

THE DOJO PARAMUS

Owned and operated by
Master Melissa Mertz
 5th-Degree Black Belt
 Isshin-Ryu Karate
 Co-Author of middle grade book series,
 The Secret Path of Ned the Ninja



Karate & Mixed Martial Arts Female Master of the Year
*(International Association of Martial Artists
 Hall of Fame 2009)*
 Award for Excellence in Teaching Martial Arts
(Action Martial Arts Magazine Hall of Honors 2010)

**NEW STUDENTS ARE WELCOME TO
 BEGIN AT ANY TIME.**

LITTLE NINJA students attend one 45-minute class per week. Tuition of \$212.00 is due every 8 weeks. Testing for the next rank occurs approximately every 12 weeks at a cost of \$12.00 per testing. There is a yearly registration fee of \$30.00. The gi, or karate uniform, is \$37.00.

SAMURAI students attend class for 60 minutes either once, twice or more per week. The Dojo Paramus strongly recommends that students attend class 2x per week by the rank of blue belt (this option is available to all ranks, but not expected as a beginner). Purple belts and higher are to maintain a minimum of 2 classes per week. All students may choose the Flex plan to achieve 3 or more classes per week and at your own flexible schedule. For beginner students who attend class once per week, tuition of \$225 is due every 8 weeks. Tuition for 2 classes per week is at a discounted rate of \$385 and due every 8 weeks (16 classes). To attend class on a flexible schedule and three or more times per week, tuition of \$435 is due every 8 weeks. Although testing for the next rank occurs approximately every 12 weeks at a cost of \$45.00 per testing, Samurai students should expect to advance at different speeds. There is a yearly registration fee of \$30.00. The gi, or karate uniform, is \$37.00.

Give your child the mental and physical skills to build self-esteem, self-defense, and self reliance!

FALL 2018 - 2019



407 Sette Drive
 Paramus, NJ 07652
thedojoparamus.com
 201.262.0457

THE DOJO PARAMUS 2018 - 2019 CLASS SCHEDULE

	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
COLOR KEY:					
Little Ninja	4:30 - 5:15	5:00 - 6:00	4:30 - 5:30	4:15 - 5:15	10:00 - 10:45
Samurai	5:00 - 6:00	5:30 - 6:15	5:15 - 6:00	5:15 - 6:00	10:45 - 11:45
Ranks Blue and lower	6:00 - 7:00	6:15 - 7:15	6:00 - 7:00	6:00 - 7:00	11:30 - 12:30
Ranks Blue and higher		7:00 - 8:00			
Ranks brown/teen/adult					



Focus...Teamwork...Control...Coordination...Balance...Memory...Discipline...Fitness



Welcome to The Dojo Paramus - an American Karate School where we specialize in Martial Arts for children. The Dojo began as a small school in Hillsdale, New Jersey in 2002. In 2005, the school moved to Paramus to accommodate its growing enrollment. Through the years, we have had the honor of training thousands of local children to strive towards goals on their personal paths of fitness, self-defense, healthy self-esteem, and high standards of character. We focus on teaching physical power, speed and technique, artful hand and weapon katas, as well as mental strength. Thank you for allowing us to be a part of your child's growth and memories.

LITTLE NINJAS

Ages 3½ through 7

The **Little Ninjas** program focuses on building basic learning and motor skills that will help your child approach life with more confidence and enthusiasm. With concentration on development of the 8 key skills listed above, the **Little Ninjas** program provides a positive and exciting environment. **Little Ninjas** attend class once per week for 45 minutes and strive to earn their skill stripes before testing for their next rank, which occurs approximately every 12 weeks. Classes for this age group utilize the matchat curriculum, Chit Chat @ The Mat, which was developed at The Dojo Paramus and has since sold internationally as a tool for building well rounded martial artists.



SAMURAI

Ages 7 through 18

Samurai students focus on developing strength, fitness, and technique as they learn the *Isshin-ryu Karate System*. **Samurai** experience the benefits of sparring, padded weapons training, self-defense, and street survival skills. These students have the choice to attend class one or more times per week for 1 hour, as they continually work to obtain the skills, knowledge, and time required to advance to their next rank. Although testing is offered approximately every 12 weeks, **Samurai** students should expect to advance at different speeds.