

COMMONLY ASKED QUESTIONS!

Adults ages 16 years & up...we focus on...

- ❖ Conditioning as well as self-defence training such as; proper warm ups, strength training & stretching
- ❖ Our program develops Great Black Belts with positive attitudes and life skills for success!
- ❖ Our classes will help you improve your; fitness, self confidence, focus and give you a great stress release!
- ❖ We employ and train Full Time, Adult Career Black Belts. We maintain low student to Instructor ratios



www.greatwayma.ca

How Does Testing Work...stripes & belts?

- ❖ We promote students to their next rank during the months of; Sept., Dec., March, & June
- ❖ Students earn one black Stripe each month. 3 are needed to qualify for belt exam
- ❖ We Evaluate Based on; Attendance, Effort, Attitude, Practice & Skill Level
- ❖ If you miss a Progress Stripe you can make it up during scheduled private lessons; go to BOOK ME on website
- ❖ Quarterly, belt exam week is followed by promotion day where we begin with a skills workshop followed by presenting each student who passed their belt exam with their new rank. Sat. from 4:30 to 5:30 pm and we encourage all students to attend even if they did not test



[facebook.com/
Greatwaymartialarts](https://facebook.com/Greatwaymartialarts)

Resources ...

- ❖ Check out our resource center located in the lower viewing area; monthly events calendars, weekly newsletters, curriculum sheets, who's Birthday is it this month, events flyers, testing and promotion dates and guest passes.
- ❖ Website; see next page for resource details



[youtube.com/
greatwaymakelownia](https://youtube.com/greatwaymakelownia)

Great Way Martial Arts Student Website Features

1. An email will be sent to you automatically as an active student, if already active a letter has been sent
2. In your email there will be a "link" to click to open browser . Please login with the user and password in the email. Once logged in go to "MY ACCOUNT" to change password

LOGIN

My Account
-change password

LOUNGE

GWMA's facebook, write comments, check coming events & more!

MEMBERSHIPS

4 week courses and punch cards you can refer a friend right here to get started!

PRODUCTS

Shop online for new training gear, uniform, weapons, gift ideas, featured and sale items next phase gear and MA videos & more!

ALBUMS

Check out special event photos or create your own album and upload MA photos to share with others. Martial Arts photos only!

BOOK ME

Reserve a intro lesson, refer a friend directly to our browser. Reserve a spot in one of our special events; seminar, free SD monthly etc. Reserve a private lesson

VIRTUAL ACADEMY

sorted by rank/phase & unit e.g. winter, spring or 1, 2 etc., choose a video, plays in youtube format. Always adding **MORE VIDEOS!** Only Students can see this tab, can refer a friend to our youtube channel



YOUR NAME

➔ **My Profile**

Once you login click here to:

- Edit; address, email, billing info, phone no.
- Check Attendance
- Check Billing info
- Check Purchase history