



Mile High Karate
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“THANK YOU FOR YOUR INTEREST IN OUR SCHOOL AND IN THE MILE HIGH KARATE® PROGRAM”

We are excited about the prospect of helping you, or your child achieve the many benefits of karate. Self-defense, flexibility, cardiovascular conditioning, muscle tone, self-discipline, and self-confidence are only a few of the many advantages you can gain from this program.

Before your next lesson, please think about the program. If you are married, talk about it with your spouse. If you are enrolling your child, include him or her in the conversation with the other parent. The questions listed should give you a framework for discussion.

Please answer these questions honestly to yourself before your second lesson. At that time the program director will finalize your enrollment, explain more about how the program works and assist you in setting goals for your progress.

Sincerely,

Stephen Oliver
 7th Degree Black Belt
 Chief Master Instructor

Your next class is:

Before then, answer these questions honestly:

- Q: What do I like about the program?**
- Q: What benefits do I expect to gain from karate?**
- Q: What days will I attend classes?**
- Q: Will I adhere to the values of the student creeds?**

Mile High Karate® Student Creeds

I develop myself physically and mentally, based on the Mile High Karate spirit.

I will only fight to protect my life and the lives of others.

I achieve my fullest potential in developing knowledge, honesty, and strength.

- Q: Can I see myself setting a goal and following though?**
(it can take approximately 48 months to achieve black belt)
- Q: Can we see participating as a family?**
(A high percentage of children enrolling have one or both parents attending classes with them. Consider enrolling as a family)
- Q: Are we willing to support our school and share the value of its program with others?**
(The quality of our school depends largely upon the quality of our students. Our most committed students are referred to us by family and friends)
- Q: Am I willing to Commit myself?**
(You should come to the second lesson prepared to finalize financial arrangements. A minimum deposit is required to cover initial tuition and there are a wide variety of payment options available for continuing tuition coverage. The program director will help you select the one most appropriate for you.)

Both parents must be present for the enrollment of a child. Similarly, adults are encouraged to bring any family member that may be affected by the time or financial commitment made by the student.

Mile High Karate

The Introductory Lesson:

“EYE CONTACT” and “YES SIR” These two concepts are the base of the lessons and will enhance your student’s ability to concentrate and feel confident about their learning experience.

The Two Most Important Techniques of the Martial Arts

“ATTENTION” and “BOW” While performing Attention position a student is required to stand perfectly still. This is taught as the ability to control ones’ self and we all know the value of self-control...it also develops an intense level of focus and concentration needed to reach “Black Belt” level in anything. The “BOW” is a universal sign of respect and gratitude. It is the IDEA of respect...turned into action.

“POLITE GREETING” The polite greeting is taught to enhance a student’s social skill. When a young student has the ability to greet others confidently it affects their self-image and self-esteem. Further more, the polite greeting shows respect for others.

THE GUARDING “Not Fighting Stance” and the VALUE OF SPIRIT and INTENSITY

When the guarding stance is taught it should be accompanied by a loud yell and a look of maximum intensity. The real value of this motion is the intensity of spirit that you will develop through its practice. No one will ever pay you to make a guarding stance...but many people will pay you for your personal intensity, spirit, and passion that you give to the things you do.

Punching and Commitment. How many times will you have to practice your punches before you start to get good? We know that it partially depends on the intensity, spirit, and attention to detail that you practice with...But, to be realistic, anything not committed to for at least 100 tries cannot be considered a champions effort. How many times will you attempt to try something (that’s important to you) before you tell yourself you’ve not been successful? For many ultra-successes, champions, inventors, and black belts ten-thousand tries. You can adopt the “100 times” way of thinking. We call this ...COMMITMENT. Everyone wants to be successful. It is just that many people do not COMMIT to do what it will take to BE successful. Don’t begin your Martial Arts journey without the knowledge that 100 classes will be when you’ve begun to show a champions level of commitment.

The Front – Leg Stretch. You can always do better than you think you can. Don’t underestimate your abilities, set your goals high!

The VALUE of what you’ve learned today. If you can develop a Black Belt level of focus, concentration, respect for self and others, spirit and intensity, and the understanding of what it takes to be successful in the challenging goals you’ve set for yourself...you will have acquired something truly worth a fortune. As you begin your study of the Martial Arts always put these qualities and skills above all else.

Review of Concepts:

- 1) Eyes and “Yes Sir”.
- 2) The Two Most Important Techniques.
- 3) Polite Greeting.
- 4) Value of Spirit and Intensity.
- 5) 100 Times: the “C” word.
- 6) Front Leg Stretch and Setting Challenging Goals.

 *On a Quest to be the Best*

Mile High Karate "Karate For Kids"™

Parent Information

At Mile High Karate, we have the #1 program for kids in the western United States.

Mile High Karate's program is vigorously designed in conjunction with experts in the field of education to provide social, physical, emotional and attitudinal growth.

WHY KARATE INSTRUCTION WILL BENEFIT YOUR CHILD

Mile High Karate's program works hand in hand with a child's school work, providing self-discipline, self-confidence, mental alertness, and goal setting skills.

Young people are taught at Mile High Karate that through dedicated, intense work, all worthwhile goals in life are possible.

Parents have attributed our program with improved grades as a direct result of the increased achievement motivation, self-direction, and self-confidence provided by the program.

GOAL SETTING

It is important for each child to learn to set short-term, intermediate, and long-term goals.

At Mile High Karate, every child's goal is the BLACK BELT. BLACKBELT is a symbol of excellence in martial arts and an important tool for instructors and parents to use for developing desire, tenacity, and for teaching the importance of follow-through in any activity.

EXAM EMPHASIS ON SCHOOL WORK

All young people in the program are required to bring copies of their grades from school, complete parent/teacher intent to promote forms, and complete exam qualification forms prior to testing.

Mile High Karate's instructors work hand-in-hand with school teachers and parents to insure a well-balanced and focused development process for each child.

PROPER USE OF SKILLS

It is consistently stressed to all students that karate skills require them never to be abusive or offensive and are only for use defensively.

Here is what our parents have said:

“Stephen Oliver’s Mile High Karate is exceptional. Our son Corey has gained self- confidence, self-discipline, and self-respect...all while having fun and working out.”

Mike Stites, Wheatridge

“Our daughter’s self-confidence has grown tremendously. She can stand up in front of her class in school and give an oral report of high caliber. At one time, that would have been very difficult for her. She’s been chosen by her teacher to do independent studies. We don’t think she could have done that without what she’d learned in karate.”

Robert & Kathy Lewis, Lakewood

“ We were looking for something to stop our son from beating up on his sister. Thanks to Stephen Oliver’s Mile High Karate training, he’s now a model student - he won’t hit anyone. His teacher can’t say enough good things about his behavior. He’s become a leader in class. He sits quietly. Everyone wants to sit by him. And yes he no longer hits his sister.”

Stan & Laurie McKinnon, Highlands Ranch

“Right away, My boy started taking pride in what he was doing. He loved getting better control of his body, both physically and emotionally. He’s a very exuberant child. Usually, it’s a real effort for him to keep his feet on the ground. Now he has no problem. He also got frustrated easily. Now he can tame his frustration and be glad about it.”

Lorenzo Trujillo, Ph.D., J.D., Arvada

“My son, Nick, started when he was 7 years old – now he’s 18, a 3rd Degree Black Belt and senior instructor. I am continually amazed at the tremendously positive effect that Stephen Oliver’s Mile High Karate has had his confidence, personal self-esteem, and his self-direction. He now is a tremendous public speaker and has confidence in front of large and small audiences”

Ron French, Littleton

“We could tell the teachers were interested in our boy right from the get go.” There’s a nurturing that goes on between student and teacher. Maybe that’s why they are so successful teaching both martial arts and values.”

Jack & Sue Davidson, Littleton



Job List

DEVELOP GOOD HABITS THAT WILL LAST A LIFETIME

Name: _____

Date: _____

Clean Room	S	M	T	W	T	F	S
Make My bed							
Hang up my clothes							
Put away all personal belongings							
Self Care	S	M	T	W	T	F	S
Brush my teeth							
Take a bath							
Put all dirty clothes in the laundry							
Lay out my school clothes							
School	S	M	T	W	T	F	S
Complete home work							
Did I work hard and take pride in my lessons today?							
Remember: lunch money, notes from teacher, and overdue library books?							
Did I treat my classmates and teachers with respect?							
Family	S	M	T	W	T	F	S
Pick up all personal belongings around the house							
Clean up after meals and snacks (take out the trash)							
Did I treat my family with love and respect?							

The special goal I'm working toward this week:

Weekly Goal:	
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Note: Blank spaces are left for you to fill in your special jobs.

Inspected by: _____
(Parent or Guardian)

