



HIGHEST-RATED  
MARTIAL ARTS SCHOOL  
SINCE 2006!

Something  
about us

CURRENT OFFER

\$50  
OFF

ENROLLMENT  
ON SAME-DAY



We have a fantastic team of instructors that are passionate about empowering people through martial arts. So much talent exists among them, and we are very grateful to have each member.

Bryson and Melissa Johnson have been training in the martial arts for over 26 years. They began classes as children in Augusta, Georgia. As teenagers, you could often find Bryson and Melissa at the academy training or teaching TaeKwonDo to other students - something that they were both passionate about.

Melissa holds a Masters in Sports Psychology. Bryson is a published author and inventor of sports and fitness products.

Their academy is the highest-rated martial arts school in the Cary, Apex and Morrisville areas, every belt in their academy is earned, and they believe that the highest purpose of a martial arts education is to improve the student's life.

JohnsonsMA.com  
919-469-5555

EMPOWERING  
THRU MARTIAL ARTS  
SINCE 2006!



# CYCLE TENET

# JMA CYCLE 5

## INDOMITABLE SPIRIT



OUR INDOMITABLE SPIRIT IS REQUIRED  
DURING THE BIGGEST CHALLENGES  
AND BRINGS THE MOST SATISFACTION.

### **CYCLE COMMUNITY STRIPE BACK TO SCHOOL SUPPLY DRIVE**

COVID-19 HAS HAD THE GREATEST IMPACT  
ON THOSE WHO WERE ALREADY  
STRUGGLING.

BRING DONATED SCHOOL SUPPLIES INTO  
JMA FOR THE COMMUNITY STRIPE.

SUPPLIES WILL BE DISTRIBUTED TO THOSE  
IN NEED THROUGH A LOCAL PRINCIPAL.

## AUGUST 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	29
30	31					

## SEPTEMBER 2020

		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 2020

				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	29
30	31	FULL UNIFORM OCT 5 – 17				

Students have ZOOM, PRIVATE, or IN-PERSON CLASSES.

We appreciate the support as we weather the storm brought  
on by Coronavirus.

JMA works to provide a safe place for students.

1. Mats are sanitized after each class.
2. Hand Sanitizer before and after class.
3. Temperature Checks
4. 6 Feet Social Distance
5. Instructors wear masks.
6. Parents watch via JMATV

AUGUST 24

FIRST DAY OF CLASSES FOR CYCLE

SEPTEMBER 5-7

CLOSED FOR LABOR DAY

WEAR FULL UNIFORM THIS WEEK AS WELL AS DURING TESTING WEEK

OCT 12 - 17

TESTING WEEK – SCHEDULE PENDING

TESTINGS AND AWARDS ARE ALL HELD IN CARY.  
NO "IN-PERSON" CLASSES DURING TESTING WEEK !!

<b>Cub belt stripes</b>		
<b>LIFE SKILL</b>	4 LISTENING POSITIONS AND POLITE GREETING PRACTICING SOCIAL DISTANCING	
<b>FITNESS</b>	(30 SECONDS) LEFT FRONT KICK, TWO PUNCHES, RIGHT FRONT KICK, TWO PUNCHES	
<b>FORM</b>	LEFT OUTER FOREARM BLOCK, TWO PUNCHES, RIGHT OUTER FOREARM BLOCK, TWO PUNCHES	
<b>T.A.P. TECHNIQUE, ACCURACY, AND POWER</b>	PARENT HOLDS A PIECE OF PAPER/TARGET/OR ONLY THEIR HAND. CUB WILL ATTACK WITH CRESCENT KICKS WITH BOTH LEGS	
<b>ONE-STEPS</b>	4-NINJAS: PRETEND THAT THERE ARE 4 SNEAKY NINJAS TO DEFEAT. PRACTICE YOUR HIGH BLOCK/PUNCH IN 4 DIRECTIONS.	
<b>TESTING READY</b>	MUST SHOW ALL OF THE ABOVE MATERIAL	
<b>WHITE AND YELLOW BELT</b>		
<b>STANCE</b>	WHITE BELT: 5 STANCES – FRONT, BACK, SITTING, CHOON-BI, ATTENTION.	
<b>BELT TYING</b>	PRACTICE SO THAT YOU CAN EARN THE STRIPE.	
<b>FORM</b>		
<b>T.A.P. TECHNIQUE, ACCURACY, AND POWER</b>	#1 FRONT. #2 SIDE. LEAVE LEG IN FRONT. DO THE OTHER SIDE.	
<b>ONE STEPS</b>	#3 Steps and punches 3 times. (High, Middle, Low) (Front Stance) #4 STEPS WITH RIGHT LEG TO PUNCH WITH RIGHT ARM	Steps and blocks 3 times. High Block. Outside Block. Low Block (Back Stance) Slide to the left outside block with the left arm. Two punches. Right Crescent Kick. Left Round Kick.
<b>COMMUNITY</b>	<b>BRING IN A SCHOOL SUPPLY ITEM.</b>	
<b>TESTING READY</b>	MUST SHOW ALL THE ABOVE MATERIAL.	
<b>GREEN AND BLUE BELT</b>		
<b>BELT TYING</b>	PRACTICE SO THAT YOU CAN EARN THE STRIPE DURING YOUR ZOOM CLASS.	
<b>FORM AND TRIBUTE FORM WON-HYO (SECOND HALF)</b>	A TRADITIONAL TAEKWONDO PATTERN WITH 28 MOVEMENTS DIAGRAMMED AS A CAPITAL LETTER 'I'. NAMED AFTER THE NOTED MONK, WON-HYO (617 - 686) ONE OF THE LEADING THINKERS, WRITERS AND COMMENTATORS OF KOREA AT THE TIME	
<b>T.A.P. TECHNIQUE, ACCURACY, AND POWER</b>	#1 HOOK KICK, SPIN SIDE KICK. LAND IN FRONT. DO THE OTHER SIDE.	
<b>ONE STEPS</b>	#3 Steps and punches 3 times. (High, Middle, Low) (Front Stance) #4 STEPS WITH RIGHT LEG TO PUNCH WITH RIGHT ARM	Steps and blocks 3 times. High Block. Outside Block. Low Block (Back Stance) Slide to the left outside block with the left arm. Two punches. Right Crescent Kick. Left Round Kick.
<b>BAG SPARRING</b>	#3 HOOK KICK, #2 ROUND KICK, REVERSE PUNCH #3 HOOK KICK, #2 SIDE KICK, REVERSE PUNCH	
<b>BREAKING</b>	HAMMER FIST OR SIDE KICK	
<b>COMMUNITY</b>	<b>BRING IN A SCHOOL SUPPLY ITEM.</b>	
<b>TESTING READY</b>	MUST SHOW ALL THE ABOVE MATERIAL	
<b>BROWN AND RED BELT</b>		
<b>BLACK BELT***</b>		
<b>FORM AND TRIBUTE FORM WON-HYO</b>	A TRADITIONAL TAEKWONDO PATTERN WITH 28 MOVEMENTS DIAGRAMMED AS A CAPITAL LETTER 'I'. NAMED AFTER THE NOTED MONK, WON-HYO (617 - 686) ONE OF THE LEADING THINKERS, WRITERS AND COMMENTATORS OF KOREA AT THE TIME	
<b>T.A.P. TECHNIQUE, ACCURACY, AND POWER</b>	#1 HOOK/ROUND KICK, SPIN SIDE KICK, SLIDING HOOK. LAND IN FRONT. DO THE OTHER SIDE.	
<b>ONE STEPS</b>	#3 Steps and punches 3 times. (High, Middle, Low) (Front Stance) #4 STEPS WITH RIGHT LEG TO PUNCH WITH RIGHT ARM	Steps and blocks 3 times. High Block. Outside Block. Low Block (Back Stance) Slide to the left outside block with the left arm. Two punches. Right Crescent Kick. Left Round Kick.
<b>***RED AND BLACK BELTS MUST ALSO CREATE TWO OF THEIR OWN.</b>		
<b>BAG SPARRING</b>	#3 FRONT KICK, SPIN HOOK KICK, #1 ROUND KICK, REVERSE PUNCH #2 SIDE KICK, #2 ROUND KICK, JUMP SPIN SIDE KICK	
<b>BREAKING</b>	HAMMER FIST AND/OR SPIN SIDE KICK / BLACK BELTS:ADD 2 <sup>ND</sup> HAMMER FIST / THIRD DEGREES: ADD JUMP SIDE KICK	
<b>COMMUNITY</b>	<b>BRING IN A SCHOOL SUPPLY ITEM.</b>	
<b>TESTING READY</b>	MUST SHOW ALL THE ABOVE MATERIAL	

**\*\*\*BLACK BELT CANDIDATES MUST COMPLETE THEIR ONLINE BINDER EACH TIME THAT THEY TEST.  
LINK TO THE PACKET IS IN THE HANDBOOK OR AT JMASTUDENT.COM**



**Empowering  
THRU  
Martial Arts  
Since 2006!**

## CARY

	M	T	W	TH	F	SAT
CUBS		6:00 PM				1:00 PM
WHITE YELLOW			6:00 PM			1:00 PM
GREEN BLUE	6:00 PM	4:00 PM		5:00 PM		11:00 AM
BROWN RED	5:00 PM		4:00 PM		4:00 PM	12:00 PM
BLACK		5:00 PM		4:00 PM	6:00 PM	10:00 AM
ALL TEENS/ADULTS	4:00 PM			6:00 PM	5:00 PM	
WEAPONS			5:00 PM			

204 -104 DAVIS GROVE CIRCLE - CARY - DAVIS GROVE OFFICE PARK - (919) 469-5555

## MORRISVILLE

	M	T	W	TH	F	SAT
MIXED			3:30 PM			
CUBS					5:30 PM	
WHITE YELLOW	5:30 PM			4:30 PM		
GREEN BLUE			5:30 PM	6:30 PM	4:30 PM	
BROWN RED		4:30 PM		5:30 PM		
BLACK	4:30 PM		4:30 PM			
ALL TEENS/ADULTS		5:30 PM			3:30 PM	

5101 GRACE PARK DR - MORRISVILLE - GRACE PARK - (919) 396-4244

## ZOOM

	M	T	W	TH	F	SAT
CUBS	3:00 PM		6:00 PM	5:00 PM		
WHITE AND YELLOW	5:00 PM	3:30 PM		6:00 PM	3:00 PM	
GREEN AND BLUE	3:30 PM	6:00 PM		4:00 PM	5:00 PM	
BROWN AND RED	6:00 PM	4:00 PM	3:00 PM		4:00 PM	
BLACK	4:00 PM	5:00 PM	5:00 PM	3:00 PM		
TEEN/ADULT		3:00 PM	4:00 PM	3:30 PM	6:00 PM	
WEAPONS			5:00 PM			

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