

Expectations and Values

Learning-sharing

Everyone is a student; from the person walking in their first day without a belt to the Instructors, to visiting martial artists.

At the Total Self Defense (TSD) training center we offer a positive learning environment to promote sharing from every individual. Education at TSD starts with recognizing that you have the ability to learn from everyone regardless of their level. Come to class with an open mind and there are endless opportunities for learning.

Students are expected to become leaders, teachers, and good students. To be a good teacher, one must learn to be a good student. You must also the positive from each student. Training is not only about learning the skills, but also learning the values and attitudes that promote healthy learning.

Positive Environment

At TSD we focus on a positive environment for learning. When critiquing a student it is more beneficial for all to show them what they are doing correctly. A student already knows what they are doing that is different. We choose to use words “different”, instead of the negative “wrong”, and “I can try” rather than “I can’t”.

Why TSD

Total Self Defense is different from any other Martial Arts School that you will find. Total Self Defense firmly believes that everyone has the ability to be a black belt. Black belt does not mean that you are able to hurt someone, it means that you do your best to avoid violence. Black belt means that you do your best, and be the best; and with your best attitude, for everything that you do. Every step you take reflects upon your teachers and fellow students you train with.

We offer three martial arts styles at Total Self Defense because no student is the same. Every student will find something that fits them, the path that is there for them. It is not something that someone else can decide for you, or fit you into. The choice you make today may not be the same choice you make tomorrow. At Total Self Defense you have choices.

Why? Because our families are just like your family, looking for an outlet for our kids at a reasonable cost, some where the children will learn discipline, respect and honor. And they do. These families are the same people who will help you and your family learn what it means to be part of a martial arts family. And in time, you will become the family who helps one another. TSD gives back to our

community as a Martial Arts family. Every instructor, every family, all of us help cultivate a sense of compassion, caring & belonging.

At TSD we offer training 5 nights a week, and one Saturday a month. What is training without realistic use of your learning? We offer the choice of style, and the chance to train with all the skills!

Student/Instructor expectations

Instructors are expected to guide students on their path. Instructors and assistant instructors are there to help open doors for the students and aid in their development and growth. At times instructors are there to challenge and push students past their breaking points.

Students are expected to attend a minimum of TWO classes each week.

Students are expected to come to classes with an open mind and attitude of respect. All upper belts will be treated with respect and in turn show respect to all other students. Self-control and self-discipline are expected of all students when training.

Values

positive-values

self-respect

Self-control

Self-discipline

We measure growth against our self not others.

Martial Arts is both physically and mentally rewarding.