



# **WELCOME PACKET**

for Adult Students of TMACenter Dojo

**Shihan Michael Hernandez**  
Owner & Chief Instructor

**2947 N. Druid Hills Rd. Atlanta, GA 30329**  
**404/315-1040 (Phone) • TMACenter.com (Website)**

## **Dojo Rules & Regulations**

- (1) Instructors will be addressed as (Mr., Ms., Sensei (3rd Dan or higher) or appropriate title – in and out of class, and the chain of command should always be followed.
- (2) Bow in and out of dojo and mat area.
- (3) To enter onto the mat, first bow to the kamiza, then to the senior rank on the mat. When leaving the mat, do the same, but in reverse.
- (4) Good hygiene must be observed at all times, including nails neatly trimmed and uniform cleaned and pressed. Clean feet are imperative.
- (5) Talking in class is not permitted unless asking or answering a question, and hands must be raised straight overhead to be recognized.
- (6) Students must maintain a notebook for their own use when studying.
- (7) The only acceptable method of moving about the dojo during class or when asked to do something by one of your instructors is to RUN.
- (8) Never appear idle on the mat, it is a place of work, 100% effort is required.
- (9) Excessive noise or loud talking, even in the waiting area, will not be tolerated in the dojo.
- (10) Students are expected to attend a minimum of two classes per week and are to assist in the cleaning (soji) and maintenance of the dojo.
- (11) If you are physically unable to participate in class, but you attend – full class credit is granted.
- (12) All students must notify the dojo if they are planning on missing two or more classes.
- (13) Always do your best to make new students feel part of the dojo.
- (14) Students are encouraged to support and attend all dojo activities, seminars, and the like.
- (15) Remove your belt (obi) before eating, drinking, and leaving dojo. Never let your obi drop to the floor.
- (16) Students must bring a notebook to class..



# The Martial Arts Center



## Promotion Costs

Promotion costs at The Martial Arts Center cover the following:  
Beautiful Promotion Certificate of Rank Advancement, New Obi (Belt),  
Work Book Materials for next rank and Examination Fee. Good Luck!

### **Yellow Belt Promotion**

**\$35**

### **Blue Belt Promotion**

**\$40**

### **Green Belt Promotion**

**\$45**

### **Purple Belt Promotion**

**\$50**

### **Brown Belt Promotion**

**\$60**

### **Jr. Black Belt Promotion**

**\$100**

### **Adult Black Belt Promotion**

**\$250**

American Budokai International Black Belt Certificate  
Special Embroidered Black Belt  
Examination Fee

# Private Lessons

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## The Martial Arts Center

*“There are many benefits to a one on one private session...”*

**There are fewer distractions**

**Great time to review curriculum before a test**

**You will get the instructor’s complete attention**

**Particular areas of development can be focused on**

**It is a great time to have your specific questions answered**

**You get a personal coach to keep you encouraged & motivated**

*“I am interested in a Private Lesson...  
What should I do next?”*

If you would like to schedule a private lesson, please see the front office for times and days available. We offer 1/2 hour and 1 hour private sessions. You will have an opportunity to choose from a number of instructors: Shihan Mike, Dai Sempai Laura and others. All are excellent instructors. Each instructor is very articulate with their instruction for your benefit. The cost for a 1/2 hour ranges from \$30 to \$35 and for the hour \$55 to \$65. Private lessons are very popular so don't delay in scheduling one. We look forward to training with you one on one.

# Gift Certificates

## For That Special Occasion

Our “**Gift Certificate**” makes a great gift for a friend or family member. It offers many options for you to choose from. You, as the giver, can choose the gift(s) or you can allow the receiver to choose the gift(s).

### The Available Packages are:

- 2 Weeks of Karate & Uniform**
- 1 Hour Japanese Restorative Massage**
- 1 Hour Private Lesson (Karate/JuJitsu)**

If you would like to purchase a **Gift Certificate**, please see the front office. Be sure to let us know which package(s) you would like the certificate to reflect. If you would like the receiver to have the option of choosing then we will leave it blank. Our **Gift Certificate** is only \$65. We accept cash, check or charge (Visa & MC). We look forward to answering any questions you might have.



# Gift Certificate



From The Martial Arts Center

### Massage Package

1 Hour Japanese  
Restorative Massage

### Karate Package

Two Weeks &  
Uniform

### Private Lesson Package

1 Hour Lesson  
Karate & JiuJitsu

To: \_\_\_\_\_

From: \_\_\_\_\_

Package: \_\_\_\_\_

Certificate # \_\_\_\_\_

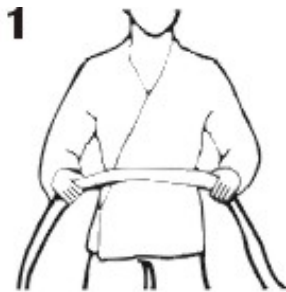
### Appointments Are Necessary

To schedule an appointment, please  
contact The Martial Arts Center at  
404/315-1040 or Website: [TMACenter.com](http://TMACenter.com)

The Martial Arts Center ~ 2947 N. Druid Hills Rd ~ Atlanta, GA 30329 ~ Toco Hills Shopping Center

# Tying Obi

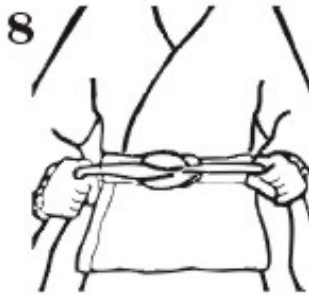
The belt in the Martial Arts is referred to as an Obi. Although the colors may vary among schools, each represents a level of accomplishment and knowledge. Be sure to learn how to tie your own belt as well as others. Practice makes perfect...



- 1) Place center of Obi along front of waist.
- 2) Wrap Obi around back and bring to front. Obi should lay flat.
- 3) Make sure Obi is even in front. Wrap left side over both.



- 4) Tuck left end under both.
- 5) Pull each end to opposite sides until comfortable. Not too tight.
- 6) Place right side over left side.



- 7) Tuck right end of Obi up through hole.
- 8) Pull each end to opposite sides (not up & down) until tight.
- 9) Allow Obi to hang naturally in center of body.

# Counting In Japanese & Okinawan

## Japanese Numbers

**Ichi** ~ One

**Ni** ~ Two

**San** ~ Three

**Shi** ~ Four

**Go** ~ Five

**Roku** ~ Six

**Shichi** ~ Seven

**Hachi** ~ Eight

**Ku** ~ Nine

**Ju** ~ Ten

## Okinawan Numbers

**Tea ch** ~ One

**Tarch** ~ Two

**Mee ch** ~ Three

**Yuu ch** ~ Four

**Ichi chi** ~ Five

**Mud ch** ~ Six

**Nana ch** ~ Seven

**Yar ch** ~ Eight

**Kukunu ch** ~ Nine

**Too** ~ Ten



# The American Budokai International

空手道



柔術

## **The American Budokai International**

The American Budokai International is the 'parent' martial art organization for Shuriryu Karate and Shintoyoshinkai Jiu Jitsu. It is dedicated to the preservation of traditional martial arts study, history and culture, as well as the promotion of character development, leadership skills and honorable conduct through traditional training, continuing education and fellowship.

### **ABI Membership Include:**

ABI Embroidered Uniform Patch  
Beautiful Certificate of Membership  
Yearly Martial Arts Seminar Discounts  
The Eagle & Sword Quarterly Newsletter

**As a student of The Martial Arts Center, in order to seek membership in the American Budokai International, one must first earn the rank of Shichikyu ~ Yellow Belt. The student must be held in high regard by his teacher and must be recommended for membership. Good Luck!**