

# MIDWEST MARTIAL ARTS

## DOJO SAFETY RULES

1. Warm up properly to avoid injury.
2. Care should be taken to be aware of the ability (rank) of the uke.
3. Tap when you feel pressure, not pain.
4. When the uke taps, don't add more pressure to the lock.
5. No jewelry while training. (Watches, earrings, necklaces, rings, etc.)
6. Students must properly groom their finger and toenails.
7. Any open wounds or injuries that are hidden from view by the Gi or bandages should be reported to the instructor prior to working out.
8. Let your instructor/training partner know of any injuries or sore areas of the body before performing techniques.
9. No shoes on the mats
10. No bare feet in the bathroom.