



Welcome to Guardian!

We are so excited to have you participating in our program! We are happy to provide this opportunity, through the support of Sovereign Grace Church, and we hope it is a blessing to each of you. We look forward to learning, working, and growing together!

“What can I expect on Day 1?”

~ We will meet at 6:30 PM on the first week of classes

~ We'll begin with a brief orientation meeting.

All new students, and a parent or legal guardian of any minor students, need to attend this initial meeting in order to participate in our program. If you have a schedule conflict, please contact us to arrange another time to meet.

During this orientation we will:

Have the chance to meet and welcome each of you

Complete and submit any necessary paperwork or fees

If fees were not paid online, you may pay in cash or by check (written to Sovereign Grace church, with GMFA in the memo line). A copy of the required GFMA waiver can be found at the bottom of the homepage on our website. This may be downloaded to your computer, filled in, and printed. Or you may print a blank form and fill it in by hand. We will also have blank forms available onsite, but you'll need to have your insurance information with you to complete the form.

Give a brief overview of our program, student policies, etc.

Answer any questions you may have

~ We'll begin our first class at 7:00 PM and end at 8:30 PM

“What do I need to do to prepare?”

~ Print off and fill out the GFMA waiver (instructions above) and bring it with you. If you are unable to print forms, no problem! Just bring your insurance information with you and we will provide blank waivers when you arrive for the orientation.

~ For those not wearing a martial arts uniform, just wear comfortable, modest clothing that will allow you freedom of movement. No shoes or socks are worn during class.

~ It's a great idea to bring bottled water with you to class. There is a drinking fountain onsite, but the water – while safe – is not very tasty. =)

~ Be sure to remove all watches and jewelry before class. (Wedding bands without stones are permitted.) Earrings or facial piercings need to be removed before class, for safety purposes.

~ Fingernails and toenails are to be neatly trimmed. (If you have long fingernails, there may be self-defense and other activities in which you will not be able to participate.)

~ If you have long hair, try to keep it pinned up or pulled back during class.

~ Feel free to stay and observe class if you have children participating!

~ Come with a positive attitude and a willingness to learn.

Congratulations on taking the first step toward a new adventure.

We look forward to getting to know you!