



NEW STUDENT ORIENTATION

Welcome to Meeks Martial Arts! You've started a new adventure that can be very rewarding. As a member here, know that you are a part of our martial arts family now. Here are the basics you need to know to have a great experience. If you're in a hurry **READ THE BOLD STUFF AT LEAST.**

REGISTERING FOR CLASSES AND TUITION

- ❑ Always register for classes you plan to attend by logging into your online ZenPlanner account at www.meeksmartialarts.com. In order to have productive classes, class sizes are limited.
- ❑ You may attend as many classes as your membership allows each month. Unused classes are lost on the 1st of each new month, so use them before then if possible. There may be times when you can't or don't want to use all of your available classes and that's ok.
- ❑ You may cancel your class reservation and reschedule for another class if possible. To do this, log into your Zenplanner account. Please do this when possible as it allows other students to attend a class in your place and you won't lose your class credit for that day. Win Win!
- ❑ Tuition is drafted from your payment method on file the 1st of each month. Membership will be dropped on the 10th for non-payment, though it may be reactivated. Payment information may be updated by logging into your online account anytime.

UNIFORM REQUIREMENTS AND PERSONAL APPEARANCE

- ❑ **Standard Uniform:** In Taekwondo classes, students below black belt will wear a white uniform (required within 30 days of membership) that includes top, pants, and belt. Females should wear a white shirt or sport bra under their uniform. T-Shirts are optional for males, but must be white if worn. Black belts wear black uniforms with black undershirt if worn. Uniforms should be purchased at our school because they are specially embroidered for us.
- ❑ **Summer Uniform:** During June, July, and August, students may wear a school shirt instead of their standard uniform top if they choose.
- ❑ **Tumbling Uniform:** Tumblers may wear a school tshirt and martial arts pants.
- ❑ **Jujitsu Uniform:** Students may wear their standard uniform (top, pant, and belt). In place of the traditional top, a school shirt, or approved grappling shirt may be worn.
- ❑ **Personal appearance:** Students should come to class clean, with a clean uniform. Hair should be neat, fingernails and toenails trimmed. Jewelry should be removed for safety. Tattoos should be covered if indecent or offensive. As a student of the martial arts, you represent not only yourself, but your family, the martial arts community, and this school. You should present yourself in a way that brings honor to all of these.

CONTINUED ON BACK!

CONDUCT

- ❑ Show respect to instructors, fellow students, and elders at all times. Use “sir” and “ma’am” when appropriate.
- ❑ Bow when entering or leaving the training room (dojang). It is a special place.
- ❑ Use martial arts techniques learned in class for good reasons like personal training, self-defense, or defense of loved ones.
- ❑ Foul language and profanity are not allowed in the classroom.
- ❑ Remember, you represent not only yourself, but your family, the martial arts community, and this school. You should conduct yourself in a way that brings honor to all of these.

CLASS CANCELATION POLICY

- ❑ If Henderson County Schools close for weather, we cancel classes for that day as well.
- ❑ If in doubt, always login to ZenPlanner and check the calendar.

RECOMMENDED ATTENDANCE

- ❑ Students are required to have a set number of training hours to promote to their next rank.
- ❑ If able, training in two classes per week is preferable for students to learn and improve skills at an expected rate. But one class is always better than none.
- ❑ Home practice is highly encouraged. Students should make a point to practice at home between classes. Even 5-10 minute workouts improve skills!

COMMUNICATION

- ❑ Students and parents may communicate with the instructor in the following ways:
Email: daniel@meeksmartialarts.com
Phone/Text: 270-826-5425 (KICK)
Facebook: @meeksmartialarts