

MIDWEST MARTIAL ARTS

RULES OF CONDUCT

ALL STUDENTS

- All members are expected to embody the highest standards of good sportsmanship, courtesy, and ethics both on and off the mat.
- There is absolutely no smoking on the premises at any time.
- Be on time for class, as proper stretching before a workout is crucial for injury prevention. If you are late, you are expected to warm up and stretch on your own.
- All students are expected to perform a standing bow when entering or exiting both the dojo and the mat area.
- In the Martial Arts, it is important to address the instructors with respect; they are sharing their knowledge and experience. Students should address the instructors as “Sensei, Sir, Ma’am, Instructor, or Master” and adults as “Mr.” or “Mrs.” as appropriate. However, we are NOT your typical dojo. Adults are welcome to address us by our first name. (Chris and Anita)
- No unnecessary talking during practice. Coaching from the sidelines by family or friends is prohibited for reasons of both safety and courtesy. If parents are interested in getting involved and learning to coach, let us know.
- All students and spectators should be respectful of each other’s classes and should keep voices low to avoid distracting those on the mat.
- Students are expected to exercise control when applying techniques and to consider their opponent’s relative size, experience level, and any injury or health concerns.
- All students are responsible for helping keep the dojo clean and running smoothly. If you are not sure where to help, please ask – there are always things that can be done!

JUNIORS

- Juniors are responsible for learning dojo etiquette as outlined above and should learn to tie their obi (belt) on their own as soon as possible. The older juniors will be glad to help the younger students until they can learn.
- Juniors should not drop their gi’s or belts on the floor in the changing room or bathroom and should be responsible for helping with washing their own gi’s at home.
- There is absolutely no horseplay in the dressing room, bathroom, or the hall.
- We strongly encourage all juniors to complete their homework before class and to consider their academic studies their first priority.
- Please let the Head Instructor know of any special academic or other accomplishments so that everyone can offer congratulations!

HEALTH AND HYGIENE

- Please make sure to pay attention to your personal hygiene before stepping on the mat.
- Please avoid applying any strong scents before a workout. Wearing nail polish is discouraged as it can and does come off on the mat.
- Shoes must be worn at all times while off of the mat and removed before stepping on to the mat.
- Long hair must be pulled back and secured with an elastic hair tie. No jewelry of any kind is permitted. (Silicone rings are allowed)
- If you are ill or think you might be ill, please do not come to class until you are feeling better.
- If you must wear a brace or other supporter, please try to use one that does not have any hard pieces. If that is not possible for medical reasons, please inform your training partners.
- Report any injuries to the head instructor immediately.
- If at any time you should notice that you are bleeding, excuse yourself from the mat and bandage/tape the area. The mat and gi/dobok should be inspected for any other traces of blood and sprayed with the disinfectant spray provided.
- The contents of the medical box are available to all; please be considerate of the next user and keep the contents orderly.