

**Welcome to the Wonderful World of  
MARTIAL ARTS**

# **Student Orientation Guide**



**MALTA**

Martial Arts Leadership Training Association



You have chosen one of the finest schools in the United States. Your instructor's leadership and guidance will help you achieve your goal of Black Belt Excellence and beyond. Please read this basic Student Manual and remember to follow each step to earn your Black Belt Leadership Recommendation.



# THIS MANUAL BELONGS TO:

*The journey of 1000 miles begins with a single step. Congratulations on beginning your path to becoming a Black Belt Leader and beyond!*

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

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## Receive your White Belt

Rule 1: Do your best.  
Demonstrate: Self Control in  
class and home.

INITIALS: \_\_\_\_\_

DATE: \_\_\_\_\_

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

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## Receive Required Flag Patch

Recite: Pledge of Allegiance  
\*Define Pledge -promise  
\*Define Allegiance - loyalty

INITIALS: \_\_\_\_\_

DATE: \_\_\_\_\_

# Model Parents Success Secrets

## Secret #1

Model parents realize that the MALTA academies are not daycare centers, so they pick up their children promptly. They realize that the front desk staff cannot be responsible for their children left unattended before or after classes.

## Secret #2

Model parents always bring something quiet to do or read during their child's classes. They know that talking is disruptive to the class and to other parents who are reading or working quietly. If model parents want to socialize, they go outside or go get a cup of coffee until the class period is over.

## Secret #3

Model parents pay attention to what their children are learning in class, and reinforce the positive behaviors at home. They realize that as parents, they are an important part of the MALTA team, and help their children to improve by working with the instructors and staying informed.

## Secret #4

Model parents never interact with their children during classes. They realize that observing a MALTA class is just like observing at their school, and the instructor is in charge during class time. Interrupting and/or interacting with their child would be very disrespectful to the instructor, and distracting to the students.

## Secret #5

Model parents know that their child is an individual who will progress at their own rate. They never compare one child to their siblings, or to other students. They encourage and support each child's progress, and help each child set and achieve realistic goals.

## Secret #6

Model parents remember why their child started taking karate in the first place, not to memorize forms, but to improve themselves as people. So model parents are never harsh or pushy with instructors about simply learning and memorizing. They take a moment to see how their child is improving as a whole, realizing that rank promotion is just part of the big picture.

## Secret #7

Model parents know if they have a problem or concern about their child's training, progress, or about the school, they should go directly to the instructor, not to the other parents. Model parents never start or spread gossip. In fact, they do their best to stamp it out.

## Secret #8

Model parents are encouraging to all students at the academy during testing, tournaments and demonstrations. They know that through their example, their children will also learn to encourage and support everyone in the MALTA family.

## Secret #9

Model parents always make sure that they and their children show extra respect and courtesy when attending graduations, tournaments, and other special MALTA functions. They teach by example how to be a good sport, win or lose. If they do have a concern, they respectfully take it directly to the staff.

## Secret #10

Model parents help their child set regular goals both in and out of the academy. They take the time to help their child write out their life goals and plan to achieve those goals. Model parents know that they are helping their child develop the perseverance and self discipline needed to stick to commitments and achieve great personal success.

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DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_



## Receive First Stripe on Belt

*Attendance is important for learning new skills. The stripes on the left side of the belt are for attending two classes each week.*

INITIALS: \_\_\_\_\_

DATE: \_\_\_\_\_

4

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

BELT _/_/_	FLAG _/_/_	STRIPE _/_/_	PROGRESS CHECK _/_/_
(5) _/_/_	(6) _/_/_	(7) _/_/_	PROGRESS CHECK _/_/_

## Receive your Progress Check

*This is a opportunity to chat with your instructor one-on-one. You will receive feedback on your progress as well as have a chance to ask any questions you may have.*

INITIALS: \_\_\_\_\_

DATE: \_\_\_\_\_

## Progress Check :

To monitor progress and discuss Black Belt Training.

### Citizenship Awards Program

Students are encouraged to complete monthly Chore Charts to build positive habits at home. Students earn STAR patches to proudly display on their uniforms for their efforts.



# MALTA CREED

## STUDENT CREED

1. I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.
2. I intend to develop self discipline in order to bring out the best in myself and others.
3. I intend to use what I learn in class, constructively and defensively, to help myself and my fellow man and to never be abusive or offensive.

## Little Leaders Student Oath

I Will Respect My Parents (hand military salute)  
Wear My Safety Belt (hand across to left hip)  
Be Courteous to Others (hand in front with palm up)  
Defend What is Right (low block)  
Show Love (palms together in front)  
To My Family  
To My Country  
And To My God.  
Victory (arms up and out creating a "V")  
Humility (hands down standing at attention)  
Courtesy (hands at chest creating a heart and bow)

# UNIFORMS - PATCHES



The **MALTA** patch is worn on the left chest of the uniform.



The **American Flag** patch

is worn on the left shoulder, centered just below the seam.



The **Star** patch

is worn on the lapel, starting at the neck/shoulder and moving down the lapel as more are earned.

## You might see these uniforms in class

### Leadership Programs



**Blue Tops** signify students in the Level I S.T.O.R.M. Program.

**STORM** stands for Special Team Of Role Models.

These students assist other students by greeting them at the door and helping out around the studio.



**Red Tops** signify students in the Level II S.T.O.R.M Program.

These students assist instructors and begin Level I of our Certified Instructor Training.



**Black Tops** signify students in the Certified Instructor Program.

These students help out in classes and assist the instructor by working with small groups of students. There are several different instructor levels, advancing all the way to chief instructor as indicated on the back of their uniforms.

# FAQ

## **WHEN AM I READY TO GRADUATE?**

Our entire system is set up so that you move forward in your training every 12 weeks. You will do great – keep trying your best!

## **WHAT IF I DON'T FEEL READY TO GRADUATE?**

Belt rank keeps you progressing with momentum. Students who don't move up end up quitting. Talk to your instructor about what you can do to be most prepared. Remember that all students have different strengths.

## **WHAT DO I HAVE TO KNOW TO GRADUATE?**

We recommend that you make it to 12 classes each cycle. You have to try your best and give 100% with what you have been learning in class! It is really that simple.

## **WHY ARE PEOPLE BETTER OR WORSE THAN ME AT THE SAME BELT?**

Every black belt has different strengths. Our goal at AFKF is to put everyone on a path to black belt excellence. Our request is that you focus on your improvement and progress in each and every class.

## **AM I GOOD ENOUGH?**

You will be as good as you want to be. Remember that this is a journey and your goal should be to improve and get 1% better each class.

## **WHAT IF MY KID DOESN'T KNOW ALL THE MOVES?**

In the Beginner Class, it is OK if your child can't kick really high or do a back flip. Here at MALTA we base your child's advancement on attitude, intensity, and participation. If your child is trying his/her best, has a great attitude, and has attended the required number of classes then he/she is ready to move up to the next level.

## **SHARING IS CARING .....**

**As a lifelong learner and student at MALTA, you have three main responsibilities:**

- 1: Always in everything you do give 100%
- 2: Learn as much as you can from each and every event, tournament, seminar, and class.
- 3: Share what you have learned with others.

Recently, MALTA decided to become a referral based academy, which means we accept new members only if they are referred by our current members or one of our instructors. This way you get to decide who your family trains with and is influenced by.

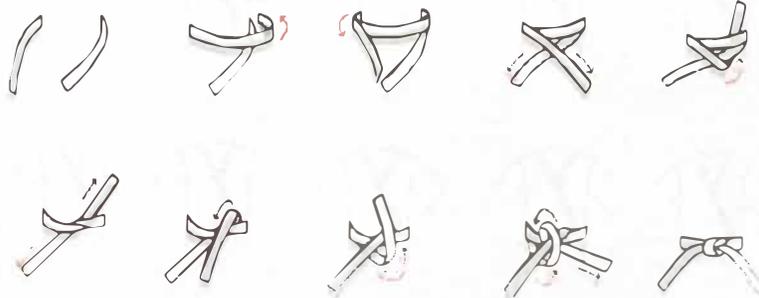
Please help us share the good news of MALTA with the rest of our community.

**Here are two ways to help MALTA grow to help more people with the benefits of martial arts:**

- 1: Pick up a special guest invitation VIP ticket from the front desk and share it with a friend.
- 2: Have one of our instructors come to give a free class at your school, work, church group, boy/girl scout troop, summer camp or other group activity.

# HOW TO TIE YOUR BELT:

- 1- Put your belt behind you with the center on your back.
- 2- Wrap once around your waist.
- 3- Right hand over left.
- 4- Top belt comes up and through, then pull tight.
- 5- Left hand over right.
- 6- Bottom belt goes over and down then through.
- 7- Pull tight. When you finish you should have an arrow.



## Stripes Awarded in Class

- |                |                       |
|----------------|-----------------------|
| <b>Yellow:</b> | Basics                |
| <b>Orange:</b> | Grabs                 |
| <b>Green:</b>  | Kickboxing Drills     |
| <b>Blue:</b>   | Kata                  |
| <b>Red:</b>    | Testing Qualification |



## **BELTS AND STRIPES.....**

We feel that providing opportunities for rewards, incentives, and belonging to a positive peer group is extremely important. We therefore have created, and will continue to create, avenues for students to set and achieve their goals. It all starts with attendance and learning the required curriculum, good behavior and attitude. This leads to stripes and belts. For those students who so desire, we have provided various additional groups for them to earn the right to join.

We believe... “A person without a goal is like a boat without a rudder”.

## **THE BELTS – THE GOAL.....**

Martial Arts for children should be a personal development program designed to make our students positive, centered human beings. Concentration and focus, coupled with self discipline, are the power tools we are using to teach respect for self and others. Our stripe system develops self confidence and helps the instructor to understand what each student needs to make that next step to Black Belt Excellence. Each set of curriculum that is learned by the student will be rewarded with stripes on both tips before being tested for the next belt. Stripes on the left side of the belt are for attendance, and the stripes on the right side of the belt are for developing skill with the curriculum.

Students in Martial Arts Leadership Training Academies show their progress by the color of their belts. The darker the belt, the higher the rank.

In the old days, the student started out as a white belt.

As they practiced their art, the sweat, dirt and hard work made their belts darker.

# TESTING .....

- 1) Full uniform is required with belt.
- 2) Minimum of twelve classes per test cycle. (Instructor's discretion)
- 3) Proficiency of required curriculum based on individual ability.
- 4) Recommended by your instructor to test.
- 5) Pre-registered with your instructor/front desk for testing.
- 6) Certification fees for all belt levels and midterms for Black Belts must be paid 10 days prior to Belt Testing Graduation.
- 7) Tuition account current.

Testing our students and having them achieve their goal symbolizes their individual potential at becoming proficient at our system.

We stress individuality because we must look at each student's individual ability to determine if they are ready to advance or not. We can determine when a child has reached their potential at certain levels and ask you to trust us on our decisions. We have the children's best interest at heart. If you have concerns, please feel free to talk with your instructor privately at the beginning or end of class. Testing is the most fragile aspect of training. We make every attempt to see our students make the necessary progress.

Sometimes this involves extra help or holding them back from a stripe or belt. It is not important if they go straight through the system with minimal time or take longer. What really matters is what they learn on the journey. It's the journey, not the destination that builds successful people.

Team work is essential for your child to gain the benefits provided through Martial Arts.

# BLACK BELT TRAINING PROGRAM

The Black Belt Program is designed to help our students obtain greater success in all areas of their lives, making seemingly impossible dreams a reality.

This program is based on 40 years of experience in developing the world's finest martial arts instructors.

The Black Belt Program has no restrictions for age, rank, or physical ability. Whether the student is in elementary school or an officer for a Fortune 500 company, leaders (like martial arts instructors) are selected based on personal merit.

Leaders are not born, they are created with physical, mental and philosophical experiences and lessons such as those provided in our Black Belt Program.

The key to your success in our program is your personal conviction & commitment to becoming a role model, which ultimately defines you as a martial artist, human being, and true leader. Master Clements entrusts the selection of Black Belt Program candidates to his chief instructors, and your instructor will inform you when he/she believes you are ready to begin this first level of training. When it looks like setting a goal for black belt makes sense, your instructor will check your progress and discuss black belt training & explain the entire program.

Here is what you have to look forward to in our  
**Advanced Training Program**

**Unlimited Class Attendance**

**Class Sparring**

Safe martial arts application  
in a fun atmosphere

**Board Breaking**

Confidence & power development  
Basic, Advanced, Expert

**Weapons Systems**

Develop hand-eye coordination &  
physical strength

**Self Defense Systems**

basic & advanced

**White to Black Belt  
Training Curriculum**

**6 Tasks Leadership Program**

**Respect**

**Teamwork**

**Self-discipline**

**Perseverance**

**Leadership**

**Knowledge**

**Access to all Academy Seminars**

**S.T.O.R.M**

**Special Team of Role Models**

**C.I. T.**

**Certified Instructors Training**

