Ashland Champion Karate at the Y

Ashland Champion Karate is a proud program in good standing with the United Fighting Arts Federation. In this program, students of all ages will learn the most progressive and innovative forms of martial arts available, using karate, judo, jujitsu, and boxing to provide a complete knowledge of martial arts.

Students will experience a total body exercise, improving agility and flexibility to the fullest of every individual’s potential. As important are the mental attitudes that emphasize respect for oneself, fellow students, the instructors, the martial arts, and all of life. No student is overexerted or under challenged.

Karate is a contact sport and as such does present some risk. Self-discipline is taught and expected during class. Sparring between instructor and students and student to student is part of class.

“We are a Black Belt School; we are Dedicated, we are Motivated, we are on a quest to be our best.”

If you have program questions, please leave a message for Mark Crumley, program instructor, at the YMCA.

Classes and Times

**Beginning Karate**, 6-8 year olds.
Mondays & Wednesdays 3:30-4:15 pm

**Beginning Karate**, 9-12 year olds.
Mondays & Wednesdays 4:15-5:00 pm

**Advanced Class**, blue — black belts.
Mondays & Wednesdays 5:00-5:45 pm
(Previous instruction with Mr. Crumley required)

New students may start at any time, if space is available. However, belt testing is done quarterly in late Nov., Feb. and May. Students who start mid-quarter may not be ready for testing.

**Monthly Tuition:**
- $60 Y-members
- $75 Community

(A $5 non-refundable deposit per month is collected at registration. Tuition is based on 8 classes per month and pro-rated as needed. Additional tuition information inside.)

**Uniforms** may be purchased/ordered through the YMCA. Check with the instructor for sizes in stock, and pay at the front desk.
- $35 for pants, jacket, belt.
- $4 flag patch, $10 eagle patch: purchase from Mr. Crumley within 30 days.

Ashland Family YMCA
540 YMCA Way
Ashland, Oregon 97520
541-482-9622
Frequently Asked Questions:

- Who is the instructor?  Mr. Mark Crumley, 2nd degree black belt, has over 24 years of experience running a karate school and instructing. He is a member of Mr. Chuck Norris’ United Fighting Arts Federation.

- Are uniforms required?  Where do I buy one?  Yes, uniforms are required for every class. Uniforms may be purchased through the YMCA. Check with the instructor for sizes we have in stock, pay at the front desk, and show your receipt to the instructor. Youth loaner uniforms are available in the classroom if a student forgets their uniform.

- What are the belt colors and their progression?  Belt progression is white, yellow, purple, purple/blue, blue, blue/green, green, green/black, red, red/black, and black belt.

- When will my child test for advancement and what is the process?  Typically students test every three to four months. However, a student will not be invited to test until the instructor feels they are ready to progress to the next belt. Parents will be given an “Intent to Promote” evaluation form two weeks before testing will occur. This form must be filled out and returned on test day. There is a test fee of $15-$20 paid to the instructor. The next color belt will be presented in class in two weeks.

Rules of Conduct for Karate School

Students will be respectful to instructors, assistant instructors and other students at all times.

Students will refer to instructors as Mr., Mrs., or Ms. using the last name only.

Students must bow when entering and leaving the training area.

Students may not enter or exit karate class without the instructors permission. (If the student knows that they need to leave early, they must ask the instructor before class.)

No chewing gum, eating, or drinking during class.

No jewelry will be worn during class.

No profanity or shows of temper at any time during karate class.

If you are a distraction for the class, the instructor may ask you to do push-ups, sit down or to leave.

Come to class in a clean and unwrinkled uniform. Uniforms must be worn and the instructor has loaners. It is the student’s responsibility to make sure uniform has their name on the trim and patches sewn on the uniform.

Students, parents, and guests will conduct themselves in a respectful manner at all times and not disturb any of the classes.

Students will not challenge or ask a higher rank to spar.

Students will not disagree or question an instructor on a technique. (Questions need to be asked in a respectful way, preferably after class.)

Student Creed

I will develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.

I will develop self discipline in order to bring out the best in myself and others.

I will use common sense before self defense and never be abusive or offensive.

Tuition Policy:

- We register children monthly. Tuition is paid monthly via scheduled electronic payments. Space is limited.

- In order to hold your child’s spot in his/her current karate class for the next month, registration and scheduled payments must be made by the 19th of the current month. Starting on the 20th, new participants may register for the next month’s class until the class is full.

- Once you are in a class, you may register through May with electronic automatic payments.

Arriving & Leaving:

- Participants should not arrive more than 10 minutes before class or leave later than 10 minutes after class. Parent supervision is required until class begins. Parents are not required to stay during their child’s class.

- Parents should escort young children to and from class.