

# DRAGON GYM

## A Quick Guide To Choosing The Right Martial Arts School and Instructor for You or Your Family

**Dear Prospective Martial Arts Student and Family:**

Choosing a martial arts program and instructor isn't just about location, class times and costs. There's a lot more to consider when thinking about which school is the best fit for you and your family. And not every martial arts school or program is a good match. Some emphasize things that might be unimportant to you. Others may or may not have instructors qualified and skilled at providing for a special need you or a family member might require.

And it's not all about price. Sure, price matters. But it's not the only thing that's important to you. And once you've decided to learn and to practice a martial art you want the very best results possible for a price that's fair.

And, if you need more information or...if you need or want our help we're here for you to chat about the choice.

And we'll tell you if our program or another is best match for you or your family. You see we're not for everyone. And we turn away students who aren't a good match. We're interested in being sure that we can meet and exceed your needs and expectations...for yourself and/or your child or children. If we don't think we can, we'll tell you.

And, before joining any program, including ours, make sure that you get a chance to see if we're a perfect match. Ask about their trial program and find out if it's right for you.

***It's a complicated choice. So, we've compiled this Quick Guide to help guide you through what can seem like an overwhelming process. Don't sign up with any gym or program until you've thought and asked about these factors!***

*Turn over to see the must ask questions*

**SPECIAL OFFER!**

The Dragon Gym

## Free Lesson

This coupon entitles you to a free 30-minute one-on-one orientation session with one of our experienced instructors! Please call 610-363-7575 or email us at [changeyourlife@dragongym.com](mailto:changeyourlife@dragongym.com) to schedule.

[www.dragongym.com](http://www.dragongym.com)



**The Dragon Gym**  
267 S. Whitford Road  
Exton, PA 19341

**GETTING STARTED IS EASY!**

1

Call us at 610-363-7575 or email us at [changeyourlife@dragongym.com](mailto:changeyourlife@dragongym.com)

2

Schedule a FREE, no obligation, one-on-one orientation lesson

3

Bring the Free Lesson coupon to the orientation lesson and enroll in our exclusive Quick Start Program

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So here are some other important factors to consider and some questions to ask the school and the instructors before you select a martial arts school and instructor for your child:

## What sort of facilities does the school provide?

- Is the gym: neat, clean and well maintained
- Is the training area safe:
  - Is it fully matted?
  - Is there plenty of room to move around?
- Are there separate changing rooms and bathrooms for boys and girls?
- Is there an observation area for parents to stay and watch classes?
- Will the instructors take the time to discuss concerns or questions I have about my child's training?

## What are the qualifications of the Head Instructors? (And how do I evaluate their level of expertise?)

- What is their martial arts rank?
- How long have they been teaching?
- Do they teach other children that have the same needs and goals as my child?
- Have they studied several disciplines to become better and more well rounded teachers?

## Do they understand how to teach children?

- Do they teach children? Are they experienced with the needs of your child?
- Are they professional, full time instructors dedicated to the needs of your child?
- Do they have PA state clearances to work with children?
- Have they received instruction and certification as Martial Arts teachers and not just achieved a belt rank? (Rank is important but you can have a high-ranking instructor with little experience and training as a teacher.)
- Are the classes pre-planned in a structured way so that instructors, parents & students know what to expect each and every class?
- Do the instructors provide curriculum resources to the parents?

## What Sort of Programs does the school offer?

- Does the school offer a pre-evaluation and trial program to help ensure that your child is enrolled in the best program, for them?
- Does the school have a framework of incremental goal setting to ensure success? Do

they have a belt progression system to keep the students engaged for years and years? (This has been proven to help children achieve their specific goals.)

- Does it offer well-developed and age-specific programs to meet the different needs of children?
- Have they split the classes into a sufficient number of age-groups?
- Does the school have a robust schedule offering multiple class options per week?
- Is the school atmosphere family oriented?

## Does the school teach life skills in addition to martial arts, fitness and self-defense?

- Will the students have the opportunity to become junior instructors and demonstrate leadership?
  - If so, what is the leadership development program?
  - Are there benefits to becoming an instructor?
- Will the school, in addition to training them as instructors and leaders, provide recognition of that dedication and leadership when you or a child needs a letter of recommendation for school, a program, certification, or work?

## How do I get started? See the bottom of this page for our very special offer!

Schedule your free, one-on-one orientation lesson at the Dragon Gym by calling 610-363-7575 or emailing [ChangeYourLife@dragongym.com](mailto:ChangeYourLife@dragongym.com)

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