



FREQUENTLY ASKED QUESTIONS

Who/What is World Martial Arts?

The program that your child will be participating was **founded in 1975** and has been under the supervision of head instructors **Mike Sawyer** and **Cory Schafer** since 1982.

Mike Sawyer is a 5th Degree black belt, former ESPN Martial Arts analyst and Director of the US OPEN World Martial Arts Championships – the largest and most prestigious sport karate tournament in the world.

Cory Schafer is a 4th Degree black belt, president of the International Sport Karate Association and director of Regulatory Affairs for both Bellator MMA on SPIKE TV and Glory Kickboxing on ESPN.

WMA Staff of instructors also includes:

William Smith III – a 3rd Degree black belt with 30 years of experience

Dan Farrah – a 2nd Degree black belt with 25 year of experience

Lisa Greco – a 1st Degree black belt with 12 years of experience

Malha Schafer – a 1st Degree Junior black belt with 9 years of experience

What is WMA's Teaching Philosophy?

The remarkable success of our **children's program** is based on teaching a fundamental philosophy of **accountability** combined with a real formula for **achieving success** (in karate or any other activity!). Reward and recognition are **earned** based on performance rather than **awarded** based on attendance. Every child makes the conscious choice to find their own brand of greatness by embracing a success formula that includes **listening, concentrating, consistently trying their hardest** and learning to **never giving up**.

What Will My Child Learn?

Your child will be learning **Wado Ryu Karate** (WAH Doh Roo kah-RAH-tay) which is one of the four original **Japanese** Martial Arts. "Wado" literally means, "The Way of Peace", because the highest goal of karate is to find peace within yourself and with others. They will learn individual techniques (stances, blocks, strikes and kicks) along with traditional katas (KAH-tahs) which are series of pre-arranged techniques executed against imaginary opponents to help them improve focus and build their skills, balance and fitness.

How Will My Child Benefit and How Does the Belt System Work?

Children are motivated by the image and skills of Karate. Our instructors will help your child improve their **listening skills** and **mental focus** in order to earn recognition for improving their karate technique. Every belt has a specific curriculum that is divided into small sections. Students will earn **different colored stripes** on their belt in recognition of, and reward for their progress. When a child can demonstrate competence at the entire curriculum for their current belt level, they will participate in a ceremonial test and be promoted to their next belt.

WORLD MARTIAL ARTS WADO-RYU YOUTH BELT RANK SYSTEM			
BEGINNING LEVEL S	INTERMEDIATE LEVELS	ADVANCED LEVELS	JR. INSTRUCTOR LEVELS
White Belt Advance White Belt	Blue Belt Advance Blue Belt	Brown Belt Level 1	1 ST Degree Jr. Black Belt
Yellow Belt Advance Yellow Belt	Green Belt Advance Green Belt	Brown Belt Level 2	2 nd Degree Jr. Black Belt
Orange Belt Advanced Orange Belt	Purple Belt Advanced Purple Belt	Brown Belt Level 3 (Jr. Black Belt Candidate)	3 rd Degree Jr. Black Belt

Every child progresses at the own pace! There is no such thing as “catching up” or any need to try to “keep up” with anyone or anything other than their own goals. Belt “striping” occurs in your child’s regular classes, as does belt testing for advance blue belt and below. Parents are always notified about their child’s upcoming test schedule. There is no belt striping fee. Belt test fees are rank dependent and are under \$35 for the beginning and intermediate ranks (this pays for the new belt, certificate and listing with our International Karate Association)

Is it True that Karate Can Help Build Confidence?

Yes certainly! Because karate is challenging, and because stripes and belts are only awarded for real progress, **your child will begin to believe in their own ability** to achieve and overcome challenges through dedication, diligence and hard work.

What if my child has never done Karate before or Lacks Focus?

The vast majority of children who begin in our program **have little or no previous experience**. And the **top two reason’s** that parents encourage their children to try karate is to find a way to help them improve their **focus and/or build self-confidence**. Our program is centered on addressing those two essential goals.

What if my child has previous experience?

Since 1975 we have worked with hundreds of students who have had varying levels of previous experience in the martial arts (including black belts). We will allow them to **take full advantage of their experience** towards developing their skills and earning rank in our system. Since every child **progresses at their own pace** there is no concern about them being “held back” by less talented or less-experienced students.

What if My Child Has Special Challenges?

There is very little that we have not seen in the more than 40 years serving our community. Martial Arts by its very nature often attracts individuals who may have **unique challenges**. Whether it is Attention Deficit Disorder, Hyperactivity or any other type of challenge, we have helped children find their own brand of success through training in the martial arts. We encourage you to speak with one of our instructors for more information on how we work with special needs kids.

Is My Child Too Young?

That can be a difficult question to answer. We start children as young as four. If your child is **ready to benefit** from two sessions a week where we work to use their excitement about karate to motivate them to improve their focus, and build self-confidence then they are not too young.

How Often Should My Child Attend Class?

Although we offer programs that feature one class per week, we have found that twice a week will **improve their progress and help keep them motivated** far better! Some children attend three times per week and get incredible results.

Should My Child Practice at Home and What Can I Do To Help Them?

It is **not necessary** for your child to practice at home but if they are motivated to do so we encourage you to establish an **appropriate time and place**. However, the best thing that you can do to help them at home is to encourage and reinforce their love for karate through fun activities that your child's instructor can show you. Another way to assist with their progress (If you will be watching their classes) is to **offer them an honest evaluation** of the quality of their effort. Recognize and reward improvement in focus and diligence. These are the skills that will lead them to success in karate, school and life.