

FFMA Mentor Apprenticeship Program – by: Tony. T. / Mark. C. / Mark. W.

The following is a summary of the mentor program (as more detail will be given during your interviews). Once you have read the below please confirm via email that you still want to be considered for this program. We intend running the program again therefore if you are not considered this time round (or if the timing is not suitable for you) then don't as worry as you will have plenty of opportunity to do this again in the future.

Mentor program notes:

1. Your mentors will be Tony Terranova (Striking/Kickboxing); Mark Collet (BJJ) and Mark Woodward (MMA)
2. 6 students will be accepted per 18 month program term; you will work in 2's with your mentors
3. You will rotate every 3 months to the next mentor so that over 18 months you will have been with each mentor twice.
4. Start date will be 1st of August (giving you and the mentors plenty of time to prepare)
5. After 18 months you will have the necessary coaching skills to teach our complete FFMA system at level 1. As time progresses you will go to the next level as your knowledge increases. The knowledge for each level is a work in progress for us so we will keep you updated as we develop this program.
6. Over a period of time each mentor will pass on their martial knowledge to you. Additionally you will benefit from getting a different set of coaching/life experiences from each mentor. This is not about making clones out of you - it is about making you competent coaches whilst retaining your own unique identity. You don't have to be a fighter to be a good coach.

The following is the minimum required commitment we want from you:

- Attend at least 1 of your mentor's weekly FFMA sessions. Ensure you get there 20 minutes early to help your mentor put mats/kit out. Currently all 3 mentors have to do this task every week/every session (we get there 30 minutes early to make sure the class is ready on time)
- Attend all the coaches coaching sessions which are held every four to six weeks (you will be given plenty of notice with regards to times and dates).
- Attend at least another FFMA club session during the week (under any of the mentors)
- Complete homework that will be giving to you by your mentor (this will include research, an element of self coaching, and being instructed on how to prepare structured class sessions)
- Your mentor will ask you to spend time with them outside of club training sessions (you will be given plenty of notice so that you plan our personal commitments).
- Be prepared to give up your training session when asked to bring on and support beginners whenever your mentor or other mentors request you do so.
- After a period of time we may require that you take a small group of beginners separately within the main class as a test of your coaching ability.

Closing notes:

Commitment is the platform for this agreement. In these frenetic modern days we often forget that commitment is one of the main core values of society. It can be convenient to make excuses (and we have heard them all over the years). Lack of commitment is a modern day disease that didn't exist in ancient cultures such as the Samurai, the Ninja, the Native American Indians and many others. We understand that there are other demands on your time. We will therefore show a level of flexibility (but only up to a practical point as you really have to want this).

The coaches will commit to giving you their knowledge (we have over a 100 years experience between the 3 of us) and all we ask is that you commit to help us running and growing the club. FFMA is a long term project which will create a future for all those involved in developing and sustaining the club. The skills we are passing over to you are valuable and can result in potential career changes for some of you in the longer term. Stocks and shares and property values can crash but nobody can ever take away from you the skills you have learned - it is these skills that create real security for your life not man made things like houses and cars (which come and go).