



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: *Integrity*



A NEW YEAR. A NEW BEGINNING.

2021 Marks the 15th year anniversary for JMA.

We have had our share of challenging times to get to this point. There is reason for each of us to be especially thankful and optimistic as our families celebrate the holidays. We are thankful to have such loyal students. We are in the final leg of this "storm" and choose to be stronger because of it.

JMA CYCLE 5

December 2020						
S	M	T	W	TH	F	SAT
20	21	22	23	24	25	26
27	28	29	30	31		
January 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
31						
February 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	31			

WEAR FULL UNIFORM THIS WEEK AS WELL AS DURING TESTING WEEK

DEC 15-20

TESTING WEEK – SCHEDULE WILL BE ANNOUNCED

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

NO CLASSES FROM DECEMBER 24-JANUARY 1.

CYCLE COMMUNITY STRIPE Winter Drive

Bring new or gently used
jackets/blankets/socks/and
winter hats to any
JMA academy.

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

Cub belt stripes		
LIFE SKILL	POLITE GREETING	
FITNESS	5 JUMPING JACKS. 5 PUSHUPS, 5 SITUPS FOR 30-SECONDS	
FORM	LEFT OUTER FOREARM BLOCK, TWO PUNCHES, RIGHT OUTER FOREARM BLOCK, TWO PUNCHES,	
T.A.P. TECHNIQUE, ACCURACY, AND POWER	PARENT HOLDS A PIECE OF PAPER/TARGET/OR ONLY THEIR HAND. CUB WILL CRESCENT KICK	
ONE-STEPS	#3 SIDE KICK, KNIFE HAND	
TESTING READY	MUST SHOW ALL OF THE ABOVE MATERIAL	
WHITE AND YELLOW BELT		
STANCE	WHITE BELT: 5 STANCES – FRONT, BACK, SITTING, CHOON-BI, ATTENTION.	
BELT TYING	PRACTICE SO THAT YOU CAN EARN THE STRIPE.	
FORM		
T.A.P. TECHNIQUE, ACCURACY, AND POWER	#1 FRONT, #2 CRESCENT, #2 PALM HEEL	
ONE STEPS	<div>#3 Steps and punches 3 times. (High, Middle, Low) (Front Stance)</div> <div>#4 STEPS WITH RIGHT LEG TO PUNCH WITH RIGHT ARM</div>	<div>Steps and blocks 3 times. High Block. Outside Block. Low Block (Back Stance)</div> <div>Slide to the left outside block with the left arm. Two punches. Right Crescent Kick. Left Round Kick.</div>
COMMUNITY	WINTER DRIVE	
TESTING READY	MUST SHOW ALL THE ABOVE MATERIAL.	
GREEN AND BLUE BELT		
BELT TYING	PRACTICE SO THAT YOU CAN EARN THE STRIPE DURING YOUR ZOOM CLASS.	
FORM AND TRIBUTE FORM JOON-GUN	Joong-Gun is named after the patriot Ahn Choong-Gun.	
T.A.P. TECHNIQUE, ACCURACY, AND POWER	#1 FRONT, #2 CRESCENT, #2 PALM HEEL, SPIN CRESCENT KICK (PRACTICE JUMP SPIN) BLUE - #1 FRONT, #2 CRESCENT, #2 PALM HEEL, JUMP SPIN CRESCENT KICK	
ONE STEPS	<div>#3 Steps and punches 3 times. (High, Middle, Low) (Front Stance)</div> <div>#4 STEPS WITH RIGHT LEG TO PUNCH WITH RIGHT ARM</div>	<div>Steps and blocks 3 times. High Block. Outside Block. Low Block (Back Stance)</div> <div>Slide to the left outside block with the left arm. Two punches. Right Crescent Kick. Left Round Kick.</div>
BAG SPARRING		
BREAKING	GREEN LEVEL 1 - PALM HEEL OR FRONT GREEN LEVEL 2 & 3 – PALM HEEL OR JUMP FRONT BLUE – PALM HEEL OR JUMP FRONT	
COMMUNITY	WINTER DRIVE	
TESTING READY	MUST SHOW ALL THE ABOVE MATERIAL	
BROWN AND RED BELT		
BLACK BELT***		
FORM AND TRIBUTE FORM JOON-GUN	Joong-Gun is named after the patriot Ahn Choong-Gun.	
T.A.P. TECHNIQUE, ACCURACY, AND POWER	#1 FRONT KICK, #2 CRESCENT, #2 PALM HEEL, SPIN CRESCENT KICK, TORNADO FRONT KICK RED/BLACK – #1 TWIST KICK, #2 CRESCENT, #2 PALM HEEL, SPIN CRESCENT KICK, TORNADO FRONT KICK	
ONE STEPS	<div>#3 Steps and punches 3 times. (High, Middle, Low) (Front Stance)</div> <div>#4 STEPS WITH RIGHT LEG TO PUNCH WITH RIGHT ARM</div>	<div>Steps and blocks 3 times. High Block. Outside Block. Low Block (Back Stance)</div> <div>Slide to the left outside block with the left arm. Two punches. Right Crescent Kick. Left Round Kick.</div>
***RED AND BLACK BELTS MUST ALSO CREATE TWO OF THEIR OWN.		
BAG SPARRING		
BREAKING	BROWN BELTS – PALM HEEL OR JUMP FRONT KICK RED BELTS – PALM HEEL AND JUMP FRON KICK BLACK BELTS - TWO PALM HEELS AND TWIST KICK 3 RD DEGREE - TWO PALM HEELS AND TWIST KICK AND STUDENT CHOICE OF KICK	
COMMUNITY	WINTER DRIVE	
TESTING READY	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