

All Rise Martial Arts
Member Handbook

Introduction

How to use this book!
Within this book are supplemental materials created to help our students achieve martial arts excellence.

Please note that all the documents included in this book are available online at www.allrisema.com/resources.

We hope that you appreciate our passion to provide a high level of training in a positive environment.

Sincerely,



Master Richard Ruprecht
Owner/Master Instructor

General Information

All Rise Martial Arts
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(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 captivated. While studying Zoology in college, Master Richard competed on the Texas A&M Taekwondo Sparring Team, trained in Mixed Martial Arts and developed a love for Brazilian Jiu-Jitsu. After graduating, Master Richard moved to New York City to teach and train Martial Arts full time. During this time he also focused on Self-Defense, training 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 Master's License from the World Taekwondo Academy. With over 15 years of experience in Brazilian Jiu-Jitsu, Master Richard is a BJJ Black 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)
ARMA's mission is to empower students with tenets of Martial Arts, in order to improve their lives and inspire their respective communities. This is accomplished through progressive physical training and personal character development.

Traditional Martial Arts, such as Taekwondo and Brazilian Jiu-Jitsu have a rich cultural heritage and 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. Proper conduct promotes physical, mental, and spiritual development. It also shows respect for staff, peers and the art form itself. Finally, it helps reduce the risk of injury by giving students an increased awareness of their actions.

Email Communication
Email is the primary form of communication for ARMA. Please ensure that the email address listed on your membership form is checked often. If you would like an email address to be added or removed from your account, log in to your member profile through www.allrisema.com/memberportal or contact us at info@allrisema.com.

Studio Closings and Holidays
ARMA will post any studio closings on our website as well as provide notice via email. Though we will try to schedule make-up classes when 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 located at the front desk of the studio. ARMA assumes no responsibility for lost items. The front desk will hold on to Lost and Found items for approximately two weeks.

Expectations & Guidelines

General Studio Etiquette

- Respect your instructors, your classmates and the studio equipment at all times.
- Arrive promptly at the scheduled start time of class.
- Remove your shoes before entering the mat area and wear your shoes outside of the mat area. Always wear your shoes in the restroom.
- Bow towards the mat before entering or exiting the mat area.
- Address your instructors as “sir” or “ma'am” and give them your full attention.
- Request permission from an instructor if you need to leave class for any reason. If you are late to class, wait for an instructor’s permission to join the training.
- Request permission from an instructor before registering for any tournaments.
- Maintain good hygiene and always wear a clean uniform.
- Long hair needs to be tied up so as not to interfere with movement and vision.
- Toenails and fingernails need to be neatly trimmed.
- No eating, drinking or chewing gum on the mats.
- No sparring or rolling without supervision and permission from an instructor.
- No using cell phones and other electronics on the mats.
- No coaching or interference from spectators during class.

Dress Code
ARMA approved uniforms are required to participate in class. If you forget your uniform please speak with the front desk to borrow a loaner uniform.

Illness or Contagious Conditions
Students must not participate in class if they have had a fever, vomited, or displayed symptoms of illness in the last 24 hours. If a student misses school because of illness, please do not bring them to class.

Consideration for Others
All students are expected to behave with respect and consideration for all other students, staff, family members and visitors at all times. Bullying, including cyber bullying or any kind of physical/verbal abuse, will not be tolerated and is grounds for dismissal from ARMA.

Classes & Training

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. Additionally, 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". As one of the few martial arts showcased in the Olympics, Taekwondo is best known for lightning fast kicks and stunning punches.

This martial art goes far beyond simple fighting techniques. 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 sets of movements called "poomsae", also known as forms or patterns. Each poomsae is a choreographed series of basic Taekwondo movements designed to mimic an actual confrontation, without an opponent present. Poomsae become more intricate and challenging as students progress through the Taekwondo belt ranks.

TKD Sparring
Taekwondo sparring (also known as *Kyeorugi)* is a controlled fighting match between two opponents. Anyone engaged in contact sparring must wear proper protective gear. All gear must be *World Taekwondo/WTF* competition approved. After sparring, students must wipe down their gear with supplied antibacterial wipes.

<u>All TKD participants ranked Green Belt and above must have their own sparring gear and bring it to every class.</u>

Sparring Gear Components

- Padded chest guard
- Padded headgear/helmet
- Shin, instep and forearm pads
- Cup to protect the groin
- Mouth guard

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 board breaking is sometimes practiced 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 its 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 with a training partner. 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 Taekwondo sparring, there is no striking involved in 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 and bring it to every class.

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 are also proud to offer Self-Defense training in the form of standalone seminars for teens and adults.

Belt Systems & 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 all students is at the discretion of the instructors, and is based on a number of factors such as 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 occurs after passing a promotion test. Your instructor will determine your readiness to test based on several criteria: 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 less frequent 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 - candidates are expected to know and improve on all the basic techniques from both the current and all 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, BJJ and Self-Defense 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.

Membership Freezing & 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 communicated in writing and sent 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 communicated 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 communicated 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 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 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