



3385A Yonge Street, Toronto, Ontario, M4N 2M8
www.ipedojo.com / @ipedojo / ipedojo@ipedojo.com

THE IPÊ DOJO PARENT GUIDE

Helping your child succeed through martial arts

Welcome to a community where respect comes before results.

Dear Parents,

Welcome to the Ipê Dojo family.

Thank you for trusting us with something incredibly important, your child's development.

Martial arts are about much more than learning techniques, earning belts, or winning medals. They are an opportunity to build confidence, discipline, resilience, respect, and character that will last a lifetime.

While our instructors guide your child on the mats, your support at home plays an equally important role in their journey.

This guide explains what you can expect from us, what we hope from you, and how, together, we can help your child thrive.

We look forward to sharing this journey with your family.

Sensei José & Sensei Ana
Founders of Ipê Dojo



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WHY MARTIAL ARTS?

Every parent enrolls their child for a different reason.

Some hope their child will become more confident.

Others want better discipline, focus, fitness, self-defense skills, or simply a healthy activity.

While those are all wonderful goals, the greatest benefit of martial arts often isn't what happens on the mats, it's what happens away from them.

Children who train consistently learn to:

- Respect themselves and others.
- Handle challenges with resilience.
- Work toward long-term goals.
- Accept both success and failure with humility.
- Develop confidence through effort.
- Build healthy friendships.
- Take responsibility for their actions.

At Ipê Dojo, our mission is not simply to build better martial artists.

Our mission is to help build better people.

WHAT SHOULD YOU EXPECT?

Every child progresses differently.

Some children feel comfortable immediately.

Others take weeks, or even months, to develop confidence.

Some learn techniques quickly.

Others need repetition and patience.

All of these journeys are normal.

Progress in martial arts is rarely a straight line.

Some weeks your child may seem to improve dramatically.

Other weeks they may appear to struggle.

Learning is not always visible.

Trust the process.



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YOUR ROLE AS A PARENT

Children succeed when parents and instructors work together.

You don't need to know martial arts to help your child succeed.

The most valuable things you can provide are:

- Encouragement
- Consistency
- Patience
- Positive reinforcement
- Trust in the coaching process

Your support outside the dojo is just as important as our instruction inside it.

BEFORE CLASS

You can help your child prepare by making sure they:

- Arrive approximately 10–15 minutes early.
- Wear a clean white gi and the correct belt.
- Wear a white t-shirt or rash guard underneath the gi (optional for boys).
- Bring indoor dojo flip flops.
- Bring a refillable water bottle.
- Have trimmed fingernails and toenails.
- Tie back long hair.
- Remove all jewelry before class.
- Use the washroom before class whenever possible.

Small routines build lifelong discipline.

DURING CLASS

During the **trial period**, parents are welcome to observe classes.

After the introductory period, we ask parents to remain outside the training area unless invited by an instructor.

Children often behave differently when their parents are watching. Some become distracted, others feel pressure to perform, while some rely on their parents instead of developing independence. Allowing children to train without parents in the training area helps them build confidence, focus, resilience, and trust in their instructors. It also creates a more consistent learning environment for every student.

It also allows our instructors to coach every child consistently without outside distractions.

Thank you for helping us create the best possible learning environment.



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HOW WE TEACH

Children learn through repetition.

Many techniques will be practiced dozens, or even hundreds, of times before they become natural. You may notice your child practicing the same movements for several weeks.

This is intentional.

Strong fundamentals are the foundation for everything that follows.

We believe it is better to master the basics than to rush through advanced techniques.

TRUST THE PROCESS

Some days your child will be excited.

Some days they won't.

Some classes they'll perform well.

Other days they'll struggle.

This is completely normal.

Growth in martial arts, like growth in life, is rarely linear.

Please don't measure success week by week.

Instead, look back six months or a year and you'll often be amazed at how far your child has come.

BELT PROMOTIONS

One of the most common questions we receive is:

When will my child get their next belt?

The answer is different for every student.

At Ipê Dojo, belt promotions recognize a student's overall development, not simply attendance, technical ability, or competition results.



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Our instructors evaluate:

- Technical knowledge
- Attendance and consistency
- Effort
- Respect
- Character
- Sportsmanship
- Maturity
- Readiness for the next level

Belts are milestones, not the destination.

The real reward is the person your child becomes along the way.

COMPETITION

Competition is optional.

Many students enjoy martial arts for years without ever competing.

For those who choose to compete, tournaments provide valuable opportunities to build confidence, resilience, sportsmanship, and emotional maturity.

Winning is exciting.

Losing can be even more valuable.

Both are opportunities to learn.

We never judge a child's success by medals alone.

ATTENDANCE MATTERS

Like learning a language or playing a musical instrument, martial arts require consistency.

Children who attend regularly develop skills more quickly and build greater confidence over time.

Missing classes occasionally is part of life.

However, long-term consistency is one of the strongest predictors of success.

Progress comes from showing up.



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WHAT TO SAY AFTER CLASS

The drive home is often one of the most important parts of your child's martial arts experience.

Try to Avoid

Why didn't you win?

You should have listened better.

Why weren't you paying attention?

You need to try harder.

Remember that your child has already received coaching during class.

Try asking:

What was your favorite part of class?

What did you learn today?

What challenged you today?

What are you proud of?

Who did you train with today?

These conversations encourage reflection rather than performance.

COMMUNICATION

If you ever have questions, concerns, or feedback, we encourage you to reach out.

For membership, billing, schedules, or general inquiries:

Email: membership@ipedojo.com

Phone/Text: +1 (647) 381-6706

We also encourage families to stay connected through:

- Email updates
- Ipê Dojo social media

TEN THINGS WE HOPE EVERY PARENT UNDERSTANDS

1. Every child learns at their own pace.
2. Confidence grows through effort, not perfection.
3. Consistency matters more than talent.
4. Progress isn't always immediately visible.
5. Belts recognize development, they are not rewards for simply showing up.
6. Competition is optional, but character is essential.
7. Respect always comes before results.
8. Mistakes are an important part of learning.
9. Our job is to coach your child. Your job is to encourage them.
10. Together, we're building better people.



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WHAT WE PROMISE YOUR CHILD

- A fun, positive and safe learning environment.
- Respect.
- Patience.
- Qualified instruction.
- Encouragement.
- Honest feedback.
- Equal opportunity to learn and grow.

WHAT WE ASK FROM YOU

- Encourage attendance.
- Trust the coaching process.
- Celebrate effort.
- Communicate openly.
- Support your child's journey.
- Be patient with your child's progress.

THANK YOU

Years from now, we hope your child remembers much more than the techniques they learned.

We hope they remember feeling capable.

Feeling respected.

Feeling challenged.

Feeling supported.

Feeling proud of themselves.

Because those are the lessons that last a **lifetime**.

Thank you for trusting us with one of the greatest responsibilities we can have:

Helping your child grow.

We look forward to sharing this journey with your family.

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