

ONE TREE MARTIAL ARTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 p.m. Green-Red (Floor 2) Women's Kickboxing** (When running) (Floor 1)	5:00 p.m. White (Floor 1) Kids Class** (Floor 2)	5:00 p.m. White (Floor 1) Open Floor (Floor 2)	5:00 p.m. Women's Kickboxing** (When running) (Floor 1) Green-Red (Floor 2)	5:00 p.m. Yellow (Floor 1) Open Floor (Floor 2)	Special Classes or Events From time to time OTMA will host special classes that run for a pre-determined length of time. These classes will usually be Saturday mornings for several weeks in a row. The classes will be announced ahead of time.	
6:00 p.m. Yellow (Floor 1) Open Floor (Floor 2)	6:00 p.m. Yellow (Floor 1) Open Floor (Floor 2)	6:00 p.m. Yellow (Floor 1) Open Floor (Floor 2)	6:00 p.m. Yellow (Floor 1) Women's Kickboxing** (When running) (Floor 2)	6:00 p.m. White (Floor 1) Open Floor (Floor 2)		
7:00 p.m. White (Floor 1) Open Floor (Floor 2)	7:00 p.m. Green-Red (Floor 1) Open Floor (Floor 2)	7:00 p.m. Green-Red (Floor 1) Iaido* (Floor 2)	7:00 p.m. White (Floor 1) Open Floor (Floor 2)	7:00 p.m. Green-Red (Floor 1) Open Floor (Floor 2)		
8:00 p.m. Black Belts (Floor 1) (Floor 2)	8:00 p.m. Black Belts (Floor 1) (Floor 2)	8:00 p.m. Weapons* (Floor 1) Iaido** (Floor 2)	8:00 p.m. Black Belts (Floor 1) (Floor 2)			
Schedule effective Oct. 1, 2009.				*Additional charge for this class. **Open to non-members also.		



Class Attendance

Students are allowed and encouraged to attend as many classes as are available to them at their current rank. At least two evenings a week are highly recommended for a solid grasp of the curriculum, as well as maintaining good physical conditioning and consistent progression.

Home Practice

Students are encouraged to diligently practice the techniques they are learning at home as well as in class. However, trying to move ahead and learn new techniques at home without proper instruction is strongly discouraged.

Private Instruction

Private classes are available for both members and non-members or OTMA. Current members receive substantial discounts on private classes. There will only be a limited number of privates taught and they are on a first come, first served basis so reserve yours early. **Private classes will be charged for unless cancelled 24 hours in advance. Call early if you need to cancel. Email cancelations will not be accepted.**

ONE TREE MARTIAL ARTS
Eau Claire's Premier Martial Arts School!

- **CLASS SCHEDULE**
- **MEMBER'S INFO**

RULES OF CONDUCT

All students are expected to honor the following rules of conduct. These rules help the martial artist practice respect, honor, self-control and awareness. These qualities are also expected from all martial artists in their daily life and activities with family, friends and strangers.

Upon entering or exiting the dojo, execute a bow. This shows respect for the school and what it stands for.

Upon entering or exiting the dojo, execute a bow to the highest ranking belt. This shows respect for their commitment and dedication to the martial arts.

Shoes and hats are to be removed upon entering the dojo and lined up neatly in the designated areas. The dojo is to be kept neat and clean at all times. It is everyone's duty to keep it this way. Also, remove any cumbersome jewelry such as earrings, rings or bracelets before class.

Always be early for class. Tardiness causes all to suffer and shows a disregard for others. If you are late, you will be required to observe the class rather than participate.

Never pass between an instructor and his or her class.

When called into formation, run! When told to do something by an instructor, run! If this is not done, it indicates disobedience or being out of shape, neither of which are acceptable from a martial artist. When standing in formation you should be paying attention to one thing - the instructor or the task at hand. Never let your eyes wander.

When you need to ask a question during a class, always raise your hand.

Always answer with a bow and a "Yes sir!" or "No sir!" never "Yeah" or "Uh-huh". Improper speech is not compatible with a martial artist. Teachers are to be addressed as Master _____.

If you don't have anything to do, think of something constructive to your training. Time is valuable, don't just sit or "goof off" with your friends.

Never teach a lower belt anything new unless you are specifically asked to do so by your instructors.

Take pride in your uniform, keep it neat and clean at all times. If your uniform becomes overly soiled, replace it. Uniforms are not to be worn outside of the dojo. When you need to fix your uniform or belt, turn away from the class and instructors.

Observe a high degree of personal hygiene. Toenails and fingernails should be kept clean and trim.

You are to exhibit self-control inside and outside of the dojo. You should never start a fight. This will result in immediate expulsion from the school.

The martial arts is not a "show off" sport. You should not clown around, or try and impress others with your physical know-how. This pertains not only to the regular class time, but also in your neighborhood, home and school. Failures in this area show that you do not have the right attitude to advance in the marital arts.

Class Cancelations

Periodically, classes will be need to be cancelled due to weather, holidays or other special events. Classes will always be canceled when the Eau Claire schools are closed due to weather. Classes are always canceled the night of Promotion Testing. (Check the bulletin board for testing dates.) Other cancelations will be announced via our automated call around system and/or email. (Be sure to update OTMA when you have a change of contact information.) Holiday cancelations will be posted on the bulletin board and/or on the website in the Member's Area at least two weeks in advance.

TESTING PROCEDURE

In order to progress through the belt ranks at OTMA, students must meet the strict guidelines outlined below.

1. Train at the required number of months.

White Belt and White Senior	- 2 Months
Yellow Belt and Yellow Senior	- 3 Months
Green Belt and Green Senior	- 3 Months
Blue Belt and Blue Senior	- 4 Months
Red Belt and Red Senior	- 6 Months

2. Attend the required number of classes.

White Belt and White Senior	- 24 Classes
Yellow Belt and Yellow Senior	- 36 Classes
Green Belt and Green Senior	- 36 Classes
Blue Belt and Blue Senior	- 48 Classes
Red Belt and Red Senior	- 72 Classes

3. Receive 4 tips on their belt.

- Tip 1. Defensive Techniques
- Tip 2. Offensive Techniques
- Tip 3. Forms
- Tip 4. Knowledge

4. Pass the Qualification Test.

Qualification Test date and times are posted. They are usually held the week before the Promotion Test and are private.

5. Pass the Promotion Test.

Promotion Tests are usually held the last Thursday of the month at 6:00 p.m.. The public is welcome to attend these tests.

OTMA's Website

www.OneTreeMartialArts.com

OTMA's website has a Member's Area where you can check for class cancelations, download study materials get instructor's contact information or even pay tuition.

The current password is _____.