



Welcome To The Family

Please read and familiarize yourself with our rules and guidelines

For Our Students:

- No shoes on the mats, and always wear shoes when off the mats, especially in the restroom.
- We ALWAYS show respect to our; Dojo, Professors, instructors, fellow Students, and visitors. Which includes no rude or mean comments, no intentional acts to cause harm to anyone, and bowing the mats everytime we step on and off.
- No chewing Gum, eating food, or drinking beverages on the mats.
- There are shelves available for your personal items, please use them. You may keep your beverage near the mat during class.
- Beverages need a top that can be securely closed; No cups or any open tops.
- ALL students, of all genders, need to wear a shirt under their kimono. We ask that the shirt comes up to the neck. No cut off t-shirts or loose tank tops.
- Cleanliness is key!! We need to keep a safe space but also a clean space. Check your personal hygiene prior to training. If you need body wipes please just ask and they will be provided. Remember to wash your Kimono after every use.
- Make sure finger nails and toe nails are trimmed, so as not to scratch anyone.
- If you feel ill in any regards please do not come to class. Stay home and rest!
- Do not come to train if you have used any mind or mood altering substances
- Kimonos need to have Tharros patches. Blue, white, and black Kimonos are acceptable. If you want to purchase a kimono other than those colors, ask Professor.

For Our Parents and Observers:

- Please make sure if you are bringing a minor to class that they follow all the same guidelines listed above for our students.
- Make sure the student's Kimonos are washed at least weekly. That their hands and feet are clean. That their toenails and fingernails are trimmed.
- If you or your minor feel ill in any regard please do not come, also please do not bring any sick siblings. Stay home and rest and we will see you when you're better.
- No coaching or talking to students while they are on the mat for class.
- No indoor phone calls during class.
- No talking to fellow parents/observers during class time.
- No watching anything on your phone that has sound inside the academy during class without headphones.
- Please let the instructors be the instructors. If you have comments or feedback please bring it to the instructors attention either during a water break or after class.
- If you drop an underaged student for class please make sure they make it inside and that you have returned prior to class ending. We are not responsible for the student prior to class or after.
- We want your little ones to learn how to become independent. We ask that you allow them to sign in for themselves and prepare themselves for their class, as much as they are able to. We do however ask that if the child requires bathroom assistance that you do not leave the premises, as we would not be able to assist them in such a matter.