

St. Anne Martial Arts

WHITE HORSE ACADEMY OF MARTIAL ARTS

5608A Pinemont Dr. Houston, TX 77092

281-630-5120 whama@swbell.net

www.whama.com

Grand Master Barbara A. Dickens – 8th Dan Black Belt, Universal Way

My program teaches a variety of Martial Arts. The basic program is **Korean Taekwondo**, which means *Art of Foot and Fist*. Included are elements of **Japanese/Okinawan Karate** which means *Art of Empty Hand*, as well as techniques from **Korean Hapkido** which means *Way of United Power*. At the higher levels, I include **Chinese Kung Fu** which means *Excellence in Knowledge*.

Taekwondo and Karate are considered “hard arts” as they are very powerful and strong in movement. They are designed to increase strength and physical power. Kung Fu is a “soft art” and its focus is on long life, good health and internal peace and harmony. Teaching this variety of art enables all to practice martial arts regardless of age, physical ability or limitations.

From Martial Arts training, children and adults can gain: self-esteem, discipline, exercise, flexibility, increased energy levels, concentration, coordination, agility, patience, strong spirit, perseverance, integrity, courtesy, self-control and respect for self and others. Added to these fine qualities comes the knowledge of proven self-defense techniques.

I want students to achieve rank as they deserve. Rank level in Martial Arts is very important – the ranks are like steps up a ladder. Each level is similar to advancing a grade in school and is an accomplishment for each student to be very proud to have earned. I believe in what I teach; I live it and experience it daily. If I did not, I would not feel so strongly about its significance in the lives of my students.

Each student is expected and encouraged to progress through the course at his/her own pace. If the student stops training for an extended period, current tuition rate may be charged. The student will obey the rules, endeavor to conduct themselves in a manner befitting a student even in daily life, respond with respect to instructors and fellow students, and never do anything to disgrace the dojang. Strict observation of the rules relative to training will largely eliminate the possibility of accident or injury. Students and parents waive any claim to damages assessed against White Horse Academy of Martial Arts and/or principals, instructors, and students in his/her training activities.

NOTE: Uniforms and sparring gear must be purchased from WHAMA so all students will be alike and meet insurance requirements. (no exceptions). Prices for uniforms and gear are competitive or lower and will be brought to school for your student.

Classes at: ST. ANNE CATHOLIC SCHOOL

Day: Tuesday afternoon

Class 3:00 to 4:30 pm

\$60 Registration

\$50 per month

\$55 Uniform

\$60 Rank testing fee

\$109 Sparring gear (boys)

\$89 Sparring gear (girls)

\$25 WHAMA bag (holds all gear + uniform)

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WHITE HORSE ACADEMY OF MARTIAL ARTS REGISTRATION & INFORMATION

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I agree for my child to take the Martial Arts course taught by **White Horse Academy of Martial Arts** for the tuition arrangements indicated. There is a \$60 registration fee which, along with all tuition \$50/month, is payable to **White Horse Academy of Martial Arts**. Classes will not be held on holidays.

White Horse Academy of Martial Arts obligates itself to furnish competent instructors. All classes, practice sessions, examinations (at an extra fee), and contests are supervised by **Master Barbara Dickens** or another designated, responsible adult instructor. Official belt recognition and certification will be issued upon completion of each examination.

The student, upon being admitted to join the Dojang, will: obey the rules, endeavor to conduct themselves in a manner befitting a student even in daily life, respond with respect to instructors and fellow students, and never do anything to disgrace the Dojang.

I (the undersigned) understand that my child's strict observation of the rules and regulations relative to his or her training will largely eliminate the possibility of accident or injury. As part of this contract, I waive any claim to damages assessed against White Horse Academy of Martial Arts and/or its principals, instructors, and students in his or her training activity.

\$60 REGISTRATION FEE and \$50 FIRST MONTH'S TUITION must be enclosed for registration to be effective. Uniforms are required at a cost of \$55. I will size uniforms the first class then bring them the following class. Sparring gear is required for all students.

NOTE: Uniforms and sparring gear must be purchased from WHAMA so all students will look alike and insurance requirements will be met (NO exceptions) Uniforms and gear are competitively or lower priced than stores, Call or e-mail to order. Gear will be brought to class.

Student Name: _____ Date of Birth: _____ Grade: _____
Tuesday 3:00 – 4:30 p.m.

Parent/Guardian Name: _____

Email: _____

Home Address: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____ Work Phone: _____

Parent/Guardian Signature: _____

List All Persons Authorized To Pick Up Student(s):

Please check one: _____ Student **is** enrolled in extended day
_____ Student **is not** enrolled day