

Basic Class Rules

Dress appropriately-wear comfortable clothes good for working out in (shorts or sweat pants with drawstring, t-shirt, or uniform when applicable). Remove any jewelry or accessories prior to the lesson.

No Shoes on mats-We will usually work out in bare feet, but always remove footwear before stepping on mats if you are wearing shoes. Bring comfortable athletic shoes in case we do any work outside. Also have flip flops or sandals you can quickly slip on and off for if you need to leave the mat to use the restroom.

Be prepared to work-be sure to be well rested prior to lessons, drink water ahead of time and have water available to drink during the lesson, use the bathroom ahead of time so your training won't be interrupted. If you received homework in a prior lesson, make sure you spend adequate time practicing through the week so you will be ready to demonstrate your skills and learn new ones.

Etiquette- It is customary to bow upon entering or exiting the dojang as a sign of respect and appreciation for the space the Lord has given us to train in and for those within who have dedicated themselves to the mission of our school.

Make your best effort to arrive to class about ten minutes early. When you arrive, quickly and quietly change into your uniform and find a place to stretch and warm up or practice on your own or with another student. Sometimes a pre-class assignment will be posted that you should complete before the start of class.

Whenever a black belt instructor or student enters the dojang for the first time the class will stop what they are doing to bow to him or her. This includes black belts from other schools.

Hygiene/grooming-Since close physical proximity is a given in martial arts, special attention should be paid to cleanliness and body odor. Shower, wash hands, brush teeth, apply deodorant, etc. before working out if needed. Make sure that finger and toe nails are short to avoid scratching your work out partners. If you have rashes, open wounds, lesions, etc. keep them covered and inform the instructor about these so we can determine if physical contact needs to be avoided.

Be sure to wash your uniform after every class. It is a good idea to have clothes underneath or extra clothes you can change into in case you need to train out of uniform or if you get too sweaty (your training partners will thank you for it!). Remove and properly fold your uniform before leaving the dojang.

Let us know about physical limitations-These can be chronic problems (such as permanent injuries or disabilities) or minor, temporary ones (such as aches, cuts, muscle strains, etc.). We will do our best to work around each student's limitations.

Be a good student-During class be attentive to the instructors, always listening and watching, only talking when called upon to do so. If you have questions, raise your hand and wait to be called on. Be respectful and polite to instructors, parents, and fellow students. Appropriate responses to instructors and adults are, "Yes/no sir/ma'am," Rude comments or arguing will not be tolerated. Horseplay, pushing, hitting, or any sort of inappropriate physical contact is strictly forbidden. Follow instructors' directions promptly and to the best of your ability. Try your best and, by all means, HAVE FUN!

Use techniques wisely-The techniques you will learn can be fun to practice with family and fellow students or to use in tournaments, but using them outside of those confines is strictly forbidden. Students are taught these techniques to enable them to defend themselves against bullies, not to become bullies. If this rule is violated, you will no longer be a student of our school.