



A Parent's Guide to Starting Martial Arts

Everything you want to know before your child's first class, from the team at Rains Martial Arts in Cookeville.

Why parents start their kids in martial arts

Most parents come to us for one of a few reasons: their child needs more confidence, more focus, more discipline, or just a way to burn energy that builds something real. Martial arts does all of it at once. Kids learn to set a goal, work at something hard, and stick with it, and that shows up at home and at school, not just on the mat.

What to look for in a school

- **Who actually teaches.** Ask who runs the classes. At RMA, William and Charles coach the kids themselves, every class.
- **Real instruction, not just babysitting.** Your child should be learning technique and getting better, not just running around.
- **A welcoming room.** Beginners should feel comfortable on day one. Nobody should expect your child to already know anything.
- **Clear, honest pricing.** You should know exactly what you are paying with no surprise fees.

What your child's first class looks like

Comfortable clothes they can move in are all they need to start. No gear, no uniform yet. We are upstairs from Irrationale at 1227 N Washington Ave, with parking out front. Come a few minutes early, meet the coaches, and your child jumps in. If they would rather watch the first one from the side, that is completely fine.

Common questions

Is it safe?

Yes. Classes are coached directly and intensity is scaled to each child's age and level. Control and respect are taught right alongside technique.

What age can my child start?

Our Young Warriors program is built for ages 4 to 7, and our kids programs run from age 7. There is a class for every age and level.

What if we have never done this before?

Perfect. Most of our students walked in with zero experience. Every class is built so a complete beginner can follow along.

How to get started

Your first 3 classes are free with no commitment and nothing to sign. The easiest way to see if it is a fit is to come try it.

- Book a free trial at rainsmartialarts.com
- Call or text us at **(931) 644-9963**

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