

General Rules of Integrity Martial Arts

Yes sir, No sir, Yes ma'am, No Ma'am is to be answered back when asked a question

- No shoes on the mats
- No chewing gum during class
- Shoes must be worn to the bathroom
- No smoking or drugs including alcohol are allowed on the premises.
- No posting of personal advertising or other literature is allowed without permission of management.
- Adjustments to the stereo, heater, fans or other equipment may be made by gym staff only.
- Bottles, cans, paper, and trash must be disposed of in the appropriate receptacles provided.
- All equipment must be properly put back in its place after use.
- Properly cleaned Gi and equipment are required for class participation.
- Members must have respect for the trainers, instructors and other members. Membership may be revoked for disrespectful behavior.
- **Please no parent coaching from the seated area**
- T-Shirts may be worn during the summer classes