



Progress Folder and Student Information

★ *On a Quest to be the Best*

STUDENT NAME

BLACK BELT GOAL DATE



Bring your folder with you EVERY TIME you come to class! This way you, your parents,
and your instructor can track your progress on your way to Black Belt and beyond!!



MILE HIGH KARATE
STUDENT INFORMATION
AND PROGRESS FOLDER

Parent/Teacher Correspondence: White-Gold Belt

Week One

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Two

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Three

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Four

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Five

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Six

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Seven

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Eight

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor



MILE HIGH KARATE
STUDENT INFORMATION
AND PROGRESS FOLDER

Parent/Teacher Correspondence: Gold-Orange Belt

Week One

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Two

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Three

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Four

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Five

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Six

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Seven

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor

Week Eight

X _____ X _____ X _____
Parent/Guardian One Parent/Guardian Two Instructor



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Student and Family Questionnaire:

This will help us get to know you better – and to better serve you and your family.

Student's Name (First/Middle/Last) _____ Birthday ____/____/____

Favorite Color _____ Favorite Store _____

Favorite Movie _____ Hobbies _____

Best Friend's Name _____ Other Friends _____

Student E-mail Address _____

Parent E-mail Address _____

Secondary E-mail Address _____

School Attended _____ Grade _____ Teacher's Name _____

Other Activities (church, synagogue, sports, clubs) _____

Do you have any friends who could benefit from our karate program or that you would like to share your experience with?

Buddy #1 _____ Address _____

City _____ State _____ Phone Number _____

Friend's Email _____

Buddy #2 _____ Address _____

City _____ State _____ Phone Number _____

Friend's Email _____

Parent Information:

Mom's Name _____ Dad's Name _____

Mom's Birthday _____ Dad's Birthday _____ Anniversary _____

Mom's Favorite Store _____ Mom's Hobbies _____

Dad's Favorite Store _____ Dad's Hobbies _____

The ONE MOST IMPORTANT thing to know about you/your student:

Thank you!!



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

As a new student there are many procedures, rule, and practices that you will need to learn and internalize. It is important that you be very clear on expectations and procedures for you to become a disciplined martial artist.

1) Uniforms: All uniforms need to have the Mile High Karate logo on the back of the uniform in good condition. All Uniforms need to be neat and clean with belts tied properly. We suggest that they be washed and pressed after every class. As a new student you are required to wear an all white MHK Uniform. In the first few weeks we will evaluate to see whether you qualify for our leadership program or Master Club program. If so you may be allowed to wear a Blue (signifying the Leadership Program) or Black Uniform Top (signifying the Master Club program) - after acceptance and registration into that program.

2) Exams: All students test every two months for new belt ranking. The test date and time will be posted one month in advance. Testing requirements include: 1) a minimum of 16 lessons since receiving current ranking; 2) respectful attitude in class; 3) achieving the required physical proficiencies; 4) loyalty and dedication to the MHK schools; 5) satisfactory completion of the "Qualification Code" which outlines additional responsibilities as a martial artist; 6) satisfactory completion of "Intent to Promote" form (under 18 years old); 7) The completion of reading requirements and associated written tests.

3) Reading Requirements. To achieve Black Belt there are a variety of reading assignments of material by respected authors that support our program. As an orientation student we suggest that the student - or, parents read the following books: "What to Say When You Talk To Yourself" by Dr. Shad Helmstetter and, "The Psychology of Winning," by Dr. Denis Waitley. Both are available at www.MileHighKarate.com

4) Martial Arts Discipline and respect: Always be respectful to instructors and to other students. All Black Belts should always be referred to as Mr. "_____" or Ms. "_____" - or, where appropriate Master _____. ("Master's designation is earned after 4th Degree Black Belt - for contribution and knowledge.) Always answer a Black Belt with "yes, Sir" or "yes, Ma'am." Always bow to the flags upon entering or leaving the school floor. Do not wear shoes on the teaching floor (unless approved in advance by the head instructor for medical reasons.)

5) Leadership Program and Master Club: Your most important goal during the first few weeks of your orientation as a white belt is to qualify for Stephen Oliver's Leadership Program or Master Club. Qualifying for either is like being accepted into Harvard University. It is recognition that you are accepted into our Black Belt family.

6) Intramural Tournaments and other events: Each year Mile High Karate hosts events for the Mile High Karate student body including but not limited to tournaments, black belt events, special Leadership only events, Fundraisers, and Awards Banquets. These events are announced 2 to 3 months in advance. Participation is required for all Mile High Karate students. Plan on attending any and all of these events as a part of our community outreach programs and celebrate newly graduating Black Belts and to recognize outstanding contributions within our student body and staff. The Intramural Tournament has participation and spectator fees, which must be paid prior to participating. You may register for either event at your school. ***Many additional Leadership and Master-Club events are held each year - open only to students accepted into those programs.***

7) Website. On the Mile High Karate web site we have essentially everything you need to help you follow along in class and support your learning of Mile High Karate curriculum. Included there is information about all curriculum, student handouts such as discipline cards, book club cards, job lists and other support materials. Visit us online and register for your name and password at www.milehighkarate.com

8) The Mile High Karate newsletter/weekly folder. Monthly events are handed out on a newsletter and letters to parents in class. They will come home in your child's weekly folder. Be sure to sign and return papers your child receives and is working on as a part of their training towards black belt.

9) The Structure of our Schools. Most Mile High Karate schools are independently owned and operated as Franchises. All of our franchise owners began as students - most were accepted into the Franchise Instructor training program within a few months of joining Mile High Karate and were teamed up with a 3rd or 4th Degree Black Belt Head Instructor. If you are interested see more information at www.MileHighKarate.com or ask your instructor.



**MILE HIGH KARATE
STUDENT INFORMATION
AND PROGRESS FOLDER**

Dojang (Classroom) Protocol

Dear Students,

Please take a moment to review these basic guidelines. We truly feel that adherence to these traditional “common courtesies” will greatly enhance yours and everyone’s enjoyment of the school.

- Quietly prepare for your class.
- Remain in the warm up areas until your class begins.
- Keep your uniform/workout clothes clean and wrinkle free.
- Practice good hygiene: bathe before each class.
- Remove all jewelry.
- Learn to tie your belt properly.
- **Introduce yourself to fellow students whom you do not know and make them feel welcome.**
- If you bring a guest, introduce them to your instructors.
- Small children should be supervised and not allowed to climb, run or play loudly.
- No gum chewing or candy in the dojang.
- Enter each class with spirit and energy for learning.
- Remember: “He who is afraid to do too much...always does too little.”
- Work hard and encourage your teammates to work hard as well.
- **As a member of our team we’re counting on your enthusiasm and contribution each and every day. Train at least twice a week and make up missed classes immediately.**
- Never miss belt exams. Get extra help to stay on schedule.
- Never forget your goal: Black Belt Excellence!

Thank You!!

Your Black Belt Instructors and Staff

★ *On a Quest to be the Best*



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Parents as Coaches Success Tips

Keep yourself and your children on a regular schedule.

Make up missed classes as soon as possible.

Praise your children for improvements (large or small) on a regular basis.

Always remember with children that: We look for progress, not perfection.

Avoid blowing things out of proportion. Choose your battles and be careful to choose your words wisely.

It's easy to say something you don't mean when upset or agitated.

Practice at home is encouraged and should be praised.

Help your child memorize the six Principles of Black Belt and the Student Creed,

Share with our staff the victories your child achieves at home and in school.

Your involvement will lead to their commitment. If you are excited about their classes and their goals, they will also be. Watch classes, give out lots of hugs and kisses afterwards. This way your child will make a positive association with Karate.

Don't punish, criticize or reprimand your child for something you saw in class. The instructors will use a combination of praise, role models, and constructive criticism to correct your child without embarrassing them.

Speak to an instructor immediately if you have any questions; *an ounce of prevention is better than a pound of cure.*

Give your biggest, best hug after every class and tell your child how proud you are of them!

Adult Karate Success Tips

Keep yourself on a regular schedule. Exercise is not like an antibiotic; you can't do it for 10 days and be healthy.

If you miss a class, make it up as soon as possible.

Look for progress, not perfection. Martial Arts is a way of life, not a "quick-fix". You don't get out of shape in one week, and you don't get into shape in one week either.

Practice at home is encouraged and helps accelerate results.

Memorize the six Principles of Black Belt and the Student Creed, and try to live by the words and philosophy.

Get involved; involvement leads to commitment, commitment leads to results, and ultimately to the achievement of your goals. The school has Master Club events, team activities, and other special events you can be a part of.

Don't be over-critical of yourself; be satisfied with small victories. The cumulative effect of small achievements will allow you to reach your goals.

Speak to an instructor immediately if you have any questions or concerns; *an ounce of prevention is better than a pound of cure.*

Watch your diet. . . get proper amounts of vitamins and minerals. . . Diet is a much overlooked but extremely important aspect of your fitness program.

Drink lots of water; carry around a water bottle everywhere you go!

Remember:

"A Black Belt is just a White Belt... Who Never Quit!"



★ *On a Quest to be the Best*



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Character Development

Over the millennia, Martial Arts techniques have been passed down from father to son and from instructor to student over and over again. In the process, systems (like Kata [forms], self-defense techniques, and one-steps, etc.) have been developed to keep the Martial Arts style pure. However, the subtler, yet infinitely more important character developmental aspects of Martial Arts have been more of a “side effect” than a deliberate, conscious, systematized effort.

Character Training and Development is a system designed to help Martial Arts instructors develop and train for positive character traits in our students.

This is done by systematically using metaphor and Socratic style questioning, causing the students to think and reason. Using this process, the instructor is able to guide students, even very young students, to drawing and powerful conclusions. Instructors anchor these important lessons and empower the students with alternate solutions through role-playing. We have found that students, especially young students, learn more, faster and retain answers longer by listening to a short story, answering a few well-placed questions followed by role-playing (all five minutes or less). This works better than many hours of laborious lectures.

Through Character Training, our students learn the most important lesson- how martial arts can apply to their every day lives and make them the top 10% in school, to build confidence, discipline, and respect for their parents, peers, and instructors.

These introductory lessons set the stage for more advanced character training in the Black Belt and Leadership training classes. Your student can start today- ask your instructor how!

Character Training and Development consists of a four-month lesson plan, broken down into four blocks, with each block divided into four weekly sections. The four blocks of Character Training and development are:

1. **Good Attitude** - teaches benefits of having the right attitude for success.
2. **Good Habits** - teaches practical ways to develop self-discipline, responsibility and focus.
3. **Good Self Control** - teaches practical ways to control and channel emotions.
4. **Good Manners** - emphasizes the benefits of courtesy and respect.

Watch your student in class learn character lessons in a fun and exciting way- and encourage them to apply their new skills everywhere they go!!



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Street Safe / School Safe

Most martial arts instructors are conscientious about teaching their students the most effective self defense techniques they know. They usually have a clear cut system with which to teach self defense to their students. Every conscientious martial arts instructor also tries to emphasize the importance of not fighting. What is lacking in many schools is a systematic method to teach our students how to “Not Fight,” as well as a systematic way to teach skills that keep kids safe from potential predators.

Our School Safe/Street Safe is a simple, comprehensive, easy to implement system of “Not Fighting” and living safely. The program is broken down into four month-long blocks, further divided into four weekly subjects, and provides the mental component of our physical self-defense and safety curriculum.

The information is “cutting edge.” This is not some academic, philosophical approach to conflict avoidance. This program is practical, easy to follow, and the students love it. Every discussion topic has been tested and used in the classroom for years. It does not follow a lecture format. Generally there is a brief story, followed by a few questions and then role-playing.

Children learn from experience. School Safe/Street Safe lets them get practical life experience in the safety of our classroom. The four blocks of School Safe/Street Safe are:

1. **The ABC’s of Conflict Avoidance** - primarily teaches avoidance strategies.
2. **Stranger Alert** - teaches how to identify a lure and what to do.
3. **Five Rules of Personal Safety** - teaches what to do when confronted (in the schoolyard) and how to resolve the situation peacefully.
4. **Trust Your Intuition** - teaches practical techniques to fine-tune your student’s awareness and intuition.

Watch your student in class learn safety lessons for life in a fun and exciting way- and encourage them to apply their new skills everywhere they go!!



Black Belt Attitudes Skills for Success

Success Skill - Visualization:

Winning Black Belts learn to practice, mentally rehearse, and visualize the successful outcome of activities. The mind cannot tell the difference between what is real and what is vividly imaged. They learn to pre-play and re-play performance to anchor success and eliminate failure. Winning Black Belts learn to control their physical and mental state and create an ability to maintain relaxed alertness and to maximize their flexibility and ability to respond quickly and appropriately.

Success Attitude - Positive Self-Expectancy & Goals Attainment:

Winning Black Belts learn to have an overall attitude of personal optimism and enthusiasm. Winners understand that life is a self-fulfilling prophecy – a person usually gets what he or she actively expects over the long run. Winners have HIGH EXPECTATIONS of themselves and work to achieve those outcomes.

Success Skill – Positive Self-Talk:

Winning Black Belts learn to control their “inner dialogue.” They create a supportive conversation with themselves that support their goals and their energies.

Success Attitude - Positive Respect:

Winning Black Belts has the ability to be happy and to function in the world, while showing appropriate conduct and good manners. Respect represents a sincere appreciation of values and the rights of other people. And respect themselves, avoid habits, and behaviors that are unhealthy or destructive.

Success Skill - Total Self-Confidence:

Winning Black Belts have the ability to accomplish anything they are willing to work to achieve. They are not intimidated by the negative reactions of others – nor, do they get mired in mediocrity. They rise above the crowd and achieve great heights.

Success Attitude – Unshakable character & Personal Honesty:

Winning Black Belts know who they are and where they are going. They effect their environment rather than letting their environment affect them. They make decisions based upon their own moral compass not based upon the tides and whims of those around them. Events do not alter their understanding of right and wrong or of truth and falseness. Winning Black Belts understand that honesty is more than simply avoiding lies. It includes a belief in, the pursuit of the truth. In order to have healthy relationships with other people, honesty must be present. Winning Black Belts take responsibility for their own actions.

Success Skill – No Excuses:

Winning Black Belts accept 100% responsibility for the outcomes in their own life. Winners take credit or the blame for their own performance. They never “externalize” their failures – but, take responsibility for their own performance and results.

Success Attitude - Positive Self-Motivation with Definite Commitment:

Winning Black Belts dwell on the rewards of success not on the penalties of failure. We always move in the direction of our currently dominant thoughts. Positive self-motivation arrives through visualizing your desires while limiting fears. Motivation also comes from focusing on the long-term results desired not the daily disappointments and struggles.

“Whatever you can do, or dream you can...begin it. Boldness has Genius, Power, and Magic in it.” Do or Do not there is no try... Winners commit to their dreams and then work diligently and tirelessly to achieve them.

(Memorize your Success Skill for your Grey Stripe)



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Requirements for Belt Promotion (SAMPLE) Page 1/2

This form must be completed and submitted to the exam instructor prior to the pretest and exam.

YES, I HAVE:

- () Set and Reviewed my goals to Black Belt using the Black Belt Goal setting sheet and scheduled a time to discuss the options for training to Black Belt with an instructor.
- () Memorized the Word of the Month and recited the definition and/or action steps.
- () Shown improvement in:
 - School or Workplace.
 - Physical fitness
 - Community or family service (neighborhood, home, school, work)
- () Been consistently stretching at home for at least 15 minutes a day.
- () Attended all required intramural tournaments.
- () Selected at least one non-family witness to attend my exam. NAME OF WITNESS: _____
- () Have sponsored a new member to Mile High Karate.
- () Selected my new days of attendance (if moving into a new class). _____ and _____.

UNDER 18 ONLY

Intent to promote signed by teacher and parent.
Continued to demonstrate respect to parents, teachers, and family members.

Parent/Guardian Signature

Head Instructor Date

Student Signature Date

School Director Date

Parent/Guardian (if applicable) Date



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Requirements for Belt Promotion (SAMPLE)

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REQUIRED FOR ALL STUDENTS UNDER THE AGE OF 18

Dear Parents and Teachers:

One of the highest priorities here at Mile High Karate is to develop well-rounded, successful, and honest individuals. Prior to considering a child for a belt promotion, we require satisfactory reports from ALL school teachers and from parents. If a child exhibits a poor attitude or poor citizenship, we will hold rank testing until there has been a significant improvement.

School Name: _____

In my opinion, this student has been performing in a satisfactory manner, is receiving passing grades, and is respectful of teachers and other students.

Teacher's Signature	Contact Phone No.	Agree	Disagree (please explain)	Current Grade
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

If you have any feedback beyond the scope of this form, please feel free to write on a separate sheet of paper or call your student's instructor directly.

TEACHERS: Mile High Karate volunteers throughout the school system to provide school programs, after-school programs, career days, and show + tell presentations. Contact our school if you are interested in a Black Belt Instructor Visiting your school. More information available at www.MileHighKarate.com.

My son/daughter has been behaving and cooperative at home.

Parent Signature

Agree

Disagree (Please explain).

What constructive suggestions do you have for improving our school or our impact on your child? (Feel free to enclose a separate sheet of paper.) _____



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Thoughts about getting to Black Belt and Beyond at Mile High Karate.

Questions and Answers With Grand Master Stephen Oliver

Q: When will we be evaluated for Black Belt Training?

A: For a new student, our instructors take a look at the student and try to decide about aptitude and interest.

They decide if they feel comfortable with working with you on a three-, four-, five-, six-, seven-year basis in order to develop to a black belt. Once we make that commitment, we've made the commitment to make sure that you achieve Black Belt.

Our average black belt is a seven- to 12-year-old, and their parents taking classes. So we have a high majority of parents and families who get to Black Belt.

But the main thing is it's a process that evolves with curriculum. If a child is a third-grader now, they can be a black belt when they are a sixth-grader. It's an easy process to go through. Obviously, the curriculum gets more difficult as we go, but they get walked into that curriculum.

The main thing about our program, through the process of getting a black belt, is the development of physical, mental, and emotional skills. And obviously, there is a self-defense component, so that the student is able to protect themselves or their loved ones. But mostly, the process of getting to black belt is more emotional and character development than it is the pure physical and athletic aspects.

Q: What are Considerations for our Family?

A: As a new student, the evaluation should be to take a look at the program and decide if it's something that, as a family, fits into your philosophical values. Is it something that's supportive of what you're trying to accomplish as a family.

Q: When should we Consider Black Belt?

A: as a new student, it's very important to be thinking about training to black belt NOW. You need to get acquainted with the school. To get acquainted with the environment and the philosophy of the school. And, to get acquainted with the process of classes and the curriculum.
As a parent, I can assure you that we guarantee that every time a child's in class, their going to have a lot of fun.

Frankly, as an adult, every time you're in class you're going to have a lot of fun, also.

But the important part is this is a school, just like any other school. It's important, early on, if you go to Harvard, weather you're not going to be deciding, from midterm to midterm, whether you're going to



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

follow-through and get your bachelor's degree or get your master's degree.

It's very important, early on, as you enter the school, to decide what the outcome is. In a martial arts school and Mile High Karate, the outcome is to be a black belt.

Black belt is more a metaphor for the outcome. And the outcome is confidence and discipline and focus. The outcome is a high level of physical athletic skill, a high level of physical fitness, as well as having the ability to defend yourself if you ever need to.

Q: How can I be sure my child will stay motivated?

A: The nice thing about martial arts, unlike a team activity, is you're not trying to keep up to anybody else's standards, you're achieving by your own standards.

We provide incentives and rewards on an incremental basis, so that each student stays motivated in class. Our curriculum unfolds gradually. There's a high level of physical accomplishment that comes with being a black belt, but that physical accomplishment comes over nine, 12, 18, 24 months.

Q: How is martial arts different than other sports?

A: It's so important to realize this is a school, and it's not a recreational activity. Training to black belt is a developmental process.

Now, it's fun. The kids are going to have a great deal of fun. They're going to get very excited about this, and they're going to keep their excitement level probably over 3, 4, 5 years.

How ever it's not like soccer league or baseball league. It's more like elementary school.

So the parents make a commitment to bring their child to class twice a week, sometimes three. The child has a regular class. They're going to have a lot of fun in that class by a very well-trained, professionally-developed instructor. And through the processes, they're going to get the black belt.

And frankly, for a 5- or 6-year old, it's NO more difficult to get to black belt than it is to go from second to sixth grade.

Q: When must we set the goal to Black Belt?

A: Any of the families that we have in our black belt family, the way they got to black belt is started with one step: SETTING THE GOAL. It's a family goal, not an individual goal.

For a child, the way the goal gets set is frankly this: the child has fun in class, has a high level of enthusiasm, usually sees some of the other black belt kids and decides they'd like to be like that other child that they've already seen with a black belt.

Honestly, a 3-, 4-, 6-, or 7-year-old doesn't understand what three or four years from now means, and they don't understand the long-term outlook. That's where parents come in.

And for parents, it's very important to look into the future and say "My seven year-old, if they were a 10- or 11-year-old black belt and they had all the outcomes that go with that at school and at home, is that



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

something we'd like for our family?"

And if that parent makes that decision and the child has immediate enthusiasm and some immediate aptitude in class- I don't mean physical aptitude. We have many kids who started in the program who were just physically horrible, but enjoy class and they enjoy the time when they're in class. If those two pieces go in place, then it's a family decision to follow-through and be a black belt.

What many people are afraid of is that as they take the next step and commit to black belt, it's going to be very time-intensive and it's going to be a huge time commitment.

And the reality is that for the next several years, it's a twice-a-week, 45-minute-per-time commitment. When you get to brown belt, it does become a little bit more time intensive and people have to slot in six or eight weeks to prepare for and be ready for the black belt test.

But other than that, it's a consistent, twice-a-week, 45 minutes each class, ongoing consistency.

Q: What's the likelihood of my child achieving Black Belt?

A: This school is no different from Harvard. We're one of the top martial arts schools in the world, and we want to make sure that we have a graduation rate that's just as good. It's a four-year process to be a black belt - we want to make sure that we qualify students to make sure that they're going to be a good fit in the student body. A good fit into the black belt team once they get to that point. And that they're going to be able to be up on the rigors of getting their black belt.

A university like Harvard only has 1% or 2% that don't matriculate to their bachelor's degree once they enter. And our objective that once a family has made a decision to be a black belt, that with very rare exceptions they going to get a black belt - whatever it takes on our part to accomplish that objective.

Q: How does the evaluation process for black belt work?

A: as a new student, you're also evaluating us. And you are evaluating us - both with the material we're giving you here and with your experience in class and your interaction with our staff and other students - to decide weather it's a good fit for your family, weather the philosophy if the school and the outcome that you see is really what you want for your family.

You really have to make the choice one of the two options early on. Option one is you're going to do this for a short period of time and that's all you are going to do with martial arts.

Or option two, is you're going to be a Black Belt!

It's very important to realize there are not three choices, there are two choices. There's not, "Yes, we want to be a black belt," "maybe we will," or "no, we're not going to." The choice is yes or no.

What we have found is, universally, maybe means no by default.

So without having the real goal to get a black belt, then nobody's going to achieve a black belt. All the hundreds of black belts we have over the years, all set the goal at white belt that they were going to be a black belt. And they have made a definitive goal, not an open-ended one.



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Q: Once we decide to be a black belt what are our choices?

A: There are two choices.

Option #1 is our Master Club.

The Master Club is the base way to get to black belt. It's going to get you to all of the physical skill sets that a black belt's going to have, which includes obviously self-defense but also a high-level physical conditioning, and a high level of athletic accomplishments with all the martial art skills.

Also, it's going to get a person to a high level of mental focus, a high level of mental discipline, a high level of confidence, and having the ability to really focus, set goals, and follow-through on those goals.

So Master Club takes a person to black belt and beyond, and gets them to the point that they're a part of the black belt family and gets them to the point where they've really achieved all of the physical skill sets.

The second choice is our Leadership Program.

Our Leadership Program is all of the components of the Master Club - all the physical skills, weather it be weapons, forms, the self-defense combinations and the entire physical curriculum, as well as the mental development - but it takes it one step forward and it takes it into a leadership component.

And that leadership component is so important because as a college student or as an elementary student, it's important to be able to interact with other people, it's important to take a mentorship role and a teaching role. Our black belts and our leadership people will be able to interact with 40 people, 50 people, and perform in front of sometimes 1,000, 2,000, 3,000 people.

So the Leadership Program takes it to a new level, which is the ability to have good public speaking skills, good mentorship skills, excellent communication skills and persuasion skills, and an excellent ability to relay content and material to another person and to persuade them around to your beliefs so you can help them move to a higher level.

Q: What's the next step to decide for our family?

A: The next step, for the student and family, is to sit down with the program director and instructor and receive a thorough evaluation on how their child or how they are doing in the program and weather Master Club is an appropriate fit and weather they qualify for that, or weather Leadership is a better fit and weather they qualify for that.

If you already have an appointment with the program director and instructor and you've spent some time talking as a family before that about weather you're going to be serious and be a black belt someday or not, set that goal.

If you don't have an appointment, please set it. It's very important to get through the evaluation and decide weather black belt on a long-term basis is going to be best for you or not.



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Mile High Karate® Goal Setting Work-Sheet

Goal:

To be a 2nd Degree Black Belt and Live the Black Belt Lifestyle.

Deadline:

48 months from beginning karate to get 1st Degree Black Belt (certified)

30 Months from 1st Degree Black Belt to Second Degree Black Belt

Approximate Goal Date for my 1st Degree Black Belt: _____

Approximate Goal Date for my 2nd Degree Black Belt: _____

Benefits:

Ability to Defend Myself in All Situations

Be a Part of An Elite Team

Achieve the First Step Towards Black Belt Mastery and Life Mastery

Develop Leadership Skills and Public Speaking Skills

My personal benefits: 1. _____

3. _____

Health and Fitness

Total Confidence

Learn Advanced Curriculum:

A life-changing process.

2. _____

4. _____

Action Plan:

Get approved for and join the MHK Leadership Program.

Train consistently 2-3 times per week.

Test regularly every 2 months with 18 classes.

Take personal responsibility to learn material as independently as possible.

Maintain proper nutrition, rest, and exercise.

Practice daily at home 15-30 minutes.

My personal action steps: 1. _____

2. _____

3. _____

Personal Commitment:

I pledge to do whatever it takes to achieve my goal for the betterment of myself and those around me:

Signed _____

Date _____

You must decide that your goal is worth the time, effort, and money. You must also determine what your obstacles are in advance and decide to do whatever it takes to over-come those obstacles.



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Student and Parent Essay

As a family discuss and write the answers to the following questions:

(The student's answer may vary from the answers of the Parents. Both should be stated)

1. What I have gained out of the Martial Arts World from Mile High Karate.

Student

Parents

2. What goals do I have for myself in Mile High Karate?

3. Why I (my child) would be a good candidate to train to Black Belt?

Student

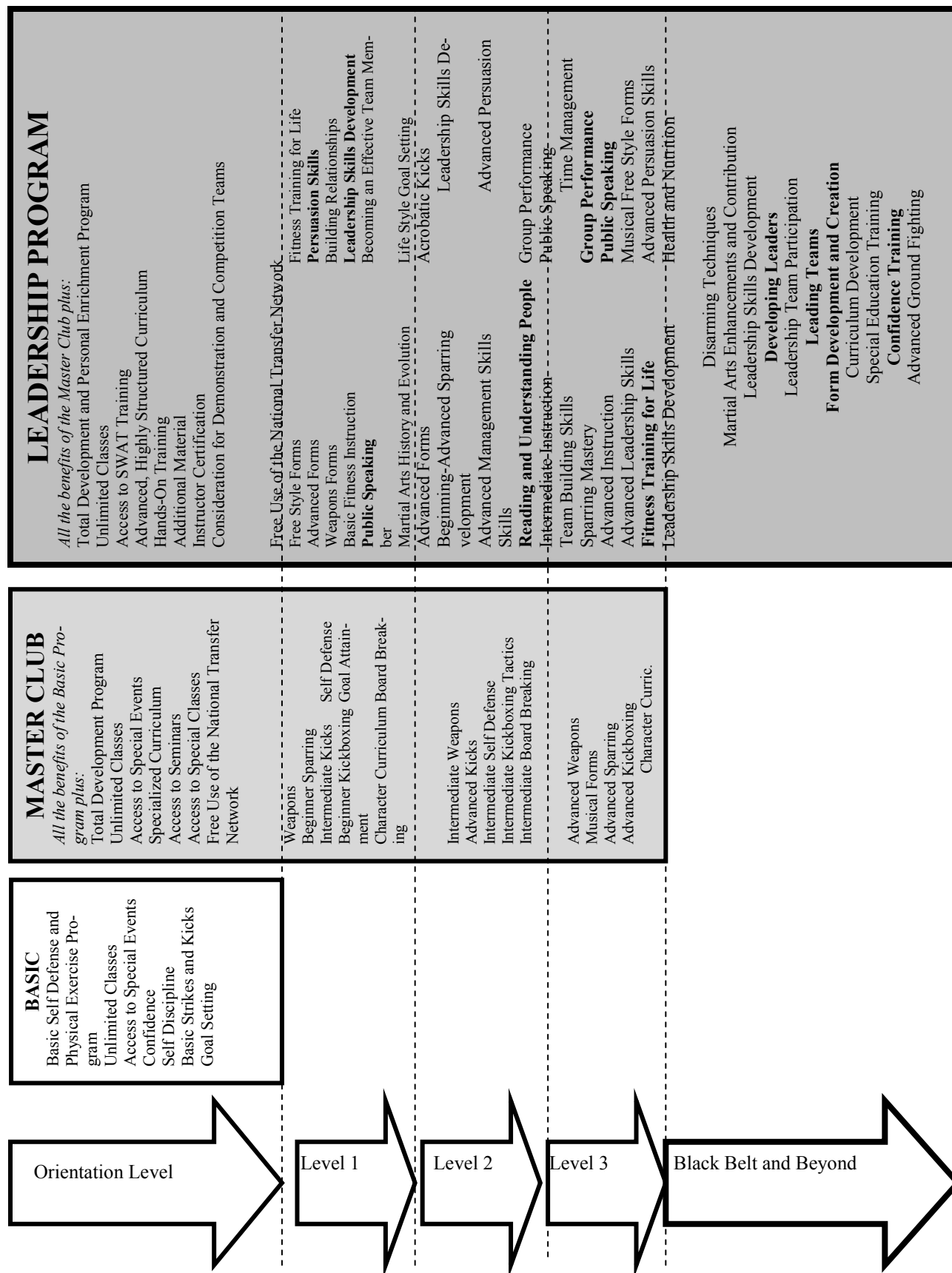
Parents

Parents Only:

What Questions do you have about your child and their training to Black Belt?



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MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Feedback From Our Students and Parents

“He’s now almost straight A’s. ... The turnaround’s just been incredible!”

“My oldest child, oldest son, Isaac, he was - at best - mostly C’s and an occasional B in school. He’s been doing this for about 90 days now. He’s now almost straight A’s. He’s got one B. The turnaround’s just been incredible. I’ve got 2 boys in Mile High Karate.

My other son, Ian, as well. At best, he was about C’s and one B. Now he’s all A’s except for one B. Seeing the difference in discipline, his goals, his drive, it’s just amazing. He’s a different son. He’s a different kid.

Ian, the same thing. His grades have come up. He’s just been doing great. They’ve been doing so well in school. Now they’ve got sheets that they come with and they’ve got homework to do. And they’ve got to help out mom and dad around the house. They get their chores done. It’s working great, and we’re very proud of them.

I’ve got another boy starting next year. So we’re pretty excited. I highly recommend Mile High Karate. My wife does home child care and we found out about this through one of the boys that’s already in the school, and a black belt. So we decided that we needed to get our guys involved. So we went ahead and checked into it. They’re both advancing, and doing very well.

One of the reasons we chose Mile High Karate is we heard so many good things about it. We’re in a situation now with our guys that it’s taken their self-esteem up, their self-confidence, their grades have come up. We’re just elated with what they’ve been able to learn here at Mile High Karate.

Jim Kerlin

Father of Isaac and Ian

“I think Mile High Karate is absolutely wonderful to kids.”

My son, when we were white belts, was pushed up against a dumpster while he was wearing his uniform before class. They wanted him to show karate moves and fight with them. And he told them no. He told them that karate was for defense only and that he was not going to fight them. He talked his way out of it.

But he was able to walk away with his head held high.

My oldest son has become incredibly more responsible. Last year, he hated himself, hated his life, didn’t want to do anything with anybody. And now he does his own homework, his grades have improved, the teachers are very impressed with him, he’s very helpful around the house now. He’s a totally different child in 3 months.

I think Mile High Karate’s program is absolutely wonderful to kids. It teaches the kids “yes sir,” “yes ma’am.” It teaches them respect. I’ve had a lot of parents come up to me and say what an amazing changes their kids have done.

Michelle Bowlig

“The kids who’ve been in karate here, quite a few years especially, have a presence and self-confidence well beyond their years”



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We've noticed that Josh has been able to focus better on his school work and his homework. Mile High Karate is more than just about the karate. They focus on the kids' positive attributes. There's just not enough of that in the world anymore. As far as achievement in homework, they praise doing well on tests and they focus on a kids' positive attributes.

In our case, Josh is a small boy and he's got glasses. Actually, he doesn't get picked on, because I think he's got more self-confidence in himself than maybe a child who doesn't take karate. Because that's what they stress in classes is for them to be strong and self-confident, in control.

His confidence level has increased a lot. That's one thing we've definitely noticed. We're going on just a little over a year now, about a year and 2 months.

Mile High Karate kids are more focused and I think they behave better. For their parents, I think they obey. They have to reply to adults by saying, "Yes ma'am, yes sir." And Josh's teacher says that he's doing that to her in class. Obviously, he doesn't need to. But because he's been trained by Mile High Karate to do that, that's what he does.

The kids who've been in Mile High Karate, quite a few years especially, have a presence and self-confidence well beyond their years. We've already noticed that improvement in our sons, too. It's an ability to believe in himself and have goals that far exceed his age.

We were concerned, at first, of whether or not we had the right karate school. But now, there's no doubt in our minds that he's in the correct school.

Like I said, the self-defense part went lower in our priority list for him when we saw how much they encourage them in school. It's neat to see.

The higher they go, the more respect that's there. Josh got lucky - enrolling at Mile High Karate was a great choice.

Wendy Myers & Blain Myers

"But I have seen a tremendous change in her. She is just much more self-confident and she walks very proud."

My name is Annie Cusack, also known as Meaghan's mom. My daughter is almost 13 years old. And for the last 2½ years, she's been fighting bone cancer. She was diagnosed when she was 10 years old. She was in 5th grade. And she was the perfect child. It wasn't so perfect for a very long time. She was very sick. We thought we were going to lose her, but we didn't. She fought very, very hard and she survived. She survived, but she lost part of her leg. She never really lost her spirit, and that's everything that I hold onto for her and kept telling her to continue going forward.

When she was healed, she was very physically healed. But I think spiritually and mentally, she needed to heal. And for some reason, she gravitated to karate. She wanted to do karate. She wanted to be healthy. She wanted to have more balance. She wanted to be like everybody else. And she wanted to be the best that she could be. I always thought she was, but I don't think she did.

She's been in karate now for a few months. Maybe not even that long. But I have seen a tremendous change in her. She is just much more self-confident and she walks very proud. And that makes me very happy.

Annie Cusack

"One good thing about karate is that around the house, Chris does his chores now. He can see how he's contributing to the family."

About 4 years ago, I was diagnosed with prostate cancer. And part of my therapy was to make sure I get plenty of exercise and develop a positive outlook on life. I found out by coming out by coming to Mile High Karate, I could get those things. I could come in here, get a good workout, build my muscles, work on my flexibility, my balance, and get the positive aspects from the school. So it's been a very positive



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experience and a very good part of the treatment.

Chris has really developed since he's been in Mile High Karate. He's in the 3rd grade. When he first started karate, he was kind of shy, didn't want to get up in front of the class. But now, after a year and a half of karate, he's one of the top 3rd graders in the school, he's picked for special projects by the principle herself. He has great grades and he loves school. So karate has been great for his mental ability, giving him that self-discipline and that positive confidence.

One good thing about karate is that around the house, Chris does his chores now. He can see how he's contributing to the family. Where before, he really didn't want to do it and he would just pass the buck and let mom and dad do it. But now, he really contributes and he realizes how he can help out.

This is a great school. I've been to several schools and I interviewed several before I came here. I thought this was the best. I think the instructions are great and I like the way they bring in positive aspects from all the books you have to read, the positive self-motivation you get, and the great workouts. Mile High Karate is an excellent school.

Brian Vial

“Both of us have tremendously grown from this experience.”

Both of us have tremendously grown from this experience. My self-confidence has certainly grown a lot. I'm a lot more apt to look at people when I talk to them, have more eye contact, as well as certainly the physical fitness aspect gives me the confidence to go out and do what I want to do, feel very assertive when I do it.

My son, as well, is in daycare and has a lot more confidence than he has in the past in terms of talking to teachers, having a lot of respect with that. This happened very quickly. We're about 5 months into the program.

These people are really friendly people. They're very, very accepting of everyone. Even when we started, we weren't exactly sure what we were getting ourselves into, but they were very accepting and worked with us, and were very patient with us. That's very important. I would recommend it very highly to anybody wanting to get their kids into a program, as well as themselves, as adults, for physical fitness as well as the confidence.

Traci Johnson

“She walks with her head held high now, she makes friends very easily, and it's a confidence that's not arrogant.”

I originally got the kids involved in karate just as an extracurricular activity. It's turned into a lot more than that. It's turned into more of a lifestyle for them. And especially with my shy girl. Karate has taught her a magnitude of self-confidence. She walks with her head held high now, she makes friends very easily, and it's a confidence that's not arrogant. It's just a really strong sense of herself.

Brittany, the same. She really was probably more confident than Anna. She's learned how to be confident without being arrogant. She's the pretty girl and she knew it, and everyone treated her as such. And now with karate, with the confidence level that she has, she's able to generate confidence without having to be the princess of everybody. So karate is just amazing.

He's very confident in himself and his skills. And karate has taught him how to be disciplined.

It's a life-changing thing, it's not just learning how to punch and kick. It's a way of life. If I have anything to say about it, we will be in karate forever.

Lisa Taylor



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“And I decided if they can do it, I can do it.”

I came to watch Lisa on her first day of class. And as I was sitting there watching them, I noticed that there were several other women on the floor for their first class, and they appeared to be my age or older. And I decided if they can do it, I can do it. With my busy, hectic schedule, helping raise grandchildren and children and teenagers, I was trying to figure out some way I could get some physical activity in my life. And I figured, “Well, I’m here with the grandkids 3 times a week anyway, so why not kill 2 birds with one stone. And now, my sons are telling their friends that their mom is going to be one of those moms their friends are going to want to come see.

Cheryl Mulhouser

“I would say that it’s worth anything that you’re looking for to help the self-esteem with your kids, any discipline, helping in school.”

My daughter had very low self-esteem. And ever since I brought her here, she feels a lot better about herself, she’s doing a lot better in school. So I just thought this would be one of the good reasons to help her in that way.

I like the discipline. That was the main reason I wanted to come. But all in all, she enjoys everything. She enjoys it all. She feels a lot better about herself. She likes the different people that she’s met. She likes that she has a goal to become a black belt. And she does good every time she comes. She gets better every time she comes.

I would say that you get what you pay for. I would say that it’s worth anything that you’re looking for to help the self-esteem with your kids, any discipline, helping in school. I would say it really does work. It’s helped my daughter a lot, in every way.

Laurie Spradley

“It has done absolute wonders for him. He’s doing a lot better in school. He’s got a lot more focus and a lot better attention span than he did before.”

I feel that Mile High Karate has been really wonderful for both of us. Not only are we growing closer together on a daily basis, we have a common interest and a common goal now.

In myself, I have seen an improvement in self-esteem. I’ve seen a tremendous improvement with my son, with his self-esteem. It has done absolute wonders for him. He’s doing a lot better in school. He’s got a lot more focus and a lot better attention span than he did before.

I think it’s great that Justin has learned. He actually had an incident on the playground where he was surrounded by a bunch of other kids. He wanted to start a fight with them. And Justin, at that point, looked them, since he was in the center of the circle, and said, “I’m sorry, but you leave me no choice but to defend myself.” At that point, he got into a karate stance, the kids separated from the circle and let him walk off. At that point, he was able to walk away and not join in the fight. Where I believe if he had not taken karate, a fight would have begun.

I would highly recommend Mile High Karate to any adult, as well as a child. For adults, I’ve highly considered going to an aerobics class. I found karate to be not only challenging as far as exercise, I get a lot more exercise here at Mile High Karate. I’m also learning self-defense, self-esteem and self-control.

Amber Plies

“But now that I’ve learned karate, I’ve learned to use it in self-defense only.”



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“The kids’ respect has gone way up using yes sir and yes ma’am.”

The kids’ respect has gone way up using yes sir and yes ma’am. Being focused at school, my oldest daughter, her grades are really maintained. She’s proud to come to the Mile High Karate school and show off her homework, show off her great report cards that she’s been getting, and she’s inspiring enough to where her little sister has joined the class, and she’s doing really well and focusing on the same discipline at home, keeping the room clean, things like just natural chores around the house.

They’re both so respectful now. Even the 3-year-old, she says, “Yes ma’am, no ma’am, yes sir.” They take pride in coming to karate and showing off what great things they’ve done at home and what great things she’s done at school and at daycare. It’s been really nice. We just ask them to do something and it’s just, “Yes, ma’am,” and they do it. And they’ve both inspired me to join as well. It’s been a nice family activity for all of us. Like my husband said, it’s a family atmosphere. It’s fun. They make it so much fun for the kids that it’s like the attitudes here are so contagious that you just feel so good being here. They’ve become like family to us. We moved several miles away from the school and continue to come down here because of the high-quality instructors and just the great time that the kids have here, and how nice everybody’s been.

Star Sager

My oldest started and the instructors are really good. They give you a nice family atmosphere and make you feel real comfortable. So then I joined, and then soon after, my wife and my youngest joined.

Sean Sager

“They’re really into karate and their focus has become outrageous and their grades have been excellent from school.”

They have become very disciplined. They weren’t rotten before, but they had their moments. But now they love karate and they tell you to do it 2 days a week, at least. They’ve been doing it for a couple years. They’re really into karate and their focus has become outrageous and their grades have been excellent from school. I’m here 6 days a week.

It’s great for the kids. I would tell them to come to Stephen Oliver’s Mile High Karate. The parent’s are nice, it’s like a good family group here. We’re here 6 days a week instead of 2. So that’s how much they like it. It’s like, “Do we go to karate today?” “Yes.” So we’ve got our gear in the car at all times and we’re ready to go.

Debbie English

“I do it so they can get confidence in themselves.”

They’ve been improving quite a bit here at martial arts and I’m really proud of them. They’re doing real good in school. She’s got good grades. He’s got good grades, so does she. My boy, Michael, is in here too. He’s 16 years old. He’s doing real good in school. He’s doing great here at martial arts school. I do it so they can get confidence in themselves. I think confidence is the most important thing in life, I think. That way, they can accomplish what they want in life. I think that’s really important. I’d recommend Mile High Karate real highly.

Mr. Rodriguez

“Their ability to think and concentrate, to pay attention to detail, it’s all been phenomenal for them.”



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I think it's interesting that martial arts hasn't gotten more positive press, because of the innumerable benefits that I've seen in my kids. Confidence, control, ability to focus, things that transfer into the classroom, things that transfer with their friends.

I know this summer in baseball, the coach specifically said, "Zack, I really appreciate you being a leader," and he was. He was focusing the guys, telling them what to do. So I've seen it transfer into other areas, academically, even with his friends in the neighborhood, being a leader. Same with Maddie. It's really helped her, too. She's an advanced reader, an advanced student, good concentration skills. So it's been phenomenal for my family. We've been in for about 4 years now, and it's been great.

The thing that I noticed so much is their ability to concentrate, to focus, the memorization skills that you have to have. We have words at the belt that we memorize at each belt level. It transfers over. Their ability to think and concentrate, to pay attention to detail, it's all been phenomenal for them.

You see the day and age of what's going on today with people, and the crazy society that we have, that I feel a lot better about them being able to defend themselves. These kids do so well compared to the other kids.

I love the conflict avoidance skills that they learn and the confidence in the way they carry themselves, so that hopefully they never have to get to that self-defense point. But if they do, I feel comfortable they'd be able to handle themselves.

I would highly recommend Master Stephen Oliver's Mile High Karate. It's been phenomenal for us, individually and as a family.

Duane Knight

"She has exhibited such exuberance in school. Her grades have gone up. She's got self-confidence."

My name is Larry Bowser, my wife Daphne, my older daughter Leann, my youngest daughter Corey. We got into Mile High Karate about 2½ years ago, at an after-school program. Since Corey got into the program, she has exhibited such exuberance in school. Her grades have gone up. She's got self-confidence. Since she's been in the program, my wife has gotten involved. And since my wife has gotten involved, our older daughter has gotten involved.

With the aspect of self-defense, it's been a great thing. There's a lot of deals in our society today. For the females in my family, it's great. I feel that their confident, they can take care of themselves, look out after others, take care of their friends.

Larry Bowser

"It has built her self-confidence, where she really wants to try her best and focuses."

Our oldest daughter, when she started her freshman year, she was very, very shy and did not apply herself in school whatsoever. That's about the time that she started in karate. It has built her self-confidence, where she really wants to try her best and focuses. It's a great focus learning tool and she's really done very well. She's brought her grades up.

And we're not afraid to be out there, walk back to the car from the mall. It's really made us feel safe and secure. Mile High Karate has really been a great thing for us as a family. It's been a great thing for us to do together.

I would recommend Mile High Karate. This is a place where kids can develop themselves. They develop themselves socially and developmentally. It's a great family place to be. They meet a lot of friends, a lot of different things, and they learn to interact with people a lot.

Daphne Bowser



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“I would definitely recommend Mile High Karate.”

I enjoy Mile High Karate. It's a great family to be a part of. There is a lot of camaraderie here. It's a positive atmosphere to be involved in. My kids are more confident. They are very motivated to do well in school. They now do very well in school. I think that the recognition here at Mile High, it goes beyond just self-defense. Also, the mental aspect of doing well in school, building positive self-esteem, character, there's assignments that are discussed, and I think that that helps the kids. When they get recognized by their peers when they come into class with their good report card, or maybe a test that they did well on or a project that they did well on, not only does the teacher recognize them but they're recognized in front of the whole school. I think that's very important for building self-esteem and being recognized by their peers.

My kids get up in front of the class with ease, probably even more so than myself. Danny, I hear from his teacher, that he's like one of the first ones to raise his hand. He had no problem in communicating in front of the classroom.

Rachel, she helps out here at Mile High Karate and I watched her just the other night, she was really enjoying herself just being in a teaching atmosphere, working with the kids. And I just really felt proud of her, that she didn't have to be out playing, hanging out with her friends anywhere. She was doing something positive in her life and really enjoying it.

I would definitely recommend Mile High Karate. It's healthy for the whole family. The whole family is involved. You build your strength, your stamina. You obviously get self-defense skills. You build your mental character. So you're a strong person and you may be mentally more apt to get away from having to use some of the skills that you learned than just learning kicking and punching.

Cheryl Rogers

“As a program for kids, it's absolutely wonderful.”

We've got 2 boys in here. My oldest boy, when we moved to a new house in a new neighborhood, found he was catching a lot of flack from the other kids. So some of the anti-bullying things that are taught in school have really come in handy. And, in fact, one time there was a kid who actually came up and picked a fight with him. And he was able to use the second part of his creed to refuse to fight. Otherwise, he would have gotten in big trouble in school. So that was a big impact on him was to be able to just walk away and have enough self-confidence to say, “I don't need to fight with this kid, because I know I could take him if I had to.”

In fact, I have recommended Mile High Karate to my friends, so I recommended Mile High Karate and said, “As a program for kids, it's absolutely wonderful.” I really couldn't speak highly enough of it. So she came and her son fit right in, and I think he's up to orange belt now.

Matt Cozak

“A lot more respect, a lot more discipline.”

We're here as a family. So I think it keeps us together so we get just a lot of the wholesome aspect of being together. A lot more respect, a lot more discipline. He acts a lot more grown-up. I just come and watch. I enjoy watching. He does really good in school and goes to a school where there's a lot of discipline at school too, so it helps.

Cheryl Chang

“I can't just sit here. I've got to do this with him.”

I had no idea I was going to do this. When we first came in here, it was for Nathan, and we signed him up. And after about the second week, I was sitting on the sideline going, “I can't just sit here. I've got to do



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do this with him.” So that’s why we’re both in it together. It’s a father/son thing. It’s not often that you can do something together with your son that he enjoys and you enjoy, and you do it as a group instead of doing your own thing. So it’s nice that way.

We’re recommended Mile High Karate to a number of people. So it’s a great school. It really is. The instructors are good and they’re real good with kids, and they’re real good with the old guys, like me. So it’s a nice place. It’s a good family-oriented place to be.

Tom Chang

“I would say it’s a very nurturing, caring place”

Ben’s been in Mile High Karate for about 3 years. We really like it. We think it’s been really good for his self-confidence. He’s made a lot of new friends. What I like about it is you’re competing with yourself. It’s not like you’re competing on a sports team against other people. The people here are all very caring and they all work together. It’s a blend of their minds and their bodies. It’s physical, mental and spiritual. We like it.

I’d say this has also helped his focus and I think it’s helped him learn what goal-setting is about. I would say it’s a very nurturing, caring place. And it will teach your kids a lot of things other than karate. But he’s also learned a lot, his physical skills have improved too in the last 3 years, a lot. He couldn’t pass a physical fitness test 3 years ago, and now he can. It’s helped him to be less bashful and more outgoing. It’s helped him learn how to make new friends.

Cheryl Tosley

“We were really referred from his physician, because we were told ADHD kids should take karate.”

We’ve been here almost 2 years. We were really referred from his physician, because we were told ADHD kids should take karate, and it’s been the best. It’s been really, really good. Self-control, motivating, he always wants to come here. Number one is for focus for ADHD kids, to get them to focus. And that’s been really, really good. If I had known that, I would have taken him in years before that. I didn’t know. I didn’t know until he came to Mile High Karate. It’s been wonderful.

I enjoy it. I think all the kids are just more motivated. It builds them up and they want to come back, and they do better in school. I would recommend Mile High Karate for anybody. I love watching it. I could sit here for days watching kids do it.

Debra Wesgate

The biggest benefit that I have seen for Jeremy - and we have 2 other children in it - is the confidence,

The biggest benefit that I have seen for Jeremy - and we have 2 other children in it - is the confidence, being able to do school and reaction in school has helped tremendously. Jeremy has gone all the way up to third degree black belt and started at 9 years old, and has stuck with it for that many years, which is a lot. It’s a big commitment for a kid. So we see commitment, we see school work, we see the good kids at home. We don’t have problems at home.

Tim Cooper



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“It’s helped our confidence, speaking ability, self-esteem, kind of believing in myself, self-worth.”

I’m head instructor at the Lafayette school. Like my father said, it’s helped our confidence, speaking ability, self-esteem, kind of believing in myself, self-worth. I can remember when I started, I look back on it and I look at myself now, I see the changes. The advantage of being head instructor is I get to see that to the kids I’m teaching now. I see the changes in them from when they come in to when they leave. It’s fulfilling.

The satisfying part of it, for me, is when I see a kid come in and a parent come in, and mom and dad having trouble with their son or daughter and, “Here, Mr. Cooper, can you take care of my kid? Can you help him?” And after 4 weeks, that kid looks awesome, turned around, happy to be in karate, happy to go home, does his stuff for mom and dad, has a smile on his face, and enjoys doing it. And when they come to karate ready to learn, that’s what’s fulfilling for me.

Jeremy Cooper

“This one, they really care about your kids.”

Focus and respect. Tyler respects adults a lot, and he always says please and thank you, opens doors for people, picks up trash when he’s out on the street. Tyler’s been doing this almost 2 years. He’s very confident. He has a lot of endurance. He’s amazing. I didn’t know he could do as much as he does. Just when I think he’s going to quit, he keeps going. He never quits.

At Mile High Karate they really care about your kids. They take time out and try to teach your kids and make them better. And if I have problems or anything, they’ve got little ways to solve those problems, to help the kids get through things. A very good experience. We’re here all the time.

Betsy Walker

“I think I’ve gotten a lot of self-esteem and I’ve learned to meet other people a lot better than I’ve been. I’ve gotten better grades.”

I think I’ve gotten a lot of self-esteem and I’ve learned to meet other people a lot better than I’ve been. I’ve gotten better grades. It taught me to be able to do speeches in front of classes. I’m in high school. It’s helped me get better grades by having more focus in class, being able to do speeches, talking in front of people, and getting to know a bunch of people.

To learn how to respect the elders and to be able to find self-defense, too, and to do better in school. This is so much fun. Our instructors have a way of doing it that it’s really family-oriented, so we have lots of fun.

Effie Home

“The bullying has since stopped.”

Kids were picking on her, bullying on her. And basically, we’ve taught our kids not to start a fight, but not to back down from one. And she felt that she did not know how to defend herself correctly or even help herself.

So basically, it came down to the point where the last incident with a girl at school, she came home with a swollen cheek. And that’s when my husband decided to look for a self-defense class, and she started. We came into Mile High Karate. We took the first entry level classes, and actu-



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ally all of us are here now. My husband, myself and my 2 kids.

The bullying has since stopped. My daughter has more self-discipline. She feels confident about herself. Her grades have improved. Any issues that come up, she can solve them. And my son here is the same way. His grades have improved. They're all doing a lot better, and I honestly feel that a lot of it has to do with being here at Mile High Karate.

Actually, we tell them if they need self-discipline, their kids need confidence, they need something to help them focus on their goals, that they should come to Mile High Karate and see what they have to offer. It sure helped our family.

Frances Madden

“As soon as I got in here, they noticed a change in me, drastically”

I've been doing this about 11 years, since I was 10 years old. My parents noticed it right away, from when I was a white belt. Before I wouldn't clean my room, I wouldn't do the dishes or anything. And then as soon as I got in here, they noticed a change in me, drastically. My confidence got up and I'm able to talk to people more so now than I was back then. I'm not as scared. It's a blast.

Matt Young

“Since Mile High Karate, she's an excellent student”

We started back in 1989. The girls started first. Brandon came later. When we first got started, especially Natasha, she always wanted to fight. She always wanted to be the bully. She always wanted to be the one to talk out in class. Teachers could never get her to settle down.

Since Mile High Karate, she's an excellent student. Laquita is a lot better than Natasha, she's coming along very, very well. So Mile High Karate has done a lot for the whole family.

Personally, if I had not gotten the girls in karate when we did, I have no idea where they would have been. I have no idea, because the way the kids were going at that time, I said, “Man, we need something.” Discipline, confidence, focus, especially focus in school.

But now we have Brandon, Brandon is 7. He also started at 3½. At 7, he's a role model in school. Teachers can't say anything but good stuff about Brandon. Every time I look around, he's got all these A's. He probably can read better than I can right now, at 7.

Laquita, she gave me one of those little green keychains and she said, “Daddy, here's a green keychain. It's like a black belt, because you'll never be one.” I remember talking to their head instructor at the time. I said, “I'm ready to get started.” And he said, “Let me give you a uniform before you change your mind.” So he gave a uniform and I went to Laquita, she was about 5 now, and I said, “Look, Laquita, I'm a white belt.” She said, “No, daddy, you are no belt. You have to earn your white belt.” So that's how I got started.

Brandon is a great kid. He can kick above his head. As far as getting along with adults and kids, he's an outstanding kid. I don't think I could have given him that without Mile High Karate.

Robert Lewis

“I think it's helped me out in school a lot.”

I think it's helped me out in school a lot. I think it's helped me focus better, get my confidence level up to approach the teachers and talk to the other students to make new friends.

Laquita Lewis

**“I think by being in karate, I've been in the best shape of my life.
No doubt.”**



MILE HIGH KARATE STUDENT INFORMATION AND PROGRESS FOLDER

Originally, I really wanted to get started in karate because I wanted an exercise program, plus I wanted to learn self-defense. So it's given me both. And I think by being in karate, I've been in the best shape of my life. No doubt.

Kathy Lewis

“So it’s not just all about punching and kicking, it’s more life-long lessons that they can learn as well.”

I've been training at Mile High Karate about 7½ years. I think with my energy, I can get out there and let them know it doesn't matter how big or how small, you can go out there and do karate. It gives me energy, it gives me a sense of staying in shape. An excellent workout, that kind of thing.

I think in the long run, it has, just because of the fact that I don't worry about what situation I get myself into or that kind of deal. You're always kind of aware of the situation. For me, I just try not to get myself at the wrong place at the wrong time kind of deal. If I did, I would just kind of survey it and make sure if I had to use skills, that I know I'd be able to handle myself.

When students come to Mile High Karate, especially families with little kids, like “Hey dad, I want to come do karate,” that kind of thing, I tell them it's like if you come down to Mile High Karate, you'll get a lot of benefit from coming in. Because not only do they teach you how to punch and kick, but they teach you little life lessons during the week. And like a message of the week kind of deal. So they have something they can go by, like positive self-esteem. We give them that meaning and then they work on it all week long.

So if they say, “Hey Johnny, what's positive self-esteem,” he can raise his hand and give a definition. So it's not just all about punching and kicking, it's more life-long lessons that students learn as well.

Matt Smith

Basically, I started karate when we saw this at a Boy Scout jamboree. My parents liked it. They talked my grandparents into it. They signed up for confidence, self-esteem, discipline, respect.

Once I got to blue belt, they started putting me in a leadership role, where I had to project my voice, be confident in front of students.

It helped my grades. They increased dramatically after I signed up.

Nick French

“I’m a lot better of a person that I’ve had martial arts”

A lot of confidence, discipline, that's what we teach around here. I've gotten a lot out of it. I've been doing martial arts for 20 years now. I started when I was 5. I've got a lot of self-confidence, discipline. I'm a lot better of a person that I've had martial arts. I'm not always on the edge to fight. I can try to talk my way out of it and back down a little bit. I had a tendency to get in trouble, to go into the fight instead of back out of the fight. I was more “I want to fight you” instead of “I want to try and back out.” And now that I have that, I can walk away and know that I'm a bigger man because I did.

I tell people it's a great workout. We like to build your self-confidence. We like to give you the discipline. We show you how to defend yourself, if you have to. We have a thing called ABC's conflict avoidance. We show you how to try to avoid all that. If you get into a conflict, we sit there and we try to show you how to get away from it instead of getting into it.

But for people to be joining, it's a great thing because it gets you in shape, it works on your flexibility, it works on a lot of your confidence and self-discipline.

Jason Keiser



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