



MARTIAL ARTS

BRAZILIAN JIU JITSU

2026 STUDENT & PARENT HANDBOOK



Welcome to Masters Martial Arts School, where we are dedicated to building the next generation of black belts—on and off the mats. Our academy provides a place for students to train in **Brazilian Jiu Jitsu, Judo, and self-defense**, while developing the values that define true martial artists: respect, discipline, confidence, and perseverance.

Our mission is to **develop high-level practitioners, competitors, and fighters**, while harnessing the power of martial arts to **support and strengthen our local communities** in Kailua, Hawai'i and beyond.

We are committed to uplifting youth by teaching self-discipline, teamwork, and resilience, along with the confidence and skills to defend themselves responsibly. We are equally passionate about empowering women through self-defense, helping them build a sense of security, stability, and confidence in a supportive and respectful environment.

At Masters Martial Arts School, every student—regardless of age or experience—has the opportunity to grow, challenge themselves, and become part of a positive, lifelong martial arts community.

Mahalo for being a part of our 'ohana. Each student who steps onto the mats strengthens the spirit of our academy and the community we serve. Through consistent training, you're building more than technique. You're developing focus, resilience, and confidence that extend beyond jiu jitsu. We're honored to share this journey with you.

- *Leandro Nyza*
Head Instructor, Masters Martial Arts School



FEES:

Our goal is to keep training accessible for all students while maintaining the quality and integrity of our jiu jitsu program. Membership fees support instruction, facility upkeep, and continued program development.

Trial Membership

We welcome new students to experience our program with a **first month of unlimited classes for only \$1.**

- The trial month begins on the student's first day of training.
- After the trial period, students may continue training under a standard membership plan.

Standard Membership Rate

- \$180 per month for one student.

Family Discount

We offer discounted rates for immediate family members training together:

- 2nd family member: **\$100 per month**
- 3rd family member: **\$80 per month**
- 4th and additional family members: **\$60 per month each**

Active Duty Military and First Responders Rate

We proudly support our service members. Active duty military members receive a reduced membership rate of **\$150 per month.**

Payment Information

- Tuition is due on the **fifteenth of each month** unless otherwise arranged.
- Memberships are **month-to-month** and may be canceled with at least **two weeks' notice** prior to the next billing cycle.
- Tuition is **non-refundable.**
- Payments can be made by credit card, cash or check.



ATTENDANCE & PROMOTIONS

While attendance is not mandatory, consistent training is essential for growth and advancement in jiu jitsu. Students are encouraged to take personal responsibility for showing up to class regularly in order to earn promotions, whether stripes or belts.

Class Access

Monthly membership allows students to attend **any and all classes** within their designated program. Students may attend as many sessions as they choose each week.

Programs Offered

- **Tumblers (ages 3–5)**
- **Kids (ages 6–8)**
- **Youth (ages 9–13)**
- **Adult (ages 14+)**
- **Women's Only Class**

Attendance and Promotions

Progress in jiu jitsu is earned through effort, consistency, and commitment to learning. Promotions are awarded based on **technical understanding, attitude, and regular participation**, not time alone. Students who train more consistently will naturally progress more quickly.

Class Check-In

Students are responsible for checking themselves in using the **Zen Planner app** at the beginning of each class.

- Check-in allows instructors to track attendance, monitor progress, and ensure accurate records for promotions.



GYM ETIQUETTE & CLASS CONDUCT

Our academy is built on the core values of **respect, focus, and discipline**—both on and off the mats. Every student, parent, and instructor contributes to creating a positive, safe, and supportive training environment.

Respect

- Always show respect to instructors, training partners, and yourself.
- Treat your teammates as partners, not opponents. Training should help everyone learn and improve safely.

Focus and Listening

- Be present and attentive during class.
- Maintain a positive attitude, even when drills are challenging or unfamiliar.
- Listen when the instructor speaks—do not interrupt or talk over demonstrations.

Parent Participation

- Parents are asked to **wait outside the training area** while class is in session. This helps students stay focused, build independence, and follow their coach's direction without distraction.
- Parents are welcome to **speak with the coach before or after class** regarding any questions or concerns.
- If an accident or injury occurs during youth classes, the coach will **call the parent into the gym** to attend to their child.

General Conduct

- Show good sportsmanship—win or lose—with humility and gratitude.
- Take care of your training partners. Safety and mutual respect come before competition.
- Represent our academy with integrity outside the gym. Your actions reflect the values of jiu jitsu.



MASTERS MARTIAL ARTS

Student & Parent Handbook 2026

DRESS & GROOMING

Proper dress and personal hygiene are essential for safety, comfort, and respect for training partners. Students are expected to come to class clean, prepared, and appropriately dressed for jiu jitsu practice.

Uniform (Gi and No-Gi Attire)

- Students should wear clean, properly fitted **gi** or **no-gi attire** for each class.
- Uniforms should be washed after every training session to maintain hygiene and prevent odor or bacteria buildup.
- Gi jackets and pants should be free from excessive tears or fraying.
- Gi pants should be properly pulled up and tied tight enough not to fall down during training

Hair and Nails

- Hair should be **tied back securely** if it is long enough to fall into the face during training.
- Fingernails and toenails must be **kept short and clean** to avoid scratching or injuring training partners.

Jewelry and Accessories

- All **jewelry, watches, and piercings** must be removed before class to prevent injury including earrings, rings, necklaces, bracelets, anklets, and fitness trackers.

Footwear and Cleanliness

- Students should **wear shoes or sandals** to and from each class.
- Shoes should be stowed on the shoe rack or directly against the wall outside of the door. Shoes should not obstruct the sidewalk out of respect for our neighbors upstairs.
- Feet must be **clean** before stepping onto the training area.

Maintaining clean, safe, and appropriate attire shows respect for the art, for your training partners, and for the shared space we train in.



PARKING & SAFETY GUIDELINES

The safety of our students and families is our top priority. Please follow the guidelines below to ensure smooth, safe, and respectful drop-off and pick-up for all classes.

Arrival and Departure

- Students should arrive a few minutes early, dressed and ready for class.
- After class, youth students are expected to **wait upstairs until their ride arrives.**
- Coaches will remain present until all students have been picked up safely.

Parking Guidelines

- Guardians and attendees for youth students must **park only in marked stalls** when dropping off or picking up.
- **Do not block driveways, walkways, or the entrance to the parking lot.**
- For the safety and respect of our neighbors:
 - There is **no parking allowed in the Buddhist temple lot** located behind the building.
 - There is **no parking permitted at the 7-Eleven next door.**

Safety Reminders

- Please drive slowly and be aware of children walking to and from the gym.
- Youth students should not wait or walk outside alone.
- Communicate with your child about who is authorized to pick them up.



PERSONAL BELONGINGS

To keep our academy clean, organized, and welcoming, we ask all students and families to take responsibility for their personal belongings.

Storage During Class

- Personal items such as shoes, bags, and water bottles should be placed neatly in the designated storage areas before class begins.
- Please **do not leave personal items on the mats or walkways.**
- Labeling items (especially water bottles, uniforms, and belts) helps ensure they are easily identified and not misplaced.

After Class

- All belongings must be **taken home at the end of each class.**
- Items left behind create unnecessary clutter and make it difficult to maintain a clean and safe space.

Lost and Left-Behind Items

- In the past, we have maintained a Lost & Found area. To prevent accumulation, any items left behind will now be **kept for one week only.**
- After a one week period, unclaimed items will be **donated or discarded** at the gym's discretion.
- Students and parents are encouraged to check for missing belongings promptly after class or contact the coach within a few days if something was forgotten.