

Downtown Martial Arts Academy

How Can Parents Help?

- Bring your child to the dojo at least five minutes before their class starts.
- Make sure your child arrives and leaves with all of their own stuff.
- Encourage children to follow and respect the Dojo rules and the instructor's instructions
- Leave the instructors in charge of the class. You are encouraged to watch, but please do not coach, or otherwise distract the children.
- Encourage children to practice for 15 minutes every day and to show you what they learn.
- Download the lesson plan for the week and ask your child to show you the material that was supposed to be covered in class.
- Watch a class once or twice per month
- Be sure your child is well-rested and eating nutritious foods. While your child's diet is your concern, his/her behavior on the mat is ours. Please, no caffeine, candy, sweets, or junk food before class.
- While it is their responsibility to fill in their own black belt kid's sheets, you can remind your children to do so and to bring them to class.
- Check the Black Belt Kid's Sheet roster by the main office, it will tell you whether we actually received your child's sheet for the week.
- Periodically review the Children's Manual and Rank Requirement with your child, so that both of you know what to expect.
- Talk to your child about qualities emphasized for stripes. Notice and encourage these behaviors at home.
- Talk to an instructor at least once a month about your child's progress. Maintain a dialogue with the instructors regarding challenges your child may have here or elsewhere, any information which may help us better instruct your child, or any other interests or concerns you may have.
- If you have any questions, concerns, or suggestions, we want to hear them, so please feel free to chat with any of the instructors. We are here to help you and your children.

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