


# Parent's Handbook

# Best Ways to Contact Us

**Phone: 508-219-0418**

**Email: info@LauzonMMA.com**

**Website: www.LauzonMMA.com**

***Find us on Facebook: Lauzon Mixed Martial Arts (www.facebook.com/LauzonMMA)***

***Facebook Groups listed at www.facebook.com/lauzonmma/groups/***

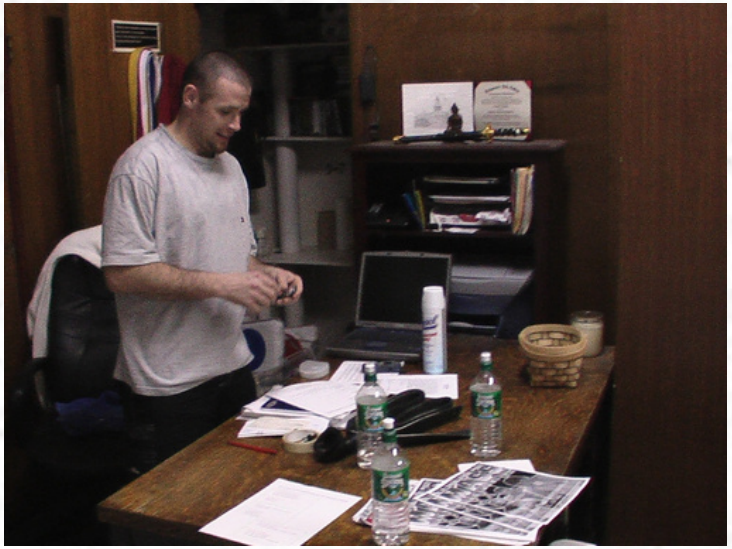
**Updated Schedule is always posted at www.lauzonmma.com/lp/our-schedule/**

# Lauzon MMA History

***In 1996, Joe Pomfret took over a Karate school and started Reality Self Defense. As time went on, Joe slowly added No-Gi Grappling and Kickboxing classes.***



***In 2000, Joe Lauzon started training grappling and took some MMA fights while earning a Computer Science degree... and got signed to the UFC in 2006.***



***In 2009, Joe Lauzon became a partner with Joe Pomfret and rebranded the gym as Lauzon MMA.***

# Reality Self Defense - Bridgewater, MA

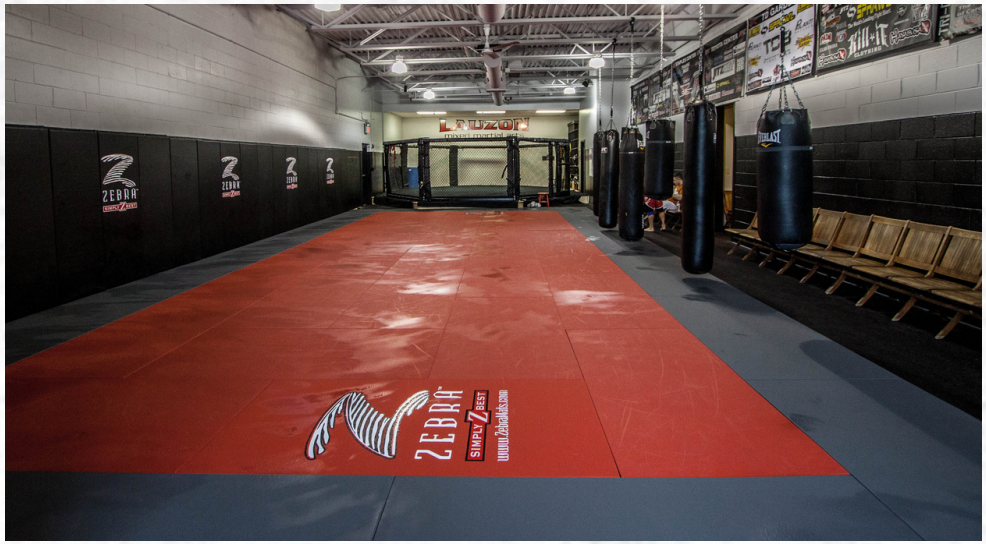


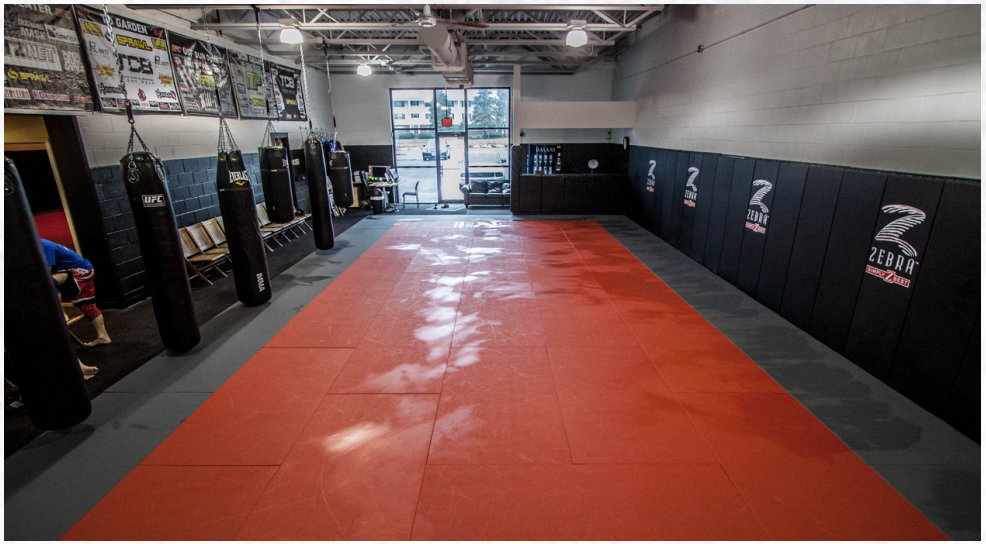






# Lauzon Mixed Martial Arts - Easton, MA









# Lauzon Mixed Martial Arts - Raynham, MA











# We started from the bottom...







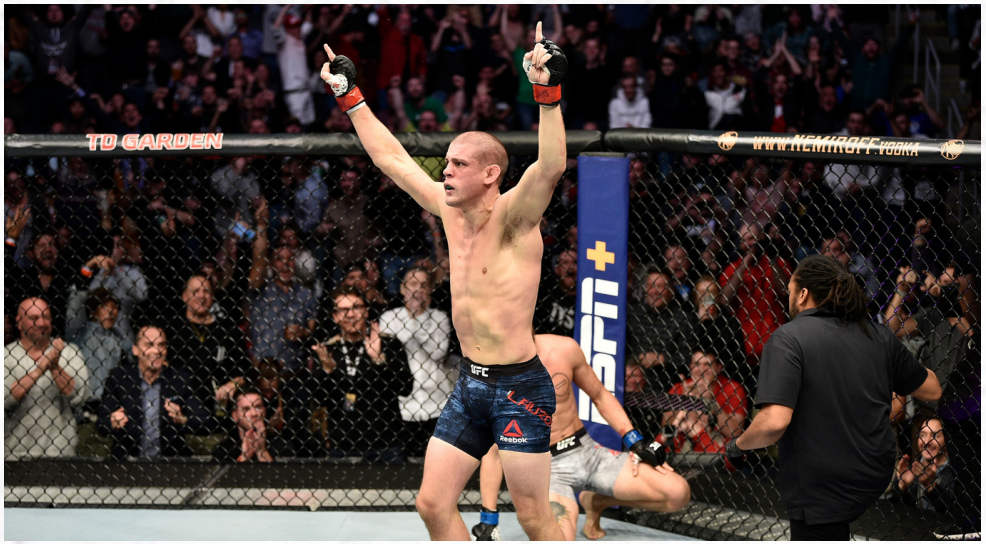
# Now we're here!












JIU-JITSU • KICKBOXING • WRESTLING • FITNESS
EST. 2009
LAUZON
mma
HONOR • FAMILY • RESPECT • COMMITMENT

# Our Team

Co-Owner and Head Instructor

# Coach Joe Lauzon

***BJJ Black Belt / Lauzon MMA Black Rashguard***

***27x UFC Veteran***
***7x UFC Fight of the Night Winner***
***1x UFC Knockout of the Night Winner***
***1x UFC Performance of the Night Winner***
***Most All-Time UFC Submission of the Night (6)***
***Most Finishes in UFC Lightweight History (13)***
***2012 MMA Fight of the Year***
***The Ultimate Fighter 5 Veteran***
***43 Professional MMA Fights***
***Training Martial Arts for over 20 Years.***

***Father of 2***
***Bachelors in Computer Science***



Co-Owner and Head Instructor

# Coach Joe Pomfret

***Joe Pomfret did Uechi Ryu Karate as a teenage before joining the Marines. After serving he went to Bridgewater State College and took over a Karate school that eventually become Reality Self Defense... which went on to become Lauzon MMA. Joe Pomfret took several fighters from zero training to the UFC.***

***BJJ Black Belt / Lauzon MMA Black Rashguard***
***5th Degree Black Belt Uechi Ryu Karate***
***Former North American Uechi Ryu Champion***
***5 Professional MMA Fights***
***Former US Marine Scout Sniper***
***Training Martial Arts for over 30 Years***

***Father of 2***
***Associate Principal, Taunton High School***
***Advanced Masters Degree in Educational Leadership***



Day Manager / New Member Specialist

# Coach Andy

***Andy started training with us back in the Reality Self Defense days and has done everything from high school wrestling to grappling, professional MMA and professional Boxing. Andy is the first person most people meet at Lauzon MMA as he is the one that does most of the adult introduction lessons and the kids evaluations.***

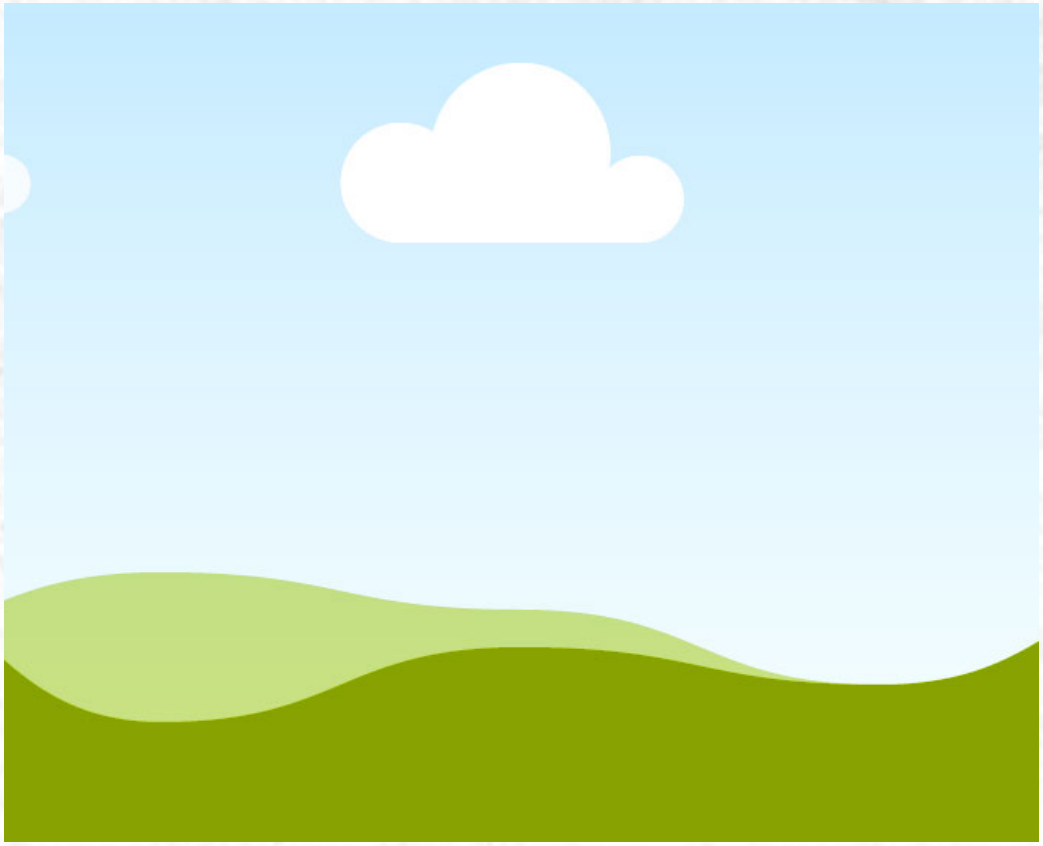
***Lauzon MMA Black Rashguard / BJJ Blue Belt***
***Professional MMA Fighter***
***Professional Boxer***
***Training Martial Arts for over 20 Years***



# Front Desk Staff



**Kelly**



**Cynthia**

Head Kids Instructor

# Sensei Matt

***Matt started training martial arts over 20 years ago while in High School. Matt knew early on that he wanted to become a teacher to he went on to pursue a degree in Elementary Education. Matt teaches 6th Grade Science by day and Brazilian Jiu-Jitsu by night.***

***Lauzon MMA Black Rashguard / BJJ Purple Belt***
***7 Professional MMA Fights***
***Training Martial Arts for over 20 Years***

***Masters Degree in Secondary Education***
***Worked in childcare and education for over 20 years.***
***Father of 2, fur babies.***
***Middle School Science Teacher, Brockton***



Kids Instructor

# Coach Erin

***Erin started training martial arts in our kids program when she was 13 years old. She has been training since and has gone on to fight MMA as an amateur as well as become one of our kids instructors.***

***Lauzon MMA Brown Rashguard / BJJ Blue Belt***
***Amateur MMA Fighter***



Kids Instructor

# Coach Chris

***Chris started training martial arts over 20 years ago while in High School. Chris teaches our kids and adult classes.***

***Lauzon MMA Black Rashguard / BJJ Blue Belt***
***Professional MMA Fighter***
***Training Martial Arts for over 20 Years***

***Father of 2***
***Bachelors in Computer Engineering Technology***



Kids Instructor

# Coach Connor

***Connor started training martial arts as a little kid before going into the Air Force and becoming a Combat Controller. After serving our country, he moved back to train with us to see how far he can take it be a professional MMA fighter. Connor helps us with the kids classes and runs the majority of our Professional fight team trainings.***

***Lauzon MMA Brown Rashguard / BJJ Purple Belt***
***Professional MMA Fighter***
***Air Force Combat Controller***
***Training Martial Arts for over 20 Years.***



Kids Instructor

# Coach Bob

***Bob started training with us in High School and went on to fight for us professionally. Bob and his wife, Tracey, both train with us and have all three of their kids enrolled in our kids programs.***

***Lauzon MMA Black Rashguard / BJJ Blue Belt***
***Professional MMA Fighter***
***Training Martial Arts for over 20 Years.***

***Father of 3***
***Electrician by Day***



Kids Instructor

# Coach Pat

***Patrick started training at Lauzon MMA as a teenager. He continued training throughout college and began to focus more on BJJ. He competed internationally in Jiu Jitsu before making the transition to MMA. He earned his Masters in Computer Science and currently works full time as a Network Integration Engineer. He began as an Amateur MMA fighter with us in his corner and continued on to the professional ranks where he currently fights. He teaches a kids MMA program and an adult grappling class.***




***Lauzon MMA Black Rashguard / BJJ Brown Belt***
***Professional MMA Fighter***
***Training Martial Arts for over 15 Years.***

Kids Instructor

# Coach Josh

***Josh started training martial arts in our kids program when she was 6 years old.***

***Lauzon MMA Purple Rashguard / BJJ Purple Belt***
***Training Martial Arts for nearly 20 Years.***
***Started teaching at 12 years old teaching younger kids at his Father's School.***

***Active BJJ Competitor and member of Comp Team***

***Bachelors in Criminal Justice***



Kids Instructor

# Coach Ben

***Ben started getting trained martial arts at age 4 with his father, who trained at Lauzon MMA.***

***Lauzon MMA Purple rashgaurd / BJJ Purple Belt***
***Helped teach kids at father's school since he was 12.***

***BJJ competitor***



Kids Instructor

# Coach Robby

***Robby started training with us in 2005. After training for a few years, he wanted to test himself in an MMA fight and went 4-0 as an amateur and 4-0 as a professional. Robby's kids train with us and continue to grow.***

***Lauzon MMA Black Rashguard / BJJ Purple Belt***
***Professional MMA Fighter***
***Training Martial Arts for over 15 Years.***






# Goals and Focus

## Goals:

- **Stand on the shoulders of giants: Learn from their experiences.**
- **If you are that giant: Help others see further.**
- **Always get better: Learning from wins and losses alike.**
- **Swim for the lighthouse: Always have clear goals and a direct path to get there.**
- **Do the right thing, even when no one is watching.**

## Focus & Mission Statement:

**We strive to elevate ourselves and those around us not just technically but also mentally. A rising tide raises all ships, but sometimes we have to help them build their boat.**



***We aren't raising children...***

***we are raising adults.***

# Our Programs are designed to help your child thrive.

**We have developed Curriculums that match their:**

- **Physical Stage**
- **Emotional Stage**
- **Intellectual Stage**
- **And Social Stage**




**We do this with:**

- **Age Specific Classes**
- **Skill Specific Classes**







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LAUZON
mma
HONOR • FAMILY • RESPECT • COMMITMENT

# Policies

# Drop Off/Pick Up

***We encourage all parents to watch their child's progress on a regular basis, as there are many achievements that your child will accomplish daily.***

***We understand that from time to time you may need to run errands. Please drop your child off no earlier than 5 minutes before class and make sure you arrive prior to class ending to pick them up.***

# Parent/Student Conferences

***We extend our expertise of child development off of the training floor.***

***We are fully committed to helping you solve your child's outside challenges.***

***If you notice that your child is struggling to maintain focus and interest in their martial arts training, please let us know ASAP.***

# Agreement Policy

***Our payment agreements are front loaded, meaning you will pay a little more in the beginning, but are not locked in for any set amount of time. You may cancel at anytime... however, we usually have a waiting list so if you do cancel, you may be required to wait  until we have another opening.***

# Behavior Policy

***Here at Lauzon MMA we have a 3 Strike Behavior Policy to help measure the attitude and effort of our students. These rules are meant to maintain the atmosphere that we've created for our Academy.***

***The Following Standards are included in the 3 Strike Rule along with the necessary procedures of enforcement:***

- ***-Unacceptable or Distracting Behavior***
- ***-Negatively affecting someone else's training at Lauzon MMA***
- ***-Negative Comments***

***Our Procedure of Enforcement for the 3 Strike Policy:***

- ***- Verbal Warning / Removed from class and off to the side***
- ***- Student Parent Conference***
- ***- Secondary Student Parent Conference, followed with a leave of absence.***

# The Day Your Child Doesn't Want to Come to Class

**Use the Chore Exercise:**

**-30 minutes before it's time to leave tell your ninja to do a chore.**

**- 15 minutes later, tell them it's time to get ready for class. They will not argue as they are happy that they are done with chores!**

**Talk to us.**

**We are happy to set up a Parent Teacher Conference with your ninja.**




# Programming

# Our Age Groups:

## Kids seamlessly transition through familiar programs that are both age and skill appropriate!

**Tiny Ninjas (3 to 5 years old)** → **Vipers (6 to 9 years old)** → **Cobras (10 to 14 years old)**

***When the Team thinks your child is ready to move to the next program a Team Member will let you know, and ask if it's ok to move your child up.***

# Our Programs:

## Basic Kids Program

Kids learn the art of Brazilian Jiu-Jitsu, our code of 26, mighty manners and monthly life skills.

We don't want our kids' first line of self defense to be punching.



2 Weekly BJJ Classes in White Gi

## Elite Kids Program

Once kids have shown us their maturity and control, we allow them to start doing kickboxing.

Everyone should know how to throw a good punch...
we might as well teach them early.



2 Weekly BJJ Classes in Blue Gi
2 Kickboxing Classes

## Masters Kids Program

We taught them how to grapple...

We taught them how to punch and kick...

And now we teach them how to put it together.



2 Weekly BJJ Classes in Black Gi
2 Kickboxing Classes
1 Mixed Martial Arts Class

***All kids start in our Basic Kids Program.***

***Once they have been around for a while, we talk to parents about moving up into our Elite Program, where we add striking.***

***Eventually, after kids have developed a good BJJ and striking base... we talk to parents about mcoing into our Masters Program and work the striking and grappling together.***

# Kids BJJ Ranks

***All kids start at white belt and will earn 4 stripes before their next belt.***

***All other belts will be a total of 12 stripes before their next belt.***

***They will earn 4 white stripes.***

***They will then earn 4 red stripes.***

***Then will then earn 4 gray stripes.***

***Their next promotion would be to their next belt.***

***Belts go Color with White, Solid Color, Color with Black.***

***for example:Gray with White, Gray, Gray with Black***



# Kids BJJ Ranks (cont.)

## White Belt
All students start here.

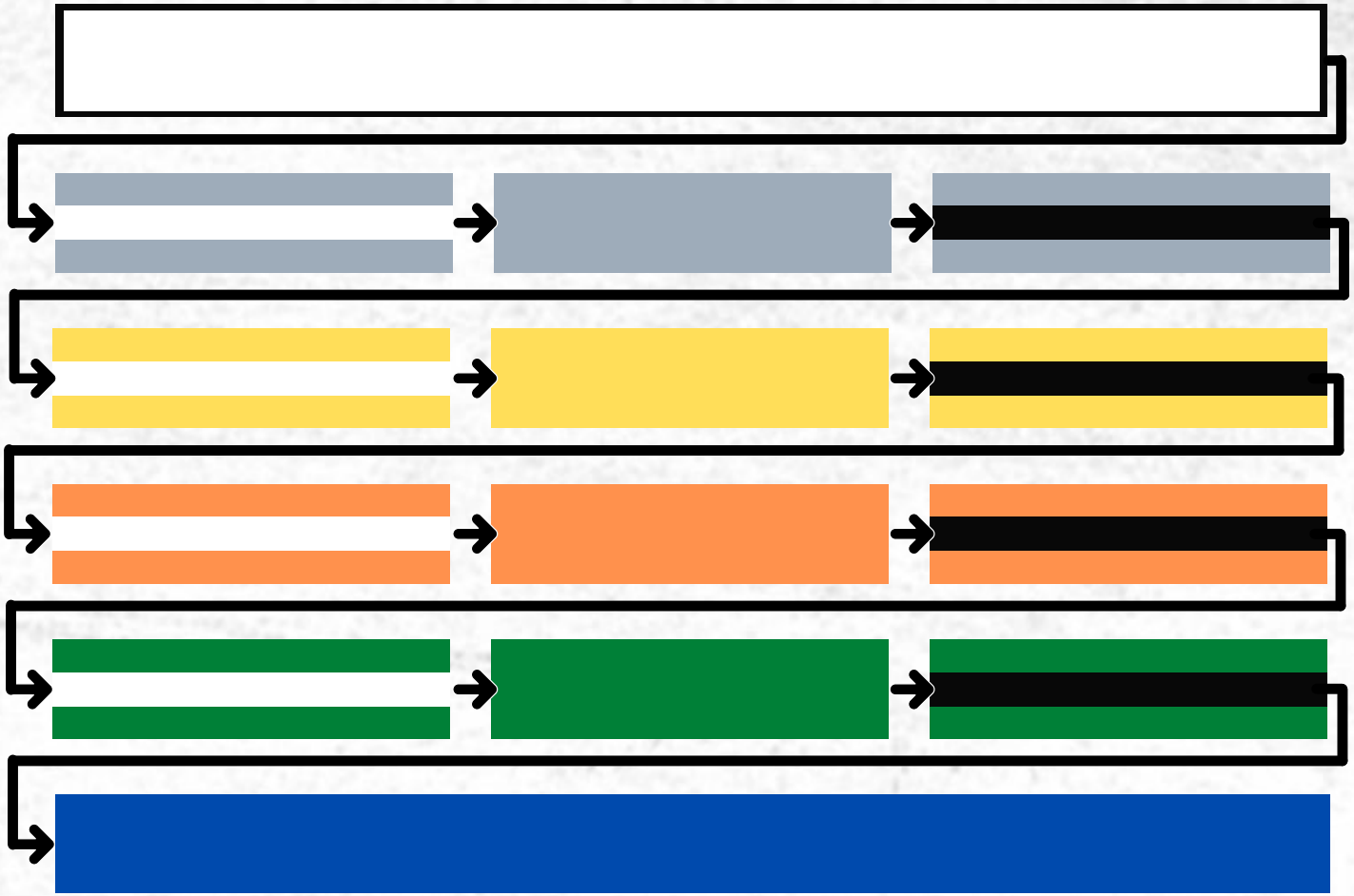
## Gray Belts
Starts color group around 5 Months into Training

## Yellow Belts
Starts color group just under 4 years into Training

## Orange Belts
Starts color group around 7 years into Training

## Green Belts
Starts color group around 10 years into Training

## Blue Belts
Eligible for Adult Ranking at 16 years old



# Striking Ranks

**We are not currently using a ranking system with striking, but many kids choose to wear a shirt or team rashguard of their BJJ rank.**

# Class Schedule

***Kids BJJ classes on either a Mon/Wed or Tues/Thurs schedule.***

***Kickboxing is currently Mon/Wed/Sat but may change from time to time.***

***Students are locked into a set schedule and group and should not be changing their days. We do not do make up days if you cannot make a class.***

# Lesson Plans

## MAY 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 Lesson 1 | 4 Lesson 1 | 5 Lesson 2 | 6 Lesson 2 | 7 | 8 |
| 9 | 10 Lesson 3 | 11 Lesson 3 | 12 Lesson 4 | 13 Lesson 4 | 14 | 15 |
| 16 | 17 Lesson 5 | 18 Lesson 5 | 19 Review Day | 20 Review Day | 21 | 22 |
| 23 | 24 Test Day 1 | 25 Test Day 1 | 26 Test Day 2 | 27 Test Day 2 | 28 | 29 |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |

***Mon/Tues follow the same lesson and Wed/Thurs follow the same lesson.***

***We post the upcoming monthly schedule, but its typically something along these lines.***

***Holidays and vacations can change things up a little bit but we always share the schedule before the first of the month.***

# BJJ Stripe and Belt Testing

## MAY 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 Lesson 1 | 4 Lesson 1 | 5 Lesson 2 | 6 Lesson 2 | 7 | 8 |
| 9 | 10 Lesson 3 | 11 Lesson 3 | 12 Lesson 4 | 13 Lesson 4 | 14 | 15 |
| 16 | 17 Lesson 5 | 18 Lesson 5 | 19 Review Day | 20 Review Day | 21 | 22 |
| 23 | 24 Test Day 1 | 25 Test Day 1 | 26 Test Day 2 | 27 Test Day 2 | 28 | 29 |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |

***Kids stripe/belt test the last week of the month, and typically have two classes to test in case they miss anything. If they miss, they are encouraged to ask what they missed and practice at home before the next class.***

***Attendance – Kids must be at the majority of their classes to earn their stripe. They could do great on test day, but if they have not been to classes they will not get their stripe.***

***Behavior – Tiny Ninjas are definitely graded easier on techniques than the older kids, but behavior is something we do not compromise on. If a student has had trouble participating and keeping themselves under control, it's absolutely taken into account on stripe/belt testing.***

**Stripes are given out on the second day of testing, since it takes time and we like to do all the stripes and we like to promote everyone all at once.**

# Code of 26

**The Code of 26 is unique to our program. We will be giving our children a framework for their decision making process that will be with them for the rest of their lives.**

**We will cover one value per week for 26 weeks.**
**At the end of the 26 weeks, we will start over at #1, allowing us to cover the material twice a year.**

**Your role as a parent will weigh heavily on the success of our Code. We hope to have your full support with our continuous strive towards excellence.**

# DELTA Team

***Dedicated. Enthusiastic. Loyal. Teachers Assistant.***




**Our Delta team are our kids that assist with running classes for the younger kids.**

**They have demonstrated enthusiastic leadership skills and go above and beyond in class.**




# Special Events

# Competition Training




***We run additional grappling competition training on most Sundays.***

***This is training run by our instructors for kids getting ready for competitions and is an extra cost paid directly to the instructor running it that day.***

***Cost is $10 per kid per day.***

# Day Camps







We run fun day camps where we play martial arts games, do fun drills, watch movies and go on field trips! Held during non-student days and holidays.

# Summer Camps







***We also host camp during the summer! It changes summer to summer but kids will learn martial arts, play games and do some kind of other activity each day. Early Drop Off and Late Pick Up are available. Spots are Limited during this camp, let us know if you are interested!***

# Parent Day/Night Out

***We host Fun Friday night and Saturday afternoon events right here at the academy.***

***Parent Day/Night Outs range from 2 to 3 hours.***

***Some of our most popular events are:***

***- Ninja Nerf Night***

***- Minecraft Night***

***- And Jedi Training Academy.***

***Cost per event is usually $20 to $30 and includes Pizza and Drinks!***

# In House Tournaments

We host tournaments throughout the year for our kids to get the competition experience right here at the academy.
You'll register your ninja at the front desk, we recommend registering as early as you can!

We will always try to match them up with kids who are in the same weight class and skill level, but that may not be possible for every child.

# Seminars

***We host special training seminars throughout the year to help our students level up specific aspects of their training. These Seminars last between 60 - 90 minutes, cost between $25 - $75 and range on a variety of subjects such as:***

- ***Specific Jiu Jitsu Positions (ie - de la riva guard, side control)***
- ***Wrestling***
- ***Judo***
- ***Striking (Boxing, Kickboxing, Muay Thai, TKD)***
- ***Competition Mindset***

# Lauzon Mixed Martial Arts
## 2022 Kids Calendar

### JANUARY

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

### FEBRUARY

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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | | | | | |

### MARCH

| S | M | T | W | T | F | S |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

### APRIL

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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

### MAY

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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

### JUNE

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| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

### JULY

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

### AUGUST

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

### SEPTEMBER

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

### OCTOBER

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

### NOVEMBER

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

### DECEMBER

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

### No Kids Classes:

**Jan 1 (New Years Day)**
**Feb 21 to 25 (February Vacation)**
**April 18 to 22 (April Vacation)**
**May 30 (Memorial Day)**
**July 2 to 9 (Summer Break)**
**Sept 5 (Labor Day)**
**Oct 10 (Columbus Day)**
**Oct 31 (Halloween)**
**Nov 23 and 24 (Thanksgiving Eve and Thanksgiving)**
**Dec 24 to 31 (School Vacation and New Years)**




# Any Questions?

**Email us at info@lauzonmma.com**

**or call us at 508-219-0418**