

MENTAL BENEFITS

- Spirit
- Focus
- Listening
- Alertness
- Discipline
- Character
- Motivation
- Obedience
- Leadership
- Persistence
- Self Control
- Self Esteem
- Goal Setting
- Self Respect
- Better Grades
- Concentration
- Determination
- Achieve Goals
- Manager Stress
- Respect for Others

HEALTH BENEFITS

- Cardiovascular
- Muscle Endurance
- Muscular Strength
- Body Composition

SKILL BENEFITS

- Agility
- Power
- Speed
- Balance
- Coordination
- Reaction Time

PHYSICAL BENEFITS

- Mobility
- Flexibility
- Relaxation
- Endurance
- Muscle Tone
- Conditioning
- Rapid Reflexes
- Weight Control
- Physical Fitness
- Breathing Control
- Fun Fun Fun Fun

Art of Defence Australia Interview Sheet

Date: _____ Male/Female _____ Membership # _____
 Student Name: _____ Date of Birth: _____
 Address: _____
 Suburb: _____ Post Code: _____
 Phone: _____ Work: _____ Mobile: _____
 Employed Unemployed Student Retired

1. How did you happen to hear about our school?
 Referral Newspaper Sign Birthday Party Website Yellow Pages
 Other _____
2. Do you live in the area? Yes No
 Do you work in the area? Yes No
 Do you plan to remain in the area for 1 year? Yes No
3. Is there anyone you plan on doing this with? Yes No
4. Is earning your Black Belt one of your goals? Yes No
5. Are you currently exercising? Yes Activity _____ No
 Days M T W T F S S Time: _____
6. What days of the week and times are good for you to train?
 Days M T W T F S S Times: _____
7. Do you have any previous martial arts experience? Yes No
8. If YES, are you still training? Yes No
 If NO, why did you stop?
 Likes _____
 Dislikes _____
9. How long have you been interested in taking Martial Arts?
 Not too long Couple of months Over 1 Year
10. What encouraged you to consider taking Martial Arts?

11. Please tick all the mental, health, skill and physical benefits on the left you think you or your child could improve upon or benefit from by taking Martial Arts.
12. Based on what you have seen so far, what has impressed you the most?

 Why? _____
13. Do you feel your family, partner, child would support your decision in getting in shape and learning Self Defence? Yes No
14. What has prevented you from getting started in a program in the past?

15. Is this still a problem?
