

Quantum Kids Program

New student information

Quantum Martial Arts
2390 Mission Street, Suite 305
San Francisco, CA 94110

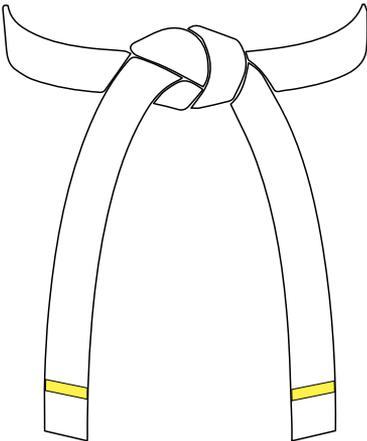
quantumsf.org

415.810.1420



Welcome to the Dojo!

The Quantum Dojo is a meticulously crafted space that encourages kids to be brave, respectful, feel safe, and learn resilience. The walls, ceiling, and even the floor are white; through the creation of a “blank page” completely free from distraction, we create an arena where we can all engage in important lessons about community, strength, and discipline. Providing a white uniform and a white belt in a nearly all-white space helps to clear past perceptions and provides an opportunity for the new student to let go of old stories, limitations, and fears.



Meaning of “Yes Ma’am”

We ask all our students to say Yes, Ma’am and Yes, Sir when an instructor speaks to them. For some, this is a new experience. Often students will reply with a story about why they cannot comply. “I can’t do that because...” or, “I tried that but it doesn’t work.” This is usually a defense mechanism.

Common to most people, the fear of making mistakes has the power to hijack almost anything we do. The Dojo is a place to confront and move through this experience. Most people feel good when they learn something new and get good at it. The only way to get good at something is to practice, try hard, and even fail a few times as you learn, get feedback, revise, and develop. Each attempt at a new technique, whether it’s a “perfect” kick or not, is valuable brick in the foundation of learning. We talk a lot in class about risk and reward; even though trying something new may seem difficult, scary, or impossible, kids learn that taking chances will help them grow and ultimately have more fun in their martial arts.

By teaching kids to respond with “Yes, Ma’am,” we are removing the opportunity for excuses and replacing it with an attitude of alacrity, joyful willingness to try. Combine this with the blank canvas of the Dojo, and students find that they have permission to write a new story about what they can do, allowing them to connect to the power of perseverance.

About the classes

Sparring: All sparring is no-contact and non-competitive. Kids are reminded before every sparring round by repeating the words “control and caution.” We also remind the students that the martial skills they learn are only to be used outside of the Dojo if needed defensively. Please inform us if your child strays outside those boundaries.

Tests: Every 4–5 weeks there is a belt rank test for curriculum assessment. Your child may be ready for each test in the first few months, but slow down after that. Not every student is tested at every test; only when they are ready. There is information on our website about requirements for testing. Upcoming test dates are posted at the Dojo and online. There is no fee for testing.

Mailing list: Please provide an email you check often; we communicate regularly about upcoming tests, schedule changes, and cancellations, as well as community events.

Photo release: We often take photo and video of classes to showcase our programming on our website, Facebook, Instagram, Yelp, newsletters, and other sites. If you do not want your child’s image used, please let us know.

Gendered locker rooms: Locker rooms at Quantum are open to an individual’s preferred gender identity. Parents assisting young kids should use the locker room of the adult’s preferred gender (not the child’s).

Leadership Program

This program is open to kids age 11 and older. As students “grow out” of the kids class (6–9 years old) and they become more confident in the teen classes (10–13 years old), we provide opportunities for our teens to assist and teach their peers and younger students. There are opportunities to earn awards and patches for their uniforms, and participation in the program can be a great extra curricular to site when applying to schools and seeking scholarships. Ask an Instructor or Assistant Instructor for more details on how to get your child involved in the Leadership Program.



Uniform care and wearing

Washing instructions

- ▲ Your child's uniform is 100% cotton, and will shrink considerably during the first 2–3 washings.
- ▲ Do not use bleach; the white uniforms are dyed white—bleach will remove the white dye and turn them a dishwater gray.
- ▲ Wash in hot water and dry thoroughly.
- ▲ To prevent wrinkling and avoid the need for ironing, remove from the dryer while hot and give it a good snap. Simply fold or hang up.

Never wash the belt!

- ▲ The belt will shrink too much and become too short for your child to comfortably tie it.
- ▲ When your child earns stripes on their belt, the stripes will come off in the wash.
- ▲ The belts should be broken in with sweat and hard work!

Putting on the uniform

- ▲ When helping your child put on their uniform top, tie the left side (inside) first, then cross the left panel over the right and tie on the right side (outer tie).

- ▲ **Tying the belt:** It is a class requirement for students to know how to tie their own belts. As your child is learning this complex task, you will likely feel compelled to help them, but it will be more helpful in the long run if you allow us to teach them to tie it. We will continue to show them how to tie their belt until they have developed the motor skills and manual dexterity required to accomplish it on their own. This is a very important part of their training!

Patches

Once your child is promoted to the rank of Yellow Belt, you will need to purchase a Quantum school patch (\$15) for their uniform.

- ▲ **Needle & thread:** The patches are not iron-on; you must sew the patches on the uniforms.
- ▲ **Placement:** The patch is affixed over the heart with the pyramid in the design pointing straight up to the sky. Most professional tailors will insist that the word “Quantum” be centered across the top, which is incorrect.
- ▲ **Pin first to test placement:** Remember when pinning on the patch that the two sides of the uniform top are slanted; pin on the patch for placement, then have your child try on the uniform to make sure that the pyramid is pointing straight up *when wearing*.
- ▲ **Other patches:** After a Quantum patch is affixed to the uniform, your child may add any other decorative patches they like, placed anywhere. Encourage ownership and reward your child for doing well in the class! Patches are a great way for students to express themselves, and are highly encouraged.

Black & Red uniforms

Upon attaining the rank of Green Belt, your child will be eligible for wearing a color uniform. It takes about a year to get to Green Belt, and this accomplishment represents commitment and perseverance.

- ▲ We usually have black and red uniforms in stock, but other colors can be special-ordered.
- ▲ Encourage self-expression and individuality through the embellishment of uniforms with patches and colors. Uniforms can be mixed and matched (i.e. white top with black pants and rank belt).

Washing

Washing black or color uniforms require special care.

- ▲ The black uniform must be washed once before your child can wear it in the Dojo, to prevent the black dye from staining our white mat.
- ▲ To keep the uniform from fading quickly, soak it in about a half cup of white vinegar during the rinse cycle the first time you wash it after purchasing.

Testings

- ▲ All students must be in a full white uniform with rank belt in order to participate in a belt testing.
- ▲ Yellow belts and above must have a Quantum patch.
- ▲ Green belts and above who have purchased black or red uniforms must still wear all white on the day of the test, *and* the day of the belt ceremony.
- ▲ To receive their new belt a student must be wearing their full uniform. If they forget their uniform on the day of the ceremony, they will receive their promotion next time they are in class in uniform.

Help your child get the most out of their training

Attendance

- ▲ **Please be on time!** Students arriving late are given ten push-ups and asked to line up in the back of the class, sacrificing their earned rank until it is convenient to reorder the lines. Being on time means your child will get the most out of their training, learning to stretch, building core strength and balance, and developing discipline. However, being late is better than not coming at all! We understand that families have a lot going on; a late arrival, while not optimal, is still beneficial for your child.
- ▲ **Open-mat play time:** The Dojo is open 15 minutes early to facilitate free-play time for the kids, providing plenty of time to change into the uniform and fill up water bottles. You will be more successful in timely arrival if you aim to arrive during this time. We also allow time after some classes for free-play.
- ▲ **Attend class as often as possible.** Monthly dues are for unlimited classes. Aim to attend 3 classes per week for best results. Planning for three classes means you will make at least two. The results are exponential; two classes are four times as good as one. Three classes a week allows your child a chance

to repeat life lessons and skill building frequently, exploring social skills, developing discipline, and reinforcing valuable lessons in leadership, community, focus, and perseverance.

- ▲ **Leaving early:** Please let us know *before the class begins* if you will be taking your child out of class early. We take our stewardship of your child very seriously, and we plan our activities around who is in class and how many kids we have for partner exercises. To ensure a smooth experience for all of the Quantum students and teachers, please get the attention of an Instructor before you call your child off the mat during a class.

Being prepared

- ▲ **Packing for class:** Make sure your child has their uniform and water bottle packed and ready for class. Help your child participate in the value of discipline by engaging them to pack for class the night before. If you find yourself on the way to the Dojo and are missing part of the uniform, don't worry. Your child can still take class, as long as it is an infrequent and isolated occurrence. Enrolled students without uniforms or belts will sacrifice their earned rank for the day, and line up in the back of the class.
- ▲ **Bring water!** Make sure your child has a water bottle for class. We work the kids hard! Water is essential not just for a successful workout, but also for creating life-long good habits.
- ▲ **Eat healthy!** A great snack before class is fresh fruit coupled with something like nuts, bread, or granola. Your child will have enough quick energy to get through class alert and ready to learn. Stay away

from processed meats or dairy; these take longer to digest and will slow your child down and lead to stomach aches during exercise.

Drawing boundaries

- ▲ **No coaching from the sidelines.** The Quantum Dojo is specifically designed to entice your child to “buy in” to the rules of the mat. In order for this to work, they are going to need to test boundaries. While at times this may be difficult for a parent to watch, it is a crucial part of your child’s training. If you see a potentially dangerous situation, please flag an Instructor or Assistant on the floor.
- ▲ **Illness:** Please do not bring your child to the Dojo if they are sick.
- ▲ **Injuries:** Alert us if your child is training with an injury we should know about!

Dojo rules

1. All students must bow when entering and leaving the Dojo (exception: using the restroom).
2. When entering the training floor, students should always use the towel to disinfect and clean their feet. They are trained to wet the towel with a vinegar solution before they step up to clean their feet. Bowing is always required when entering and leaving the training floor.
3. Once a class has begun, students are not allowed to go into the locker rooms to retrieve any personal belongings. Students should bring everything they need out onto the floor and place it by the side of the mat.

4. Students may have cell phones at the side of the mat during class to receive communications from their parents. Students may not play games, watch videos, or do anything else with their devices during class.
5. Students are asked to say Yes Ma'am or Yes Sir when an Instructor or Asst. Instructor speaks to them.
6. Students should address their teachers by last name, or by adding a title (Master, Ms., or Mr.) in front of the first name. So Master Evans, or Master Rachael, but never 'Hey, Rachael!' Master Evans is the only one with the title of Master, which is earned at 4th degree black belt.
7. There is no swearing allowed in the Dojo.
8. There is no fighting allowed in the Dojo.
9. Martial arts skills learned at the Dojo are only to be used outside the Dojo for self-defense and protection of others. Students who are found using their martial arts skills to harm others inside or outside the Dojo could be demoted or lose their rank belt, among other disciplinary actions including expulsion.
10. Water is the only liquid allowed on the training floor. If a student brings any drink other than water, they must keep it on a table in the lobby and bow off the floor during breaks to drink it.
11. The Quantum Dojo is a vegetarian space; please do not pack snacks that include animal protein.
12. Food can only be consumed at one of the tables. There is absolutely no eating on the mat.
13. Chewing gum is prohibited anywhere in the Dojo.

Costs

Quantum is a qualified 501(c)3 not-for-profit organization in the State of California.

Fees are as follows:

Uniform: \$30–45

Yearly membership fee: The starting point for children is the \$60 “Student” level. This is 100% tax-deductible, as there is no exchange of goods or services. Below are the yearly membership options at which families can elect to support the Quantum Dojo:

- △ **Base Rate** \$60
- ▲ **Family** \$80 (Covers two or more family members)
- ▲ **Benefactor** \$150
- ▲ **Supporter** \$250
- ▲ **Patron** \$500
- ▲ **Angel** \$1000

Monthly dues: Most families pay \$132/month for a single student. A second sibling or cousin enrolled receives a discounted monthly rate. The third sibling is free.

Sliding scale: Our monthly dues are less than 50% of the current market rate for martial arts classes in San Francisco. We keep our starting point low to make classes accessible to families in need, and then slide up or down depending on level of need. We ask families with more

resources to contribute above the minimum; currently the highest monthly contribution is \$250. Anything above the base rate of \$132 is considered a 100% tax-deductible donation.

Others who are in need are offered a reduced rate. We currently provide 100% scholarships to several families.

There are no contracts; you are free to cancel at any time. We ask that you provide 30-days-notice when canceling. Most families prefer to enroll in auto-pay and provide a credit or debit card number, but cash or checks are also fine. Please aim to drop off cash or check payments during the last week of each month.

As a non-profit, Quantum fees are not for access to the classes. Many classes are taught by volunteers—the fees are for maintenance and upkeep of the Dojo. As such, please consider your Quantum membership dues an on-going obligation even when traveling or taking time off.

Questions and resources

Website: quantumsf.org

- ▲ There is a wealth of information on our website about the classes, the Quantum style, our history, weekly class schedule, community events, as well as details of the curriculum.
- ▲ When a student is practicing at home for an upcoming belt test, it is helpful to look up a written list of everything they need to know. The steps to the forms, one-steps, and rank level techniques are all listed on the website under ‘Kids Curriculum.’

Contact information

Before and after class can be a busy time in the Dojo to have a conversation. Master Evans is reachable by phone and email should you need to discuss your child's training or have further questions that can't be easily answered between classes in the Dojo.

Dojo phone: 415-810-1420

Master Evans email: rachael@quantumssf.org

Assistant Instructors

Quarks, kids, and teen classes are taught by a rotation of Assistant Instructors, with support from other helpers who are currently training in the Quantum adult program. All Assistant Instructors are authorized to teach classes, sign up new students, receive payments dropped off at the Dojo, sell uniforms, and answer questions about the classes and style.

Amy Popovich, Asst. Instructor, Communications & Design Director, Board President, amy@quantumssf.org

Drew Uthman, Asst. Instructor, Facilities Manager, Board Member, drew@quantumssf.org

Michael Shehane, Asst. Instructor, Community Engagement Officer, Board Secretary, michael@quantumssf.org

Brad Lyons, Asst. Instructor, Outreach & Growth Manager, Board member, brad@quantumssf.org

Class assistants include Alex Kleissner and Yana Roginsky.

Word of mouth

Review sites like Yelp and Google have been our most successful outreach tool. Please give us a review!



quantumsf.org

San Francisco, CA

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