



# IMAA SCHEDULE

SCHEDULE VALID  
SEPT 2018—DEC 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dragons 4-6 yo		4:00—4:30	3:45—4:15			
W/Y/O 6-12 yo	4:00—4:45			5:00—5:45	4:00—4:45	9:00—9:45
P/BI 7-13 yo	4:45—5:30	4:15—5:00		5:00—5:45		
G/Br 8-13 yo		5:00—5:45	4:00—4:45		4:45—5:30	9:45—10:30
R/R-BIK/BIK 9-13 yo	5:30—6:15		5:30—6:15	4:15—5:00		
Teen 12-16 yo	6:15—7:15		6:15—7:15	5:45—6:45		
Adult 15+		5:45—6:45				
Demo Team 10+			4:15—5:30			

Be advised that the Summer Schedule Begins June 24th 2019

## Instructor's Class Policies & Expectations:

**Dear Student,** The following are things we require of you. If you find that there are words you don't understand we implore you to seek a dictionary. They hold a huge number of wonderful words just waiting to be learned and used.

1) **FULL UNIFORM, BE RESPONSIBLE** *"Learn to take responsibility so someday you can write the endings to your own stories."*

Whilst the Fall Schedule is in effect, full uniform must be worn to all classes except Demo Team. Full Uniform includes: Gi Pants, Crew Neck T-Shirt (tucked in), Gi Top, & Belt earned at the conclusion of the last test.

It is your responsibility, **NOT** that of your parent/guardian, to remember your full uniform. Unless expressly given, no exceptions will be made and no excuses will be tolerated. If you are missing a piece of your uniform you will be *gently* reminded not to forget it again. As human beings we struggle to acquire and value personal responsibility if lessons of personal responsibility are not given and enforced.

2) **BE ON TIME, BE RESPECTFUL** *"Early is on time, on time is late, late is...don't be late."*

You should arrive 10 minutes prior to the start of your class time and **be seated on the mat in full uniform, belt in hand, 5 minutes before** your class time. Sparring gear should be placed neatly off to the side of the dojo and your water should be on the wall. Use this time to stretch or check in/up on different documents. This is not the time to talk loudly, fool around or disrupt activities, classes, or conversations that were in progress before you arrived.

A grace period of 1 week will be provided upon the start of the Fall Schedule while you are developing your weekly routine. You are expected to have adjusted by mid-September.

Unless permission is granted ahead of time, latecomers will also be *gently* reminded not to be late again.

As a latecomer you hold up or interrupt class and may alter an instructor's lesson plan. We also consider habitual tardiness to be disrespect and it will be dealt with as so.

3) **BE HERE, MOTIVATED, PRESENT, FOCUSED** *"Leave your day with your shoes."*

You will progress through the ranks at your own pace. We cannot give you internal motivation and external motivation will only take you so far. We wish everyone could become a black belt student, but that journey is ultimately yours. Come to class ready to learn, stay focused, work hard and have fun. If you come motivated to learn we will be motivated to teach, and we can all have a great class.

Unless it's to help you push through a fear or anxiety it is not our job nor your parent/guardian's job to push you into a test before you feel ready. However, giving you the freedom to do your best, excel, and achieve your goals when you are ready is a duty that we all share.

If you consistently attend fewer than 2 classes per week you will progress significantly slower than your peers who attend 2+ classes per week. Lessons typically vary class to class so too few will cause you to fall behind in your acquisition of skill and knowledge and hinder the retention and quality of your previously attained skills and knowledge.

If you had a tough day and want to talk to us, we are here for you. If not, leave your day with your shoes and be present with us in class, your day will be there for you to pick up again when you leave, and it may even be improved.