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SUMMIT MARTIAL ARTS  
Magazine December 2010



Happy Holidays

**Character- Sincerity- Effort- Etiquette- Self-Control- Leadership**  
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*Greetings Champions,*

*The end is near and it's a very exciting time of year. I hope you had an excellent Thanksgiving and you're ready for an even better Holiday Season.*

Even though it will be a short month for training at the dojo, we aim to make it the best month of the year. How? By finishing the year with great classes and doing everything we can to express our gratitude to you and your family for being such an important part of our Summit Martial arts family.

Please do your best to stay as aggressive as you can with your attendance at the dojo before we break for the Holidays between Christmas and New Years.

Check with your instructor for any special classes or make up sessions that are available so you can finish your year in great shape and on track with your progress.

We all look better and feel better when we are on track with our fitness and progress with our Martial Arts. With nearly 40 years in the Dojo, I still enjoy the same benefits and probably a few more than a brand new student coming into the Martial Arts.

Like you, myself and your instructors are eager to finish the year strong, enjoy an excellent Holiday recharge and then hit the ground running for the New Year 2011. We have an exciting 2011 planned!

**Thanks again for all your support and encouragement!**

**Respectfully,**

**Renshi**

**Charles Riedmiller**

Leaders Shout From The Roof Tops! If you have any friends or associates that you feel may benefit from our program, please introduce them Dojo so we can team up to influence them. Thank you for your support!

## **Important Dates**

Karate Tournament  
12/11/2010  
Jamestown, Ohio

### **Youth Testing**

**At:** Summit Martial Arts Academy  
**Date:** Friday 12/17/2010  
**Time:** 7:00pm-8:00pm  
**Cost:** No Cost  
**Requirements:** Must have intent to promote forms

### **Adult Seminar & Testing**

**At:** Summit Martial Arts Academy  
**Date:** Saturday 12/18/2010  
**Time:** 9:00am-12:00pm  
**Cost:** No Cost  
**Requirements:**

### **Teen Testing**

**At:** Summit Martial Arts Academy  
**Date:** Saturday 12/18/2010  
**Time:** 12:30pm to 2:00pm  
**Cost:** No Cost  
**Requirements:** Must have intent to promote forms

**Closed Winter Break 12/24/2010 – 12/31/2011**

## **What makes Summit Martial Arts Academy different!**

**As Always No hidden fees:** We do not charge a "testing fee". These fees can be substantial (hundreds of dollars)! We also do not promote those that don't deserve it. We do not guarantee a Black Belt or any other belt, test are hard and challenging Belts are earned never given, we don't hand out Black Belts to little kids.

*Most other schools charge hundreds for each belt test at all ages. Hand out belts like a prize at the fair. Guaranteeing Belts & Black Belts to 5-6 year olds because they started a 2 1/2 or 3 years old (how goofy is that).*

**As Always No "upgrade":** When you enroll with us we do not try and "up sell" you to a more expensive program after a few weeks or months; with us what you see is what you get.

*Most other schools charge up graded memberships that are thousands with in first year of instruction.*

**As Always No long term contract:** We do not require a long term contract! The 1<sup>st</sup> commitment students make to us is six months, and after a student has been with us for just six months the program can be cancelled at any time with 60 days notice!

*Most other schools have year long to multi year long memberships.*

**As Always No Special Equipment Required:** It is always a good idea to get your own stuff for personal practice, and hygiene issues, but Summit Martial Arts keep necessary equipment on hand for your learning.

*Most other schools have expensive equipment packages, requiring you to buy it from them.*

**As Always Beautiful location close to you:** We've spared no expense when it comes to our facility; 7500sqft, fully padded for safety, clean, attractively decorated, and in wonderful family areas with plenty of parking and nearby shopping for your convenience.

*Most other schools are a 1/3 the size and poorly equipped.*

**As Always Help doesn't cost extra:** If you or the head instructor feel you need a little extra help, it's always there. There is no reason for you to fall behind, feel discouraged, your success matters to us, if the head instructor believes you could use some extra help we are happy to help you at no additional cost.

*Most schools only offer Private lessons at \$75 to \$115 per hour.*

**As Always Affordable Tuition:** Summit Martial Arts tuition is 25-50% less than the national average.

**As Always Highly Qualified Instructors:** Summit Martial Arts is an Internationally Certified Dojo, the Head Instructor is on the floor 95% of time, and all instructor follow strict International Standards. Only instructors with practical, real world, first hand experience will teach self- defense skills.

*95% of most schools are not internationally certified, the majority of school only have Head Instructor on floor 10% of time if at all, most schools are satellite programs and rarely see Head instructors. Out of the 16,000 school in the U.S. only 1 in 1000 instructor's are qualified to teach real self defense, and frankly very few law enforcement and military instructors are qualified most due a 40-80 hour class room.*

## **2011 New Member Drive**

Dear Summit Martial Arts Member,

**Summit Martial Arts is seeking your assistance with a NEW MEMBER DRIVE.**

Our membership numbers have decreased some over the last few years, and it is time to make smart choices to see if we can strengthen the Dojo (school) and increase our members especially with those who are recommended by current members.

It is very important to keep our membership strong.

- A strong membership makes for a more dynamic and enjoyable school.
- To insure that the Dojo stays open, with the current economy during 2010 over 3,500 Martial Schools have closed.
- Keeps the membership fee affordable, Summit Martial Arts has kept membership fees 25%-40% below national average for 20 years. We have never charged for testing, or any other extra charges.
- Membership referrals also insure the highest quality members.
- Our best referrals come from our own students and their families so we decided to have some prizes, and events to give back to you for all of your kind referrals.

The Membership Drive will also allow you a chance to win great prizes, plus a \$500 cash giveaway! The first person in our dojo who has five referrals who join our beginner program will be our lucky winner!!

**REFER 5 MEMBERS by 01/31/2011:  
WIN \$500!**

Simply pick up Gift Certificates for Two Free Weeks located on the front desk, and invite your friends to

try our school! Once they sign up for our beginner program, you will be on your way to winning \$500!!

### **Invite Your Friend(s) to Join the New Member Drive and You Could Win!**

The Summit Martial Arts Academy wants to recruit 50 new members! To do that, we will be offering specials, not to mention giving away great prizes!

**We will be offering individual and family memberships referred by members special promotions!** By referring a member, you will receive great prizes which will be given away each month.

### **Here is how it works:**

Get friends, neighbors, family members, parents, co-workers, or anyone else you know to join! Make sure they fill out the "referred by" section when they donate, so you are entered to win a prize too. Give a "Gift Membership"!

### **Here are the perks:**

Great new member drive events!

Great prizes for referring new members!

A chance to WIN \$500 bucks

For every person (or household) who signs up, both the new member AND you get entered to win one of our fabulous prizes!

The drawing will occur monthly.

Let 's make this year the year of building a great future for Summit Martial Arts Academy ***Investing in Your Organization*** by reaching out and obtaining new members. Have fun and good luck to all of you! As always, we appreciate your referrals.

Thank you  
Sensei Riedmiller

## **Help Wanted Recruiter**

If you love Summit Martial Arts, your great with people, motivated and a self starter! Would like to earn extra money, want a flexible part-time position? You may be a great candidate to become a Recruiter for Summit Martial Arts. Because Summit Martial Arts impacts such a wide range of people, we are looking for different types of people to be official recruiters for Summit Martial Arts Academy. Recruiters would be involved in recruiting new students, promoting, camps, clinics and special events. Sales experience helpful but not required, we will train. If your interested please make an appointment with Sensei Riedmiller 740-362-2222.

# Important Membership Changes

Effective 01/01/2011 Summit Martial Arts will be making some necessary changes; Please make note of any that may effect you.

## Important Information Regarding Price, memberships and payment methods:

### 2011 Tuition

5-15 yrs Youth Tuition is \$99.00 per month.

Adult Tuition \$110 per month

2<sup>nd</sup> member 25% off

Family Membership \$230.00 per month

Students that have been on a 1 day per week program may remain on that program until 03/31/2011 at which point we will no longer offer.

There will be a \$75.00 registration fee for new members, as well as members that quit then reactivate membership.

A student success is based on a minimum of 8 classes up to 12 per month to develop their Mind, body, attitude, performance and skills. This helps build self-discipline, achievement, and confidence. Better work, school, and home. To much or not enough can have the opposite effect.

We are adding a new program to help students that may be gone for periods of 3 months or more and find it impossible to come consistently. If you have a few slow weeks or months just kick up your days on other months there is no extra charge, you can also get special help at no extra charge. We are also not talking about lack of time management, laziness, and a lack of self discipline, we are talking about a true challenge that keeps you away from class. This membership is called an "Inactive membership" it allows the student for a limited time to reduce membership down to a 2 group visits per month, and 1 private class with Sensei Riedmiller so they don't lose hard earned skills. This is program is \$39.95 per month.

### Tuition Payments

Please set monthly tuition payments set up on an Automatic Electronic check (EFT) or credit or debit card. We understand that some want to pay by cash or check directly at the school and that greats; But it needs to be paid on or before the due date, and you really should have a back up EFT or Card on file just in case you forget. Late payments throw off the schools budgets, we only have bookkeeping on the 5<sup>th</sup> and 15<sup>th</sup> to keep cost down. We are not bill collectors and due not want to chase anyone down for tuition, regrettably a few members have been suspend because of always paying late. We hate to do this, but Effective 01/01/2011 there is a \$30 monthly late fee for late payments, also on declined cards or rejected EFT.

If you have any questions or concerns please give us a call to discuss it.

# 2011 Programs Changes

Effective 01/01/2011 Summit will no longer offer Friday night classes, Friday nights will be used for BBC Classes, Testing, Special Events, Leadership Training, Camps etc.....

## 5-6 Years

Effective 01/01/2011 the 5-6 year old program will be changing from a 1 day per week recreational program to a more serious multi day program. Students may continue on the once per week format until 03/31/2011, after that we will only accept students for two or more days. The high energy class is great and very fun, however some kids become to out of control and it turns into playtime. The new classes will follow a curriculum much more like the 7-10 year old program without the memory requirements (forms). It will be offered from 4:30pm-5:00pm Monday thru Thursday. Mia will still be involved in program as a guest teacher and as a substitute throughout the year. Head Instructor Sensei Riedmiller will be leading classes, and also training other instructors to the special needs of this age group. Students must be in kindergarten and able to follow basic directions. Out of control children will not be in class. Are mission here at Summit is to teach high quality Karate, develop self- discipline, confidence, and self control.

## Adult Programs

Effective 01/01/2011 Advance classes will be added Monday thru Thursday 630-715pm basic class & 715-800pm Advance.. Adult Karate class will cover International Karate Standards, Kobudo, joint locks, fall, basic throws, takedowns basic ground fighting and beginner to advance Self-Defense.

The Self defense will cover self-defense skills found in Karate, Jujitsu, weapons, BJJ (all Gracie self defense's will be incorporated), law enforcement and military. Advance adults should attend basic Karate classes as well.

You must be in the BBC to attend advance classes.

The BBC- BJJ classes new time 800-900pm tues & thur will focus on the highest quality ground fighting skills, all ground fighting will focus on practical self defense skills, and functional movements on ground for any age or fitness level. Free rolling will be limited to those that are consistent and have all fundamental skills. Safe sport type rolling is an important element of BJJ, but it is first and foremost a self defense based system.

White Crane, BJJ, Japanese Jujitsu, and Kendo are becoming BBC advance classes and will only be offered to Summit Martial Arts Academy students with a solid foundation of Summit Martial Arts Karate & Self Defense. You must be in the BBC and have a solid base of self defense skills and want to be a consistent well rounded Summit Martial Artist. We will no longer offer BJJ only classes. Current BJJ student may continue to do regular BJJ classes, but are required to start the Summit Karate & Self Defense classes, and must be working toward BBC standards (great attitude, good attendance, commitment etc..) there is no additional charge, we will even give you a uniform for that class. An instructor will sit down with you to develop a plan so you can become a high quality well rounded Summit Martial Artist.

Sensei Riedmiller students that follows the program consistently will become some of the best martial artist in the country. With very well rounded understanding in all areas of self defense and empty hand & armed combat. But are also wonderful people.

Sensei Riedmiller has created an environment were students can set goals and achive the highest levels of rank and skill in Karate, Jujitsu, BJJ, Kobudo, Kendo and White Crane. These are the very best systems in the world. But understand we are not a Wal-mart, Summit Martial Arts is one overall system of martial arts not 6 different one's.

The first goal is good safe, healthful, well rounded martial art skills, training the mind, body and spirit, basic functional fitness and solid self defense skills. Second improve and develop a great plan for your personal goals. The fact that you can earn Black Belts in 6 major system's is icing on the cake. Reaching one international Black Belt can be impossible for many folks because of time limitations alone.

The remembering dozens of International Karate & Kobudo Kata (forms) are not required for a student to become a member of BBC and a Black Belt. However Lack of an open mind, not respecting instructor that are far better than you, and not learning the fundamental elements of movement, history, and meaning behind Kata is a major problem.

We are also a tradition Dojo which means rules and etiquette will be followed and respected. We are not a fight club, MMA camp, gym, or playground. Uniform must be white and low key, small basic patches (if approved) may be worn in the appropriate class if you are a member of that organization.

## **WELCOME TO SUMMIT MARTIAL ARTS**

### **Black Belt & BB Candidate Club**

Your membership in BBC opens up a whole new world for your growth as a true Martial Artist. By fully utilizing the privileges of membership, you will accelerate your learning in all areas, strengthen personal development attributes, and most of all, become nearly unstoppable in reaching your highest goals.

Martial Arts is an exciting activity that has a powerful impact on the lives of its practitioners. However, that impact is in direct proportion to the level of personal commitment you put forth toward earning your Black Belt. And receiving your 1<sup>st</sup> degree Black is where your journey begins not ends.

Becoming a Black Belt requires much effort, perseverance, dedication and desire. The members of the Summit Martial Arts have must firmly committed themselves to attaining Black Belt excellence.

#### **Authentic Martial Artist Represent A Number Of Important Traits.**

**How important are those traits to you?**

1. High personal standards.
2. High levels of real self confidence in their ability to follow through and get the job done despite any obstacles.
3. Razor sharp focus and concentration.
4. Secure in their ability to care of themselves and feel no need to show off or brag.
5. Understand the importance of good character, respect, etiquette, and courtesy.
6. Intense levels of self discipline and self control that aid them in all areas of achievement.
7. Finish jobs. The world is full of great starters, it's the completion of the final 10-15% of the project that's separates the best of us, from the rest of us.
8. Do it right or don't do it at all.
9. Healthy, active coordinated people who value their physical and mental well-being. They avoid abusive habits that might threaten their sense of self control and wellness.
10. Black Belts are leaders. (Leadership training is an important aspect of advance level training in the Martial Arts.)
11. Strong value on contribution and service to others the very meaning of Bushido. Authentic Martial Arts training teaches that we can have anything in life, as long as we help as many people as possible achieve what they want in life.
12. Authentic Martial Artist can protect themselves in the worst of situations.



# BBC THE SELECTION PROCESS

The instructors at Summit Martial Arts are experts at determining which students have the necessary attributes for “going all the way, and becoming a true Martial Artist.” Based upon our experience, we feel the student displaying the following three traits are the most likely candidates for achieving an Internationally Renown Black Belt.

## **Attitude**

The first attribute is the Black Belt Attitude. “Attitude truly determines Altitude” This is the never-quit attitude of a winner and a champion. Students with the Black Belt Attitude consistently maintain high levels of positive self expectancy in and out of the martial arts school (Dojo). They also have an “Attitude of Gratitude” thankful for all life rewards and challenges.

## **Attendance**

The second attribute is attendance. Students with consistent class attendance typically have the follow-through skills necessary for sticking to major goals. Also, we have learned that good attendance is an indicator of strong self discipline; another necessary quality for achieving an Authentic World Class Black Belt.

We realize that it’s difficult to change any one technique or improve any one area of life 100% overnight. That’s why there is a below Black Belt Rank system, international organizations, leaders, asst. instructors, camps, clinics, books, private lessons, well planned group classes. It is a building block process we seek to improve work, school, listening, strength, endurance, flexibility, calm, muscle memory, confidence, self discipline etc... hundreds of big and little areas 1% each week. Guess what? Doing 2 classes per week, works out to about 1% of your time. When achieved consistently, these improvements will lead to fantastic mental and physical breakthroughs. Clearly, this type of learning can only be accomplished through consistent class attendance. That’s why Sensei Riedmiller will only accept students willing to commit to excellent attendance into the BBC. Everyone always overestimates what they can do in a month or a year, so they never really get good at anything. Then most people underestimate what they can do in 5 years, truly a Human Being is Capable of 20 times what they think they are capable of if developed over time.

## **Commitment**

The third attribute is a true commitment to earning an International Black Belt. In many ways this attribute is the most important.

As an International Accredited Martial Arts Academy, we have two levels of students. The first is the beginner who is in the midst of their introduction to the exciting world of Martial Arts. These students are considered entry-level students. Since they have not yet committed to earning Black Belt, they are only scheduled to attend a limited number of classes per week and are not taught more advanced techniques. Instructors are watching their attitude, attendance, and commitment levels.

Our second level student are those individuals that have made the commitment to earn their Black Belt. These students have demonstrated their long term dedication to their instructors, the Dojo, and the international organizations. In turn our instructor will teach more advanced skills and will conduct specialized classes with these students, these students will also be invited to special clinics and events.

The third level is the leaders and instructors of the Dojo, they are invited to world renowned events around the world, and train with the best martial artist in the world. Sensei works with them personally teaching very advanced skills. All have become highly skilled Black Belts.

## **Summit Martial Arts Formula for Success.**

### **What does it take?**

Accepting membership into BBC means that you are agreeing to take action to control of your life, to several areas on tract to reach your personal goals, and make the commitment of earning your Black Belt, and becoming a leader. Here's a checklist to help you and your family make the decision to join Summit Martial Arts.

### **Are you to do the following:**

- A student must be willing to maintain good attendance? (least 2 classes per week, averaged over year)
- To give your best effort, plus extra.
- Be honest, and ethical, and treat people the way you want to be treated.
- Follow membership rules.
- Pay tuition on time.
- Practice what you learn.
- Read and study books, regarding different topics.
- Live an active healthy lifestyle.
- Participating in life; interact with family, Dojo events.
- Willing to learn leadership skills, and assist under-ranks as you progress into more advance training?
- Younger students must be willing must maintain a "B" average or better; and demonstrate a great attitude in and out of class treating parents, family members, teachers, elders, friends with respect. Maintain a good relationship with siblings.
- Do age appropriate chores at home.
- Keep your room neat and clean.
- Keep their body, hair, and teeth clean.
- Eat 3 balanced meals
- Drink water, milk, fruit juice, Never drink sport drinks or pop before class.
- Proper sleep 8-10 hours per night for kids.
- Limit TV, computer, cell phones and video games.
- Pass at 50% fitness levels for the Presidential Sports Award, and continue to improve and maintain standards. Get active everyday. Adults 50% of Adult fitness test.

### **Do you:**

Have the full support of your family in obtaining this goal?

Understand that membership at BBC is a family decision. It's important that everyone in your family recognizes the many benefits of the training and is supportive of your goal to become a Martial Artist and a Black Belt.

Firmly setting High Quality Martial Arts and someday Black Belt as a goal, with intention of overcoming any obstacles that may get in the way; and, finally they must write a letter requesting admission into BBC and explaining "What does become and being a Summit Martial Arts Black Belt mean to you."

The main benefit is knowing that an Internationally Certified Black Belt is the outcome of this commitment. This is much more motivating and inspiring than thinking you might become a Black Belt!

Member needs an official uniform; receives the opportunity to participate in classes and events; has the opportunity to become a member of the Leaders Team or the Assistant instructor program; and, discounts off private lessons, clinics and camps.

Do you have a place to practice what you learn?

Will you be in the area for at least 1 year or more?

## **SHOERACK THEORY**

It has long been a custom in the Martial Arts, that upon entering the dojo, you remove your shoes and place them in the shoerack. Part of this custom is for hygiene and cleanliness. A clean dojo and well kept dojo is certainly better than a dirty and dingy one.

**Even better is a philosophy called the Shoerack Theory.**

Simply meaning that students remove their shoes and place them in the shoerack. At the same time, they are also placing all of life's challenges, stressful thoughts or any negative issues in their shoes before entering the mat.

The belief is this allows you to give yourself fully to your training. Mentally, physically and emotionally...then after a great class, you will be able to better deal with the challenges placed in your shoes.

Sometimes, you may find that they've disappeared all together. Meaning that after a great workout and practice session, you have relieved yourself of all the stress you had before your class.

**Martial Arts training is proven to be an outstanding way to relieve stress and cleanse your mind, body and spirit of any and all negativity.**

If you practice this philosophy everytime you enter the dojo, you will find yourself in a better mood and you will also enjoy greater benefit from your Martial Arts training.

This is a philosophy that can also be applied to walking into your own home. Mentally, leaving all stress and challenges in your shoes so you can enjoy quality time with your family and loved ones.

**One way you can maximize the benefits of your Martial Arts training is to practice and apply the philosophies you learn in class to your everyday life outside the dojo.**