

Welcome to Karate Rocks
What's the buzz about?

Karate Rocks Family Martial Arts is a revolutionary Martial Art School designed specifically for people with different goals in mind... mobility, motivation, self defence and street smarts. We have a lot to offer.

What makes us different?

The instructors at Karate Rocks Family Martial Arts have all competed at the highest level with excellent results, and have proven that anything is possible. We are keeping our skills up to date to help us help you.

What is our mission?

Our Mission is to make our students more successful in life through the practice of Martial Arts. We do this by teaching Karate as a complete discipline, uniting motor skills with mind, body and spirit.

This approach develops physical defence while encouraging the formation of high personal standards of behaviour and respect for fellow men and women.

Our highly motivated teaching will make you strive to be your best, develop individuals who are positive and respected. Karate Rocks prides itself on having one of the lowest student to Instructor Ratios in the industry

Don't just work out... Learn a skill that can save your life!

New students are entitled to three introductory lessons. Parents must sign the appropriate enrolment/consent form and insurance waiver documentation before their children are allowed to train.

Classes are Monday and Wednesday, or Tuesday and Thursday with a combined class on Saturday, Statutory Holidays weekends excepted.

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| • Little Rocks | 3-6 years old | 4:45 to 5:30 | Saturday 9:00 – 9:45 |
| • Juniors | 7-14 years old | 5:45 to 6:45 | Saturday 10:00 – 11:00 |
| • Adults | 14 years older | 7:00 to 8:00 | Saturday 11:15 – 12:15 |

Payment:

All payment is due on or before the first of the month. All payment received after the first scheduled class of the month will result in a \$10:00 late fee. In the event of a cheque being returned for Non sufficient funds, a \$25.00 fee will be assessed to your account. If we have more than one of your cheques returned we will require payment by another method.

All evaluation for promotion fees must be paid in cash prior to the evaluation date. These fees covers the testing instructor's time, new belt, certificate of promotion, and access to all material located on the Karate Rocks home page.

All testing beyond Blue Belt will be done on bi-monthly basis on a Saturday in front of a testing board. Should you or your child be eligible for testing, you will be notified by Master Panazzola. Be advised that the student is being evaluated every class and that all conduct will be taken into consideration. Please do not ask when your next promotion will be.

Please bear in mind, not all students progress at the same level. Some may take a little longer to progress than others. If you or your student start at the same time as others, don't assume they will test together. Karate Rocks does not test on the number of classes attended, but your performance and understanding of the curriculum for that rank.

Dues and promotion fees must be paid before you or your child will be allowed to train.

Gear, uniforms, apparel and merchandise must be paid in cash, prior to ordering or receiving your merchandise.

Karate Rocks is a very active karate school and throughout the year, we may host special events that benefit local charities. At other times local charities will request their needs to us, and we appreciate the students participation at these events. Please understand that this benefits those less fortunate than us and Karate Rocks does not profit from these events.

Karate Rocks may host a Friendship Tournament for all of our students as a fun day that other local schools are welcome to attend. There is a fee for participating and attending in this tournament, the fee is to cover the cost of the event only, and is not for profit.

Karate Rocks is a competitive school and our students compete in Karate tournaments throughout the year. Competing is not mandatory, however should a student choose to compete, this student is not covered by the Karate Rocks Insurance, and all expenses incurred are the sole responsibility of the competitor.

Information needing to be communicated to you such as promotions, schedule changes, events, dojo news will be communicated on the Website at www.karaterocks.com or the Karate Rocks Family Martial Arts Facebook Page.
(<https://www.facebook.com/groups/284475162272741>)

Parents or Guardians are responsible for the supervision of their children prior to class at the Karate School. You should arrive no earlier than 15 minutes before class starts. If there is another class in session, students should not be on the dojo floor. No disruptions will be tolerated.

Students are not allowed to run around the dojo floor before class. They are permitted to practice or stretch on their own.

Parents should try to have their children use the washroom before class starts and will be responsible to take them to the washroom if needed during class. Instructors WILL NOT accompany your child to the washroom. Washrooms are to be left clean after use. The student or parent of the student will be responsible for cleaning the washrooms if not left clean.

The student must bow before entering or exiting the dojo and addressing black belts/instructors. This shows respect.

We encourage you to take an active interest or role in your child's progress however, parents are not allowed on the dojo floor during class. Please keep the talking to a whisper as it distracts the black belts/instructors and other class students. Turn cell phones off or on vibrate. Please clean up after yourselves (no food is allowed in the dojo). Other children should also be under strict supervision.

If the weather outside is severe enough for travel advisories chances are that the school could be closed. If in doubt please check the website at www.karaterocks.com or the Karate Rocks Family Martial Arts Facebook Page.
(<https://www.facebook.com/groups/284475162272741>)

We ask if your child is sick please have them stay home and rest and mend so that no one else gets sick.

At the end of class, please leave in a timely manner with your children as there is another class starting immediately.

Disruptive behaviour will not be tolerated, please leave your issues outside.

All guests should be introduced to Master Panazzola

Master Panazzola is the head of the school and has the final word over all other black belts/instructors. If you have any questions or concerns during the course of your child's training with Master Panazzola, please see him before class starts so he can arrange a time to speak with you.

All instructors will be addressed as Master, Sensei, Sempai, or Mr. /Miss/Mrs. and last name. If you don't know which one to use please ask.

Respect for higher-ranking students (kyu's) is required. In fact, respect for all dojo members is expected from all staff and students.

When called to order, form a line with the highest rank on the right hand side and descending down by rank. Please do this in a timely manner. You will formally be bowed in, and class will begin.

Raise your hand if you have a question and wait for the black belt/instructor to acknowledge you. Bow before and after you ask your question(s).

Students should be standing in listening stance or at attention when Master Panazzola or black belts/instructors are talking or demonstrating.

Please no talking during class unless a question is asked of you or you have a question for Master Panazzola or other black belts/instructors.

Students are not allowed to leave the dojo floor without permission from one of the black belts/instructors.

Please remember that this is a contact sport and at times there will be physical contact. If you feel that any contact is of an inappropriate manner, please see Master Panazzola or one of the black belts/instructors immediately. Please do not attempt to resolve this yourself.

Never touch another student or their equipment unless instructed to do so. We have a "no touch" policy at Karate Rocks FMA.

Personnel hygiene must be maintained.

Hair must be put up and out of your face.

Fingernails and toenails must be clean and clipped short.

Karate uniforms (gi) are mandatory unless prior permission is given.

Belt (obi) must be tied correctly. If you need help ask one of the black belts/instructors.

Uniform (gi) must be clean and neat. But do not wash your belt (obi).

Female students should wear appropriate undergarments or t-shirts underneath their gi tops.

Disruptive behaviour will not be tolerated. Show self control and focus.

Misuse of Karate Rocks equipment will be cause for dismissal.

Jewelry is not to be worn while in class.

Sitting on floor or leaning against wall during class is not permitted unless instructed to do so.

Running or horseplay leads to accidents and is not allowed.

You must have an instructor present during sparring.

Mandatory sparring gear: head protection, hand and foot protection, cup/athletic supporter, and mouth guard. No form of contact can be allowed without proper equipment.

Bring all weapons to class, if applicable.

No gum chewing or food allowed on dojo floor.

Profanity will not be tolerated.

Shoes are not allowed on dojo floor unless prior permission is given.

Be ready to train, having practiced at home since last class.

Report all injuries to one of the black belts/instructors.

When given water breaks, everyone is to get a drink quickly and then immediately return to the dojo floor. Bow in again before re-entering.

Please note that your son/daughter will be shown discipline for not following the rules during class, if we require reprimanding your child we have a three strike rule. After the three strikes they will be asked to leave the dojo floor for the remainder of the class, and then Master Panazzola or one of the instructors will have a talk with them.

If you need to use the washroom and have to leave the dojo floor you must ask one of the black belts/instructors.

Do not ask when you are going to be promoted. This is considered inappropriate. You will be given proper notification when you are ready to be tested.

Information needed to be communicated to you such as promotions, schedule changes, events; dojo news etc. will be communicated by Master Panazzola or posted on the Karate Rocks internet site www.Karaterocks.com or the Karate Rocks Family Martial Arts Facebook Page. (<https://www.facebook.com/groups/284475162272741>)

Keep the dojo and washroom area clean.

All students must bring a karate note book to class for taking notes during and for later reference.

Smoking on the premises is not permitted.

Clean uniform (gi) is required for all testing.

Respect and practice what you have learned.

Everyone should keep a serious attitude during class. What guests and people on the outside think of our dojo will depend upon what you project to them. Remember you only have one chance for a first impression.

While We encourage cross training for those students that would benefit from it, If at any time you or your child wish to attend a tournament, seminar, or cross train at a different school, permission must be obtained from Master Panazzola first. He will be able to tell you if such a venture will be beneficial to your training.

Never use your Karate or what you have learned outside the dojo unless you must defend yourself from attack.

Any student found guilty of unreasonable conduct inside or outside the dojo (i.e. showing off, intimidating others, unauthorized teaching, or abusing the art of Karate in any way) may result in you being asked to leave.

Black belts/Instructors

Please try to arrive on time.

Show Black belt attitude.

If you arrive early, please stand quietly off the dojo floor so as to not interfere with the previous class unless requested to assist the current class.

Black belt/instructors are the role models to lower ranks and should act appropriately.

Any Black belt/Instructor found guilty of unreasonable conduct inside or outside the dojo (i.e. showing off, intimidating others, unauthorized teaching, or abusing the art of Karate in any way) may and will result in you being asked to leave.

Black belts should keep a serious attitude during class. What parents, guests and people on the outside think of our dojo will depend upon what you project to them. You only have one chance for a first impression.

I agree that any video or photography may be used by Karate Rocks Family Martial Arts for advertising, trade, promotion, exhibition or any other lawful purposes, and become the property of Karate Rocks Family Martial Arts.