



# Choosing your Martial Art Checklist

**This questionnaire is designed to assist you in choosing a martial art that suits you and your needs.**

1. Is the Teacher licensed to teach that art by a duly recognised person or organisation?  
Did you see their certificate/s?
2. Who was his or her Teacher and who was that persons' Teacher?
3. Is the Teacher a professional martial arts teacher and is the Dojo full time?
4. Does the type of training offered suit your needs?  
(self defence, fitness, social activity or other)
5. Is there full insurance available?
6. What type of people train there?
7. Was there a broad range of ages and ranks represented?
8. Were there both male and female students?
9. Was the Dojo, office and grounds well cared for and clean?
10. Did the class start and finish on time and was the class well structured?
11. Were the Teacher and staff courteous and professional?
12. Did you receive practical & clear documentation about the Dojo and the enrolment process?
13. Is there a step by step process for beginners to integrate into the general classes?
14. Is there recognition of prior learning?
15. Are there regular and recognised gradings?