

## **Welcome to InnerActive Martial Arts Training Program!**

First, I would like to thank you for joining us. Not only are you choosing to support your child's journey by allowing them to start their training and progress, but you are also supporting InnerActive Martial Arts as a small business and a passionate venture that helps support your children's health and active lifestyle.

Did you know: According to the CSEP (Canadian Society for Exercise Physiology) and other sources, children between the ages of 5 and 17 need at least 1 hour of moderate to vigorous physical activity per day?

They also need several hours of a variety of structured and unstructured light physical activities.

Check out this great 24 hour activity balance by the CSEP:

<https://csepguidelines.ca/children-and-youth-5-17/>

**In this program**, we will learn, develop, and build on a variety of physical and life skills.

We will be learning about health and fitness and what it means to be strong. We will be introduced to basic Martial Arts techniques to help develop co-ordination, balance, agility, and many more physically demanding attributes. We will build on character development skills such as respect, focus, discipline, hard-work, and many others which helps one develop a strong personality!

There are many benefits to practicing Martial Arts that go beyond the self-defense aspect. Other benefits include...

- Confidence building
  - Self-Discipline
- Better understanding of Respect and Moral
  - Increased attention span
  - Improved Co-ordination
- Increased Physical and Mental Strength
  - Improved General Health

## Starting the Program

If you are starting out with us, you are most likely taking advantage one of our “Introductory Packages”. This package is as it sounds, an introduction to Martial Arts. It includes the following:

- Four Months of unlimited Martial Arts Classes (Gold) or
- Four Months of Martial Arts Classes Twice per week (Silver)
- Four Months of Martial Arts Classes Once per week (Bronze)
  - A Martial Arts Uniform (Including belt)
    - Patches to go on your uniform
    - InnerActive Water Bottle
    - InnerActive Uniform Bag
    - Registration
  - Access to training Resources such as video, practice sheets, etc.
    - And more perks for the Silver and Gold Packages!

### Classes:

As you begin your journey, here are some things to remember before beginning...

- Classes are held at Address: 80 Fuller Rd., Ajax
- Please arrive 10 minutes before classes to be prepared.
  - Do not eat heavily 1 hour before class
  - Do not wear jewelry to class
- Classes are done bare foot. No Shoes on the training floor.
- Comfortable clothing should be worn for first class (no Jeans)
  - Uniform should always be worn to class with belt
  - Please ensure all of your documents are signed
    - Bring a water bottle to class
    - View Schedule Below for your class times
- The most important thing for everyone is to have fun!!

## In-Person Class Times

For beginner Classes (White/Yellow Belts):

### Mondays

4:15 – 5:00 Pm

6:15 – 7:00 Pm

### Tuesdays

4:15 – 5:00 Pm

### Wednesdays

4:15 – 5:00 Pm

6:15 – 7:00 Pm

### Thursdays

4:15 – 5:00 Pm

### Fridays

5:15 – 6:00 Pm

*Martial Arts*

### Saturdays

9:15 - 10:00 Am

## **A Few More Things to Help you Along the Way**

### **Zen Planner:**

InnerActive Martial Arts uses a student management system that provides many tools and benefits for both the school and for yourselves. Zen planner allows you to keep track of everything in one place. Your membership options, your payment methods, your billing history, student attendance and ranks, and more.

You will receive an email from Zen Planner with login credentials. You can download the app or access it via your computer through the links in the email. Please sign any documents required which would include the liability waiver (If you haven't done so already) and membership agreement. If you haven't made a payment already, you may do so through the app or desktop by clicking on "Bills".

You will receive more information through the Zen Planner email. Please let me know if you have any issues with registering or questions about the program.

### **Your uniform:**

You have received or will receive your uniform! You are ready to wear it to class! The first thing to check is for the size. Make sure it fits properly. If it does not, please let me know and we will get you one that fits. The sleeves and pant legs may be a little long sometimes. That's ok though. Get them hemmed and shorten them. When you grow, you can undo the hem to your preferred length. The patch that came with it gets sewn on to the left breast of the uniform. Tip: Put the uniform on to align and pin on straight before sewing.

Your belt gets tied around your waist at the beginning of each class. It is a symbol of your progress, so wear it proudly and respectfully! Here is a video on how to tie your own belt: <https://youtu.be/IV9ygRNp57o>

### **Classes:**

Your classes include beginner students, white and yellow belts. Here, you will learn the basic techniques of Martial Arts, what it takes to be a great Martial Artist, and we will get strong together!

### **Resources:**

We have some tools that can be used to help you along your journey. Here are some of them...

### **Belt requirements:**

These are sheets that indicate what you need to know at your belt level to be able to test for the next rank. Here is a copy of the White to Yellow belt requirements. You can download and print them here: <https://www.inneractivemartialartstoronto.com/youth-belt-requirement>

### **Practice Sheets:**

Practice outside of class is also especially important! The more you learn, the more you need to practice. Practice sheets will help you organize your practice time. There is also a prize for every time you complete one! You can download and print yours here: <https://www.inneractivemartialartstoronto.com/practice-sheets>

### **YouTube Videos:**

Practice is great and all, but what if you forget how to do the techniques? For each belt that you achieve, you will be given a new YouTube playlist. Each playlist has a demonstration video of each technique that you will need to learn/practice. Remember that these are demonstration videos and not intended to be a lesson replacement.

Here is your playlist

link: <https://www.youtube.com/playlist?list=PLszMtWOFYITI8qf6Sx3GOcBvv2xK8W8hB>

## **InnerActive Bucks:**

With your uniform, you received some InnerActive Bucks (a.k.a IAB)! Very exciting! This is like your very own Martial Arts spending money! Throughout your training, you can earn IAB through certain tasks and achievements. There are several Martial Arts Items you can choose from to save up for. What will you buy with your IAB!? To get the full guide and information, check it out here: <https://www.inneractivemartialartstoronto.com/inneractive-bucks>

## **Members area:**

You can find all of the above-mentioned features plus a few more here whenever you need them:

<https://www.inneractivemartialartstoronto.com/members>

## **Other Classes and Membership Options**

### **Weapons: For Orange belts and up or 10 years and older**

We also have a weapons program available for students as an extra training program. This program is available once you attain Orange belt or higher.

In this program, we learn and explore the world of several weapons. You will learn about them, how to use them effectively and safely, as well as techniques and forms to develop and harness your skills. You will develop a stronger sense of spatial awareness, body awareness and coordination, and an understanding of each weapon's unique character in their own sense at the same time as the similarities between them.

I hope that your Martial Arts journey is filled with challenges for you to work through, achievements as a result of your hard work, fun, new strength and growth!

I look forward to having the privilege of being your instructor and guide through it all!

Again, welcome to the team!

**Yours in health and wellness,**

**Luc Trudell**

[WWW.INNERACTIVEMARTIALARTS.COM](http://WWW.INNERACTIVEMARTIALARTS.COM)



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