

DOJO RULES

The martial arts are a fun and enjoyable way to exercise and learn self-defense, self-confidence, and self-discipline. There are also some inherent risks; therefore, the rules of the Dojo will be strictly adhered to by all students. This will ensure that you and your classmates have a fun, and safe experience.

1. Strict obedience and attention will be given to the instructor at all times.
2. Proper courtesies must be observed at all times to the instructor and fellow students.
3. The 3-R Safety Rules will be followed at all times during practice.
 - Relaxation, Resistance and Reaction.
4. Absolutely no horseplay or unsupervised sparring while in the Dojo.
5. Students should begin the class clean and with a clean uniform.
6. Any injury, no matter how small, should be reported to the instructor immediately.
7. Students will not sit or lie down unless told to do so by the instructor.
8. The student creeds will be strictly adhered to. If you fail to follow the student creeds you could be suspended from class.