



## What's New in 2012?

As we approach the end of the year this will mark Complete Martial Arts and Fitness Inc. 5<sup>th</sup> year of bring the best martial arts instruction to its members. Complete Martial Arts and Fitness opened its doors on January 1<sup>st</sup>, 2007 and has been building successful martial artists ever since. There are so many great things to cover over the last year so we will update you on the new stuff.

We will continue to offer the eight adult classes a week as usual but with a little different structure. All **Beginner BJJ** classes listed on the schedule will be offered to white belts only. Our goal is to focus on the fundamentals that are required by all white belts to advance to the next belt.

The **Advanced BJJ** classes will be for coloured belts only. That will allow the instructors to teach more advanced techniques and the fundamentals of their current belt ranking. The **All Level** class will be open to all belt rankings. Also we will be adding two all level BJJ classes. Those classes will be offered at noon on Tuesdays and Thursday s. The **MMA Basic** and **Submission Wrestling** classes will also be open to all members.

In order to help all members advance and get as much instruction out of each class we will be offering an **Instructors Program**. This will allow our advance belts to assist in teaching the Beginner Class. The advanced members that will be eligible for this program will be assessed be Head Instructor AJ Scales.

A **Belt Curriculum** will be released in early 2012. This curriculum will out line the requirements the white belt should know to be promoted to each strip. Also a blue and purple belt curriculum will be released. The next new class that will be offered is the **"Promotion Ready"** class. There will be a fee of \$20 for member and \$25 for affiliates to take this class. When a class is offered it will out line which promotion it will be getting you ready for.

There will be new student membership options and pricing starting January 1<sup>st</sup>, 2012. The options and pricing will be as follows;

Month to Month Membership	6 Month Membership	1 Year Membership
\$110 No Cancelation fee required.	\$90.00 30 Day Cancelation fee required \$180.00 Early Cancelation Fee	\$85.00 30 Day Cancelation fee required. \$255.00 Early cancelation Fee