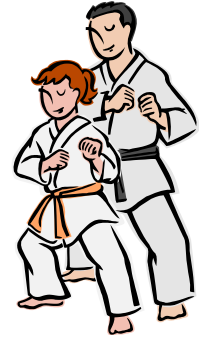




Welcome to Blue Belt and Beyond!



Congratulations on your promotion to Blue Belt! Blue Belt is a tremendous step. You have been training now for over a year. This means studying the martial arts is something more than just a hobby or something to try. It is something you have been working hard on and are serious about.

I would like to take this opportunity to give you a heads up on some things you should know about being a Blue Belt.

- 1. Testing requirements—Once reaching Blue Belt, students will be required to know and will be tested on all belt levels from white on up. It is very important to be practicing consistently. Please do not wait till crunch time before testing to start reviewing your previous belt levels. Consistent practice is key. LEMA DVDs are available. If extra help needed, see a LEMA staff member for assistance.**

Practice Tip. I recommend all students prepare a practice schedule. Parents, I encourage you to be involved in planning this schedule. In my experience, children whose parents are involved in their training, have the most long term success. Put your practice schedule on the calendar and make it a consistent, daily routine.

(ONE BELT LEVEL A DAY—EVERY DAY—10 MINUTES A DAY)

- 2. As you are progressing, you will need you to pick up a few additional required pieces of gear. Students at Blue Belt are required to get a pair of escrima sticks, a practice knife and grappling headgear and open hand MMA gloves for both sparring and grappling. This is the last of the gear that students will need to purchase unless they grow out of, or need to re-place existing pieces. Please see a LEMA staff member for assistance. This gear can be picked up any time at any level prior to the required belt level.**

See you on the mat!

Sensei