

WELCOME to FEMA!

FIVE ELEMENT MARTIAL ARTS & HEALING CENTER

www.femamartialarts.org 612-729-7233 3743 Cedar Avenue South, Minneapolis, MN 55407

Our Mission Statement: FEMA is a 501c3 non profit educational organization dedicated to the empowerment of all people through martial arts, wellness, personal safety, and self defense training so we may have a more peaceful community and planet.

“SAFETY & RESPECT” are the two most important rules at FEMA

Our History

Our school (dojo) originally named: Feminist Eclectic Martial Arts, was founded on NOVEMBER 15, 1989 by Shifu/Sensei Koré Grate (our head instructor/executive director) and Kellie Rose Jones. Shifu Kore' moved to Minneapolis in 1988, and had been training in the martial arts since 1981 with Shigong/Dr. Alexander Feng at Wu Tao Kuan in Berkeley, Calif., and with the late Professor Coleen Gragen of Hand to Hand Kajukenbo in Oakland, Calif. Before that, she had trained in the early 70's with Professor William Chun in Vallejo, Calif. (her hometown). Kellie had trained for a few years with Sensei Carol Middleton in Washington, D.C. They both had a desire to keep training after they moved, and one night collaborated to create the name, find a space and to decide the night it all would begin. It would be a special space for women martial artists to share their arts... That first night in November of 89', thirteen women showed up at the Matthews Community Center cafeteria in Minneapolis, all with little or no martial arts experience.

That first dream of sharing became the thriving 501c3 non-profit martial arts school & healing center with girls, teen girls, and men all training together in the art of Wu Chien Pai. On December 18, 2014 we purchased our dojo at 3743 Cedar Avenue South, Minneapolis, MN 55407.

From Shifu Kore' Grate:

“Our dojo is a wonderful place to learn and experience, not only the martial arts, but creative ways to deepen, strengthen and expand body, mind and spirit. Our system of martial arts is set up to train people to help others by teaching once they have knowledge and experience. We train both externally and internally, learning to listen our bodies, minds and spirits, using compassion as our guide. Being part of FEMA fosters a positive impact on the world through training, teaching and building a supportive community.

If you have any questions or need anything in your training, please feel free to talk with me before/after classes.



Shifu/Sensei Koré Grate-Head Instructor & Executive Director

Beginners start ANY WEDNESDAY NIGHT 5:30-7:00PM-COME WATCH FIRST

What to wear

- You should always dress comfortably for martial arts training. Loose-fitting pants and a T-shirt work well until you can obtain a uniform. We normally wear a FEMA t-shirt and black pants for training.
- You can purchase a FEMA Uniform (\$40-45) and t-shirt (\$20 adult/\$15 youth) before or after class. Judo Gi tops are available to borrow or buy at Rising Sun Martial Arts Supply in St. Paul.
- Wear inside-only wrestling shoes or court shoes, or train in your bare feet. No street shoes allowed on the training floor. You can purchase **FEI YUE** Training Shoes at Rising Sun.
- For Safety: Keep your toenails and fingernails short and clean and REMOVE all jewelry.

Once you have completed 4-months to a year of training, you should purchase your own sparring equipment. We recommend that you spar with hand/foot pads, shin guards, and a mouth guard. Periodically the school places an equipment order. You can order equipment that way or purchase it at Rising Sun or online at various martial arts supply stores.

“Safety & Respect”-The two most important rules at FEMA

Physical aspects of training: BODY

Every student who trains at **F.E.M.A.** is encouraged to come to at least one to two classes per week. This helps keep you limber and builds strength and endurance, preventing injuries and soreness. Don't worry if you feel sore and tired after your first few workouts; most students have sore muscles when they first start training. This is an indication that you are using muscles you haven't used much before and that you're growing stronger. Take hot baths and ice sore muscles. It also helps if you stretch every day, especially on days when you don't come to class. It is best to stretch gently and hold each stretch for 30 seconds or more; stretching too aggressively can tear your muscles.

If you have an injury or are injured during training, be sure to tell the teacher. We can usually help you to tailor your training so that you give the injured area a chance to rest and heal without eliminating training altogether. Remember, no injury should be ignored.

Communication & mental aspects of training: MIND & SPIRIT

At **F.E.M.A.**, we encourage you to participate in body, mind and spirit! Good communication is essential for maintaining a vibrant teacher/student relationship. In the closing circle at the end of each class we provide a feedback period when you can express any feelings that you have about the class, ask questions, or give the teachers suggestions about something you did in class. Take the opportunity to voice your questions, ideas, and feelings.

If you feel uncomfortable talking about something difficult in front of the whole class, pull the teacher aside and let them know what's going on. If you need to leave the mat/training floor, please let the teacher know so they can check to see if you are ok and if you'd like someone to talk to. Remember to always bow in and out when entering or leaving the training space.

After a hard workout, you'll frequently feel the satisfaction of having accomplished something new, the high of training hard and pushing yourself with other students, and the excitement of learning. If you have personal training issues or questions that aren't appropriate for the closing circle, talk to Shifu or an advanced student. At **F.E.M.A.**, unlike many other martial arts schools, we have a policy that students should not give feedback to other students during class. This includes both positive and negative feedback. This policy ensures that students receive feedback only from the teacher, so that the feedback is both correct and appropriate to the student's level and needs. We also do not allow casual talking while on the mat/in the training space. This helps everyone stay focused.

NOTEBOOK

In addition to our school handbook (*Cost is \$25 online purchase via website*), it is suggested that you keep a personal training notebook containing extra school handouts, handouts from workshops, written feedback from tests, and personal notes. **This notebook is required at your first belt test (purple or yellow).**

Rank & Testing

In our system of **Wu Chien Pai**, we have a five element-belt ranking system: **White (Metal), Yellow (Earth), Red (Fire), Brown (Wood) and Black (Water)**. We also have a **FEMA GIRLS Purple (Little Earth)** belt. Each rank is awarded after a student successfully completes and passes a belt test. (NOTE: FEMA laido Club has a separate ranking system). **WU CHIEN PAI TEST FEES: \$30-\$35 for each rank. No charge for stripes.**

Below is a time minimums for advancement:

WHITE: Must complete the cycle of a Beginners course

PURPLE*: One year training after Second Yellow Stripe-*FEMA Girls Class

YELLOW: One year training after WHITE *Must be 12 years and older to rank adult level of YELLOW

RED: Two to Three years training after YELLOW

BROWN: Three years training after RED

BLACK-First Degree-Three to Four years training after BROWN

In order to test for your next level:

- YOUR TRAINING MUST BE CONSISTENT-*at least two times per week.*
- The time minimums must be met.
- Self-training is recommended, but does not replace time in class with a teacher.
- See your handbook for requirements of the next level.

TESTS ARE HELD As Needed. You may invite friends and family to the test, and the after test celebration.

When it's TIME TO TEST:

- You may be asked to test by Shifu directly,
- Or an Advanced student may recommend you to Shifu,
- Or you may ask to test (Note: If you ask, you may have a timeframe of practice required before testing)
- You will meet with Shifu to discuss the date and anything you need to prepare.
- This is a cooperative event, you can ask advanced students to help you.

Adult Ranking Tests last from 2-5 hours and are usually held on SUNDAYS NOON-4:00PM.

FEMA Girls & Iaido Tests can happen Monday/Wednesday during class time.

After the test we have a POTLUCK PROMOTION Celebration!

F.E.M.A. Structure and Administration

The FEMA Board of Directors has regularly scheduled meetings that any student is welcome to attend, although only representatives vote. Other committees are formed as needed.

F.E.M.A meetings for the general membership are generally held on a Monday or Wednesday evening from 7:00-9:00pm. Although the board of directors makes the final decisions related to running the school, the general membership votes on major policy issues to provide a recommendation to the board. General meetings also serve as a forum for discussing school-related topics and ensuring that everyone is kept informed about issues affecting the school. The agenda is set by Shifu; if you have a topic you'd like to discuss, please put a note on the front desk or email her at shifukg@femamartialarts.org cell: 612-306-7788 (text messages/voicemail)

As a democratic school, we rely on the full participation of all students. As a member of **F.E.M.A.**, it is your responsibility to make an effort to attend all school meetings, and to volunteer to participate as a committee member or belt representative periodically. You are also expected to pitch in on general housekeeping. Each class has cleaning responsibilities. Check the yellow sheet on the bench for the chores for your class, but you are also encouraged to notice what needs to be done and do it whenever needed. Our respect for the space is reflected in how we care for it.

Tuition/Finances

Because we are a nonprofit, member-supported school, members' tuition keeps the school running. If you haven't made other arrangements, it is essential to the financial well-being of the school and mental health of the treasurer that you pay your tuition by the 10th of the month. Inability to pay all or partial dues should not, however, prevent you from training. Note: There is a \$30 returned check fee. If you are taking a break, please pay the sabbatical fee of \$25-30 per month.

Scholarships/Student Discounts

We have a sliding fee scale for dues (\$45-120 per month) for regular students. There is a \$25 per year annual insurance fee that all students must pay. Sabbatical fees are \$25-30 per month.

FAMILIES OF THREE (3) or more & STUDENT and/or SENIOR (60+) DISCOUNT RATE is \$30 per month per person. We have work scholarships available each month. Please see an advanced student for more information.

Conclusion

Training in a martial arts school can be an exhilarating experience. It is also at times difficult and exhausting. Essentially, martial arts are about learning how to face conflict and work with others, and about **"Being & Becoming"**.

At **F.E.M.A** we've provided a place where students can explore their strengths while they safely push themselves in areas where they feel vulnerable. We're excited that you've decided to train here. Whether you decide to train for four months or until you get your black belt in 8 to 10 years, we look forward to the unique contribution you'll make to the school.

For all the class times, see the schedule on our web site (www.femamartialarts.org) or refer to the FEMA STUDENT HANDBOOK or posts in dojo for more information



TUITION

Sliding Scale Tuition is: \$45.00 to 120.00 per person per month

*SPECIAL RATES:

Families (of 3 or more), Full Time Students, Seniors (60+): \$30.00 per person per month.

SINGLE CLASS RATE: \$15-25 per class per person
SABBITACAL Tuition: \$30 per month

+Plus ANNUAL INSURANCE FEE --\$25.00 per year. Due when you join & annually each Jan. 1st.

We have a work scholarship program available.
Please contact an advanced -student or Shifu for more information.

Please PUT ALL PAYMENTS IN TUITION BOX-or pay ONLINE

FOR CHECKS: In MEMO line write description: i.e.-Tuition for (Name), T-shirt, Gi, Donation, etc.
FOR CASH: Put cash payments in an envelope. WRITE Name, Date & What Cash is for ON envelope.

FEMA is a 501 c3 non-profit organization. We deeply appreciate any DONATIONS at any time.
We have a FED ID number for tax deductible donations of \$200 or more. Tuition is NOT tax-deductible because you are receiving something in exchange for your payment.

FEMA sliding scale is according to your monthly take home pay.

DUE DATE: Please pay your dues by or near the first of the month. Please write on your check what month you are paying tuition for and if the amount includes the \$10 late fee. There is a \$30 returned check fee.

Check the TUITION SHEET to see if you are up to date.

The MINIMUM regular tuition is \$45 per month per student
***Special Rates: \$30 per month per student**

DUES	\$45	\$50	\$60	\$65	\$70	\$75	\$80	\$90	\$100	\$120+	
INCOME	up to \$1,000	\$1,100	\$1,200	\$1,300	\$1,400	\$1,500	\$1,600	\$1,700	\$1,800	Up to \$2,000	

HOW THE SLIDING SCALE WORKS

Please pay as much as you can afford each month. Use this scale as a guide. If your expenses for a specific month do not allow you to pay your full dues, please pay what you think you can that month. As a non-profit, F.E.M.A. relies heavily on the dues of its members for all operating costs. If you want to pay more than \$120 in a given month, please do so. You may also make donations at any time. This scale is based on 4.5-5.0% take home pay.

WORK SCHOLARSHIPS

A work scholarship is available for people a) with no source of income, or b) whose monthly expenses make it impossible for them to pay the \$30/\$45 minimum. Weekly Tasks are assigned to help with the maintenance of our dojo in trade for tuition.

If you have any questions, or need to discuss any finances, please contact the FEMA Treasurer or Shifu.

FEMA'S MARTIAL ARTISTS CODE

***SAFETY-**

A Martial Artist is Skilled in Mind and Body and Kind in Heart.
A Martial Artist believes that caring for themselves means caring for our world...Always choosing SAFETY FIRST!

***RESPECT-**

A Martial Artist respects themselves and all living things.
A Martial Artist shows respect in all places, especially the Dojo.

RESPONSIBILITY-

A Martial Artist takes responsibility for their own actions and makes a superior effort in every situation.

HONOR-

A Martial Artist uses fighting skills honorably-only to protect self and loved ones.
A Martial Artist NEVER USES A FIST IN ANGER.

PEACE-

A True Martial Artist lives by this code and firmly believes that the greatest warrior is the one who stands for PEACE!