

## RULES OF CONDUCT

These rules help us maintain the quality instruction and safe environment that facilitates a strong learning atmosphere. Students will be expected to know and abide by these rules at all times.

### KARATE ETIQUETTE

1. Students are to remove their shoes before and/or upon entering the dojo.
2. Bow upon entering and leaving the dojo.
3. Inform the black belt instructors if you are injured or ill before or during class.
4. Utmost respect will be shown to black belt instructors, other black belts and senior belts.
5. A proper (good/positive) attitude is expected from all students at all times.
6. The colored belts are a sign of achievement and respect. Your belt should never be discarded nor should it ever touch the ground.

### SCHOOL RULES

1. **Control your noise and behavior!** If you are not in class being asked to kiai, keep your noise down. This applies to all students, parents, siblings and other spectators.
2. Horseplay **will not** be tolerated at any time.
3. **No** running.
4. Profanity **will not** be tolerated.
5. Smoking **is not** permitted in any part of the building.
6. It is everyone's responsibility to ensure the dojo is clean, tidy and safe at all times.

### CLASS RULES

1. Students' uniforms, equipment and person shall be well-kept and clean, nails trimmed, hair back, etc.
2. Please remove watches, rings, neck chains, earrings, or any type of jewelry that could cause harm during training.
3. All students should arrive for class on time. This includes allocating time for changing into your uniform, using the rest room, etc.
4. If late, a student shall wait until acknowledged by the instructor before entering class. The tardy student shall do 10 push-ups and 20 sit-ups upon entering class. Class is considered to have begun upon the instructor calling class to attention.
5. Gum chewing **is not** permitted during class.
6. Students **shall not** talk while the instructor is talking.
7. Students **shall not** leave the class once class has begun unless the instructor grants permission to do so.
8. Safety gear is mandatory for all students during sparring.