INTEGRITY
MARTIAL ARTS ACADEMY

Strengthening Mind, Body, & Character since 2002

2178 Old Highway 41, Princeton, IN 47670

Red Dawn Armory / Archery Range Side





Kid & Adult Classes (Monday Night Schedule)

- **4:45 - 5:30 PM:** Little Dragons (Ages 5-7)
- **5:30 - 6:15 PM:** Kids Core (Ages 8-12)
- **6:15 - 7:15 PM:** Junior Jiu-Jitsu (Ages 8-12)
- **6:15 - 7:15 PM:** Kali / TriCom (Weapon Counters & Striking)
- **7:15 - 8:15 PM:** Adult Jiu-Jitsu (Locks, Chokes, & Ground Fighting)
- **Try It Out:** Your **first class is FREE**





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Website: www.integrity-martial-arts.com

Welcome to IMA Academy!

Serving the community since 2002

Student Creed (For Kid Classes)

'We are on a quest to be our best!
We will use common sense before self-defense.
We will build a strong mind, body and character!

Monday Schedule (Kid & Adult Classes)

4:45-5:30 PM Kids Core Class (ages 5-7),
5:50 - 6:15 PM Kids Core Class (ages 8-12)
6:15 - 7:15 PM Junior Jiu-Jitsu Class (ages 8-12)
6:15 - 7:15 PM Kali / Tricom: striking & weapons self-defense (13 and up)
7:15 - 8:15 PM Jiu-Jitsu: grappling / ground self-defense (ages 13 and up)

Tuition & Registration Fees

The registration/sign-up fee is $50 (includes academy shirt, belt, & full access to our online training videos). From there you have several payment options for tuition and it is based on your length of commitment.
Monthly commitment: $69
6 Month Commitment: $59 monthly average
12 Month Commitment: $49 monthly average
Payments are prorated by **my studio app**…so less at the beginning if starting after the first of the month. 6 month and 12 month commitments are paid in total upfront for discounted rate.
Cash/Check payments: put in envelope with your name, write what's it's for, & place in gray payment box
IMA Family discounts: 'family of 2' = 20% off tuition & 'family of 3'= 25% off tuition

Benefits

We are a family oriented academy and try our best to help you reach your full potential. ***We provide an extensive video training library (through youtube channel links) in our APP.*** We don't charge testing fees or extra belt fees, etc. For the kids programs, we provide you with Character in Action (CIA) sheets, which is a great tool you can use at home to motivate your child to demonstrate good character at home and elsewhere. We read CIA sheets that are filled out by you and turned in order to recognize your child's accomplishments.

Kids Class Belt Promotions

When your child is tested and promoted along the way, we don't charge testing or belt fees. Although each student starts at white belt, they earn each stripe and belt along the way as they learn and improve their skills. We typically test each student for a new stripe every 8 classes. After earning 3 stripes they are awarded their next belt if they have also completed a Character in Action (CIA) sheet. (hard copies available on website)

Location / Contact / Website

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TRICOM



Filipino Martial Arts = Kali / Tricom Program (ages 11-up)

Kali is an ancient warrior art born out of the Philippines. Some other common names for the Filipino martial arts are Arnis & Escrima. The term Kali (translated to 'bladed hand') refers to the ancient mother art of the Philippines that is much older than escrima and arnis. Kali provides training in a vast arsenal of weaponry, empty hand fighting skills (panuntukan) and grappling (dumog).

The Filipino martial arts (FMA) have long been sought after for their highly effective and no-nonsense approach to self-defense. In fact, when it comes to knife fighting, much of today's U.S. Special Force Units (example: Navy Seals) require training in Kali based blade techniques. The techniques in Kali have proven themselves to be combat effective for hundreds of years.

According to police statistics, 90% of assaults in the U.S. involve a weapon of some kind. Kali provides vital knowledge and training in how to deal with attacks involving weapons. Students of Kali often make great gains in the area of hand and eye coordination, mental concentration, physical speed, footwork, and their overall ability to defend themselves.

Affiliation / Lineage

Our academy is affiliated with both Guro Dan Inosanto and Tuhan Jared Wihongi. Isaac Birch is a certified instructor in Filipino Martial Arts (FMA), Jun Fan / Jeet Kune Do, and Maphilindo Silat through the International Inosanto Instructor's Association. Isaac is also an instructor in Pekiti Tirsia Kali and Tricom through the Pekiti Tirsia Tactical Instructor's Association under Tuhan Jared Wihongi.

Rank & Promotion

Students learn and work through a series of phases (levels in the curriculum) that covers a myriad of empty hand striking, weapon tactics and counters, and weapons based grappling. It's a massive art that is often customized to a particular student's needs and capabilities. Students are awarded certificates as they progress through each phase/level. Our students can also focus their training in specific categories / modules of Kali. These include areas of combat such as single stick (batton), double stick, dagger, double dagger, stick/sword and dagger, small impact weapon (pocket stick, flashlight, etc), empty hand striking, long weapon (staff or spear), flexible weapons (whip, sarong, etc), weapons based grappling, handgun, and/or rifle.

Registration & Equipment

There is a $50 registration fee to start training in our Kali class which includes an academy t-shirt and a training stick. Although not required, we recommend that our students in the long run also consider investing in a training blade similar to what they might carry, set of sticks and a blue/training gun based on what they may carry or be comfortable with.

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JUNIOR JIU JITSU Program (ages 8-12)

Jiu Jitsu is a grappling art that teaches escapes, takedowns, ground control, submissions and more. It is recognized worldwide for its effectiveness in improving self-defense skills, confidence, coordination, and much more. Our lead instructors at IMA Academy have several years of experience in both training and in teaching jiu jitsu. Enroll your child in our Jiu Jitsu program today and watch them gain confidence and soar to new heights in many aspects of their life!

There is a $50 registration fee for new students. You receive an IMA academy shirt. You also gain access to an extensive Jiujitsu video library exclusive to IMA students through youtube video links within the mystudio app.

*If your child is currently enrolled in our *Kids Core Program* class on Mondays (5:30 - 6:15 PM) and are looking to also enroll their child into this program, they get 40% off the Junior Jiu Jitsu monthly membership by using a special discount code we'll provide you upon request.

Link to Junior Juijitsu
https://cp.mystudio.io/m/?=IMAfortbranch/1963/48222//1668523241





JIU-JITSU (ages 13-up)

Although highly developed by the Japanese, Jiu-Jitsu was made famous by the Gracie family of Brazil in the mid 90's. It emphasizes the efficient use of body mechanics, physics, and joint manipulation to use an attacker's force against him or herself.

IMA Academy's Jiu-jitsu instructors have the unique perspective that comes from having spent decades training and researching both Brazilian (modern) and Japanese (classical) Jiu-jitsu. Taking into account situations and timeframe in which each of these styles have developed and overlapped in our current culture has shaped our particular approach to teaching Jiu-jitsu at our academy.

Our students progress through a series of techniques, concepts and training drills that are designed to help them become well rounded and quite capable grapplers. They learn takedowns, throws, positional control, submissions, escapes and more from our team of instructors. Each instructor has their own background and teaching style that brings a rich and fresh perspective to each of our jiu-jitsu classes.

Key to success in Jiu-Jitsu is pressure testing what you've learned in class. We set aside time for our students to do just that in class. It's through this process of trial, error, and innovation that our students find what works best for them. This process is critical to their overall success because of how vast jiu-jitsu is as a system. At the same time, we believe safety in training is the highest of priorities. So we structure our 'roll' (sparring) sessions in a way to highlight safety and encourage our students to not avoid failure. Rather embrace it as a learning opportunity that helps all of us grow together as a team on and off the mats.

Affiliation / Lineage

Our academy is affiliated with Marcelo Ferriera of Brazil and Bruce Shepherd of Evanville, IN. We have a Japanese Jiu-Jitsu lineage through Robert Asa and Terry Stanton of Kansas City, MO.

Rank & Promotion

Students learn and work through a series of belts in Jiu-Jitsu (white/blue/purple/brown/black) with 3 or more stripes in between each belt. There is a $50 registration fee to start training in our Jiu-Jitsu class which includes an academy t-shirt and belt. Although not required initially, we recommend that our students invest in a gi (jiu-jitsu uniform).

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Integrity Martial Arts Academy

DOWNLOAD OUR FREE APP

ACCESS YOUR MEMBER PORTAL

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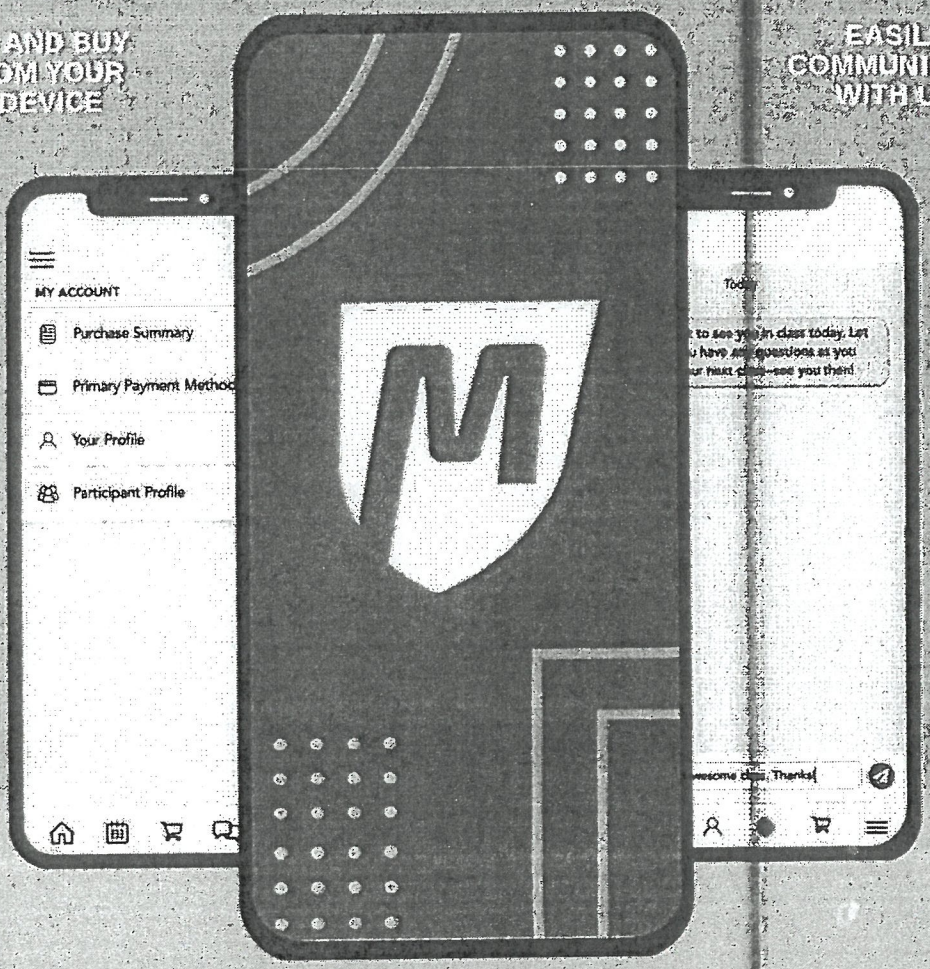
EASILY COMMUNICATE WITH US



STEP 1

Go to the Apple App Store or Google Play Store, search "MyStudio App" and download.

STEP 2

Log into the app and type IMAFORTBRANCH for the studio code.

STEP 3

Log in with Facebook, Google, or your Email.

Available on the App Store

GET IT ON Google Play

Please see studio for the link to access the member portal through the web browser on a desktop.