

Welcome to the LVLUP Family!

Midwest Professional Karate, powered by LVLUP • DeForest, WI • Starting August 31

Dear Midwest Professional Karate families,

Big news — and we think you're going to love it. Your martial arts program is joining **LVLUP Martial Arts**, a family of schools right here in the Madison area, and we could not be more excited to train with you.

Here's what matters most: **you keep your rank, you keep your location, and the front-desk faces you know are staying.** What changes is what you *gain* — a proven teaching system, weapons and sparring, a bigger community, and instructors who love what they do.

We've answered as many questions as we could below. If yours isn't here, just ask us at the front desk. We can't wait to see you on the mat.

— Master Mike Moh & the LVLUP Team

Your Belt & Your Progress

Will my child lose their rank or have to start over?

No. Every student keeps the rank they've earned. Our belt conversion chart maps your current belt directly to its LVLUP equivalent — nobody restarts, and nobody moves backward.

My child is a brown or red belt — are they being demoted?

No. Senior belts are protected in the conversion. Because the two systems order their colors differently, a few belt *names* change — but your child's place in line stays exactly the same. Our chart shows your exact new belt.

How do I know which belt my child starts at?

Ask the front desk for your personal conversion — we'll show you your exact LVLUP belt and your path to black, right off the chart.

My child was about to test — does their progress still count?

Yes. All progress carries over, and our next testing keeps everyone moving forward.

Will black belts stay black belts?

Absolutely. All black belts transfer directly to a 1st Degree Black Belt in the ATA. We'll help register your rank officially and get you into black belt classes right away.

Do we have to re-learn everything?

You keep your belt, and over your next few testing cycles you'll learn the LVLUP forms for your rank — our instructors guide every student through it, step by step.

Classes & Schedule

What is the new schedule and when does it start?

The new schedule starts **Monday, August 31**. Classes run **Monday–Thursday evenings**, grouped by level — Tigers, Beginner, Intermediate/Advanced, Black Belt, and Athlete Development. Grab the full schedule at the front desk.

What class will my child be in?

Students are grouped by level: Tigers (our youngest), Beginner, Intermediate/Advanced, and Black Belt. We'll let you know your child's class group.

Can I still attend unlimited classes per week?

Standard memberships include **up to two classes per week**. Students who want more can join our **Athlete Development** program — an upgrade for Xtreme martial arts and combat weapons sparring that also includes **unlimited training**.

Will there still be Saturday morning open gym?

No — weekends are now reserved for testings and special events. Your weekly training happens in our Monday–Thursday evening classes.

Who teaches the after-school kids martial arts, and how often?

Our LVLUP instructor teaches martial arts to the after-school and summer camp children Monday–Thursday as part of their program — a great head start for kids who then join our evening classes.

Testing, Stripes, Sparring & Weapons

How does belt testing work, and how often?

We have two more testings this year — **October and December** — on the current fee structure. Starting in 2027 we follow the LVLUP calendar: **five testings per year** (about every 10 weeks), with testing fees included in tuition.

What qualifies my child to test?

Attendance plus stripes: a minimum of **4 classes per stripe**, and earning **three stripes** qualifies a student to test.

How do stripes work — what do the colors mean?

Three stripes qualify a student to test, each earned over at least 4 classes: **White stripe** = basic martial arts skills, **Blue stripe** = weapons (we rotate through our major weapons), **Red stripe** = forms.

How does sparring work — and when do I bring gear?

Sparring is for **camo belt and up**. Most weeks, camo belts and higher start class in their sparring gear for partner drills and a round or two before moving into other curriculum — so bring your gear.

How does weapons training work — and when do I bring my weapon?

Weapons training is for **all levels**. Students should bring their weapon to **every class**. Starting in September, we're working on single nunchucks.

Membership, Billing & Uniforms

Is my tuition changing?

Your tuition is **not changing** right now. Beginning in 2027, testing fees will be included in tuition, which means a small increase at that point to cover graduations — no separate testing fees to pay.

What happens to free memberships?

Complimentary (free) memberships will not carry over — **with two exceptions**: grandfathered family memberships that were included will be honored, and paid-in-full memberships will be honored through the end of their term.

What happens to my current contract or paid-in-full membership?

Your membership continues and is honored as-is. Paid-in-full students keep every class they've paid for, through the end of their term.

How does billing work now?

For now, billing continues through the current system (MyStudio). By the end of the year we'll move everyone to LVLUP's system (GymDesk) — we handle the transition and guide you through any simple steps.

Will uniforms change? Can we wear a T-shirt in summer?

Keep your MPK uniform for now — we'll transition to the LVLUP dobok over time. LVLUP or MPK T-shirts are welcome until **October 1**, when we move into uniform season.

Where can I see or reference the curriculum?

Our full curriculum is available to members at lvlupma.com/members.

Your Instructors & Our Team

Who is teaching now?

The program is led by our LVLUP instructor team, headed by Mr. Z — certified in the LVLUP system, with the energy and structure our families have been hoping for.

What happened to the previous instructor?

The martial arts program has transitioned to the LVLUP team. Our focus is simple: the best instruction possible, every class, going forward.

Is the front desk team we know staying?

Yes! The friendly faces you know at the front desk are staying right where they are.

Is Kelly still involved?

Yes. Kelly still owns the facility and runs the after-school and summer camp programs. LVLUP now runs the evening martial arts program.

Our Name, Our Art & What's New

Is it still Midwest Professional Karate?

Yes — the program is now “Midwest Professional Karate, powered by LVLUP.” The MPK name stays on the building, with LVLUP bringing our teaching system, events, and community.

Is this still karate, or taekwondo now?

LVLUP teaches ATA Songahm Taekwondo — a world-class, family-friendly martial art. Same core values (discipline, respect, confidence); the curriculum grows into the ATA system and its huge community.

What are the LVLUP membership options?

Three levels: **Standard** (up to two classes/week), **Athlete Development** (for students who want to compete and train more often, with unlimited training), and — coming to DeForest down the road — our **leadership / instructor-training** program.

Do we get access to other locations and events?

Yes — LVLUP families can join events across all our locations, including our competition team and our annual LVLUP Invitational.

Is it true the founder played Bruce Lee?

Yes! LVLUP's founder, Master Mike Moh, played Bruce Lee in Quentin Tarantino's *Once Upon a Time in Hollywood*, and has appeared in Marvel and Street Fighter films.

Grab two things from the front desk: your child's personal **Belt Conversion Chart** and the new **Class Schedule**. See the full curriculum anytime at lvlupma.com/members. Questions? We're here — stop by or call.