat area. Eating, drinking and chewing gum on the mat is prohibited. Cell phones and other electronic devices are not to be used during class.

Spectators

Family members and caretakers who are present to observe training should not interfere with classes or offer additional coaching to students.

Illness or Contagious Conditions

Please do not participate in class if you have had fever, vomiting, or any other contagious illness or condition in the last 24 hours. If your child was not in school because of illness, please do not bring them to class.

Consideration for Others

All members are expected to behave with respect and consideration for other students, staff, family members and visitors. Bullying, including cyber bullying, or any kind of abusive behavior, will not be tolerated and is grounds for dismissal from ARMA.

ARMA Classes and Training

General Training Etiquette

- Respect your instructor, your fellow students and the studio equipment at all times.
- Address your instructor as “sir” or “ma'am” and give them your full attention.
- Request permission from your instructor if you need to leave class early. In addition, if you are late to class, wait for the permission of the instructor to join the class.
- Students need to maintain good hygiene and always wear a clean uniform. Long hair should be tied up so as not to interfere with vision. Toenails and fingernails should be neatly trimmed.
- Remove all watches, rings and other jewelry before class.
- Do not practice free sparring or rolling without permission from an instructor.
- Notify an instructor before registering for any outside tournament or competition.

General Physical Fitness

Physical fitness is an essential part of all Martial Arts training. With consistent practice, students will see improvement in their general fitness as well as their specific skills. While the ARMA instructors will become familiar with each student’s abilities and limitations over time, it is important that students exercise responsibly. If a student feels unwell or uncomfortable at any time, they should speak with an instructor and stop exertion. In addition, students should bring any prior injuries or other concerns to the attention of their instructor before class.

Taekwondo Training

Translated from Korean, "Taekwondo" (TKD) literally means "the way of the hand and the foot". One of the few martial arts showcased in the Olympics, Taekwondo is best known for its lightning fast kicks and stunning punches.

This martial art goes far beyond simple fighting techniques though. Taekwondo has a unique set of philosophies that has led generations of students down the path of self-improvement. Known as "the five tenets of Taekwondo", the concepts of Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit are ingrained in every aspect of TKD culture.

TKD Poomsae

The foundation of traditional Taekwondo training and advancement is the mastery of predefined sets of movements called forms, patterns or “poomsae”. Each poomsae is a choreographed series of Taekwondo basic movements designed to mimic an actual confrontation, yet without an opponent present.

TKD Sparring

Taekwondo sparring (also known as *Kyeorugi*) is a controlled fighting match between two opponents. Anyone engaged in sparring must wear proper protective gear. After sparring, students need to wipe down their gear with supplied antibacterial wipes.

All ARMA Taekwondo students ranked Green Belt and above must have their own sparring gear and bring it to every TKD class.

Sparring Gear Components

- Chest guard
- Headgear/helmet
- Shin, instep and forearm pads
- Gloves
- Groin cup
- Mouth guard
- All gear must be *World Taekwondo/WT* competition approved

TKD Board Breaking

Board Breaking requires students to execute various strikes and kicks to break wooden boards of different sizes. A successful break incorporates the Taekwondo fundamentals of balance, focus, breath control, and speed, all of which must be applied to maximize power. While we sometimes practice board breaking during class, the majority of board breaking occurs during TKD belt promotion testing.

Brazilian Jiu-Jitsu Training

Translated from Japanese, "Jiu-Jitsu" literally means "the gentle art". Adapted from traditional Japanese Judo, Brazilian Jiu-Jitsu (BJJ) was developed in Brazil in the early 20th century. Characterized by its ground-fighting and submission techniques, BJJ gained global notoriety after it's success in early Mixed Martial Arts competitions.

As physical as this art may seem, Brazilian Jiu-Jitsu is one of the most cerebral and strategically influenced fighting systems. BJJ is one of the few martial arts that regularly sanctions open weight class matches. It is not uncommon in BJJ tournaments for a smaller, more technical fighter to defeat a larger, stronger opponent.

BJJ Partner Drills

The majority of Brazilian Jiu-Jitsu training requires a competent and cooperative partner. The various takedowns, sweeps, submissions and escapes covered in BJJ can only be performed properly on a live human body. Because of this, BJJ students need to be prepared to work very closely with their classmates. Drilling partners need to be respectful, aware and patient while training. Improper behavior can lead to injuries and may result in removal from the class.

BJJ Rolling

BJJ sparring is referred to as “rolling”. Similar to Taekwondo sparring, rolling is a controlled fighting match between two opponents. Unlike TKD sparring, there are no strikes involved in BJJ rolling. Opponents seek to control their partners with grappling techniques similar to wrestling. A winner can be determined by scoring points or by securing a submission hold.

All BJJ participants are required to have a mouth guard.

Self-Defense Training

What separates Self-Defense from other martial arts systems is that there is an absolute focus on survival. The ultimate winner in a real-world altercation is not necessarily the best fighter, but the individual who makes it home safely. There are many strategies to achieve this goal and the best ones are often completely non-combative.

When analyzing a threat, defense should always begin with situational awareness and preventative measures. There are many techniques from traditional martial arts that are applied to Self-Defense training. Effective striking and ground-fighting skills will always be useful in a physical conflict, but the use of force should be a last resort.

At ARMA, we have included Self-Defense training into both our TKD and BJJ curriculum. We also offer Self-Defense seminars and private lessons.

ARMA Belt Systems and Promotion Requirements

Belt Systems

Both Taekwondo and Brazilian Jiu-Jitsu have their own unique rank system marked by colored belts. Advancement is marked by periodic promotion tests, the successful completion of which results in attainment of the next rank and belt. Placement in the appropriate initial level for your child is at the discretion of the instructors, and is based on a number of factors, including age, experience, and maturity. For a detailed breakdown of the ARMA TKD and ARMA BJJ belt ranks, check out our resources page at www.allrisema.com/resources.

Promotion Requirements

Advancement from one rank to the next higher rank occurs after passing a promotion test. Your instructor will determine your readiness to test based on several criteria including skill level, attitude, and training history. Progress is marked by earning “stripes” and students must earn all requisite stripes before testing. Testing is a formal process, and it becomes more challenging and more infrequent with higher rank. Students will be invited to test by their instructor only once they have demonstrated readiness. Every student is different, and the amount of time required to achieve test readiness varies based on class attendance, focus, ability and effort.

Belt tests are cumulative, i.e. candidates are expected to know and improve on all the basic techniques from both the current and previous belt ranks.

Certain belt levels will be required to participate in community service projects, including but not limited to assisting in lower belt classes at ARMA, in order to meet promotion requirements.

For a detailed breakdown of the ARMA TKD and BJJ curriculum check out our curriculum page at www.allrisema.com/curriculum.

There is an additional fee required for all belt tests. This covers the cost of testing materials such as boards, belts and certification fees.

Membership Freezing and Cancellation

Membership Freezes

A minimum of 15 days prior to the next billing date must be given to freeze any monthly membership. Monthly members have the option to freeze their membership payments for up to 4 total weeks of the year. Preceding payments will be adjusted to reflect the freeze. Freeze requests must be in writing to info@allrisema.com.

Medical Freezes

If a monthly member is unable to train for an extended period due to injury or illness, they may have the option to freeze their membership payments. Supporting documentation from a licensed physician must be presented to approve any medical freeze request.

Cancellation Procedure

A minimum of 15 days prior to the next billing date must be given to discontinue any monthly membership. The notice of resignation must be in writing from the member and sent to info@allrisema.com. ARMA reserves the right, in its sole discretion, to determine whether the terms and conditions relating to the cancellation procedure have been satisfied. You may also cancel your membership contract without penalty or further obligation within 3 business days from receipt by the member of the original contract. Notice of cancellation shall be in writing from the member and sent to info@allrisema.com. All payments pursuant to such contract shall be refunded within 15 business days of receipt of such notice of cancellation.

Final Notes

Liability Statement

Students and family members must be aware of the physical risks involved in connection with all Martial Arts instruction and training. ARMA assumes no responsibility for injuries occurring as a result of contact with other students, instructors, equipment and other objects/surfaces located in all areas of the studio.

Other Resources

A wealth of relevant information about our programs can be found on the resources page of our website: www.allrisema.com/resources.

Be sure to follow us on social media!

<https://www.facebook.com/allrisema>

<https://www.instagram.com/allrisema>

For more general information about Taekwondo and Brazilian Jiu-Jitsu, please visit the following websites:

World Taekwondo (WT) - www.worldtaekwondo.org

USA Taekwondo (USAT) - www.usa-taekwondo.us

International Brazilian Jiu-Jitsu Federation (IBJJF) - www.ibjjf.com