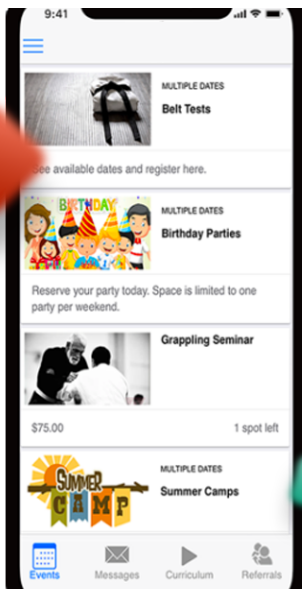


Laterza's Championship Karate  
7300 Hwy 140  
Adairsville, Ga. 30103  
(678) 767-0596

# Student Handbook to L.C.K.

We are so glad you chose us to start your martial arts journey! You will soon discover the benefits of training martial arts through the life skills we teach along with exciting interactive classes for the whole family.

Download My Studio App to view our memberships, events, school store, and more.



Use code **LCK** to access

## School Tenants

*(Parents start working these with child)*

Our Aims to Achieve Are...

Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit

## Behavior Expectations

In continuing the tradition of martial arts, we expect each student to follow rules and present themselves with a good attitude, respect, effort, and calmness in class. Line up in attention when waiting for your instructor to enter. No foul language, bullying, or negativity will be tolerated.

## Martial Arts Etiquette

- Bow when entering or leaving your dojo(training space)
- Bow to your fellow classmates and instructors as a show of respect
- Turn away to adjust your belt or uniform.
- Don't put your belt on the floor and fold your uniform neatly. Take good care of what you have earned.
- Use courtesy and titles in class such as Ma'am, Sir, Mr., Mrs., Ext.

## Orientation Class

We highly recommend parents and children watch the Orientation Video attached to the email we sent with this handbook. It will help set the foundation for the life skills we teach as well as proper hand position and a few things they will need to know going into class. If the student is 10 or older, no need to watch.

## Accessing Your Intro

Step 1: Download the Zoom App

Step 2: Open app 5 mins before class

Step 3: Enter ID: 6787670596

Step 4: Enter Password: LCK

### Intro Schedule: Mon-Fri

3:00- 5 & under

3:20- age 6-9

3:40- age 10+

**Call 678-767-0596 if you have trouble!**

**What do I wear?** Gym or play clothes. No socks. Hair pulled up. No jewelry.

### What do I need for the virtual intro?

Just a clear space to practice along with the device you will use for viewing Zoom. Some people put down a yoga mat or blanket but it's not necessary for this class. Indoor or outdoor is fine, just make sure you have a good signal.

### What do I need for my intro at the studio?

Just a water bottle and a parent or guardian if under 18.

### Can I bring a friend?

Absolutely and we recommend you do! Just make sure they sign up through the same link you did before attending so we can have a waiver on file.

## Becoming a Member

If you enjoyed your free trial and are ready to take the next step, check out all of our membership options that can be viewed on the My Studio App. After your trial is up, you can click Memberships to enroll through a quick and easy process on My Studio. Once you have become a member, you will be sent a different Zoom ID number and password to access all of our Virtual Academy Classes available on your plan as well as gaining access to our Resources Center on My Studio. This will unlock our 1 on 1 free private lesson scheduler, curriculum, tutorials, and mini at home workouts you can do on your own time. New students will receive a start up pack based on your plan.

*We look forward to meeting you in your first class. See you soon!*

*-L.C.K. Staff*

**[www.championship-karate.com](http://www.championship-karate.com)**