

## FULL CIRCLE MARTIAL ARTS & YOGA, LLC

Full Circle Martial Arts & Yoga, LLC is a lifework of spiritual healing through mind, body, and spirit. Within the Circle of Life, with each breath we take, we practice the spiritual principles of UNCONDITIONAL LOVE, Gratitude, & Service. We develop our minds, bodies, and spirits through meditation, breath work, yoga, kata and the martial arts. Our hope is that we learn to become men and women who are Loving, Patient, Tolerant, Kind, Loyal, Faithful. Trustworthy, Happy, Joyous, Free, Compassionate, Comforting, Understanding, and Forgiving and above all else MEN and WOMEN of Honor, Integrity, and Humility! Truly "Peaceful Warriors"!

- ❖ I will develop myself in a positive manner, and avoid anything that could reduce my mental, physical, or spiritual growth or health.
- ❖ I will develop self-discipline in order to bring out the very best in myself and others.
- ❖ I will use what I learn in class constructively and defensively to help myself and others and never be abusive or offensive.

With sincere pride and appreciation of the communities we serve, we the students of Full Circle Martial Arts & Yoga, LLC commit to being the best example of its kind through the timeless traditions, Philosophies, and Values of the martial arts and the Spiritual Principles and Values set forth by Miller-Sensei and Full Circle Martial Arts & Yoga, LLC in order to be our best and truest Spiritual Self. We shall live with Honor and Integrity and the hope, faith, courage, self-control, self-discipline, and perseverance to be the best spiritual beings we can be.

### CODE OF CONDUCT

- ❖ Bow when entering and leaving the dojo
- ❖ Remove street shoes before entering the dojo
- ❖ No food, gum, or drink is allowed in the dojo
- ❖ No jewelry should be worn during class
- ❖ Turn off or silence all cell phones & devices
- ❖ Full Clean & pressed uniforms required for all classes and testing procedures.
- ❖ White or mixed uniforms may only be worn by Senior students.
- ❖ All uniforms and t-shirts must display the Full Circle logo
- ❖ Always turn away from the instructor when putting on or removing your belt or gi
- ❖ Please turn and kneel when a black belt is putting on or removing their black belt
- ❖ If a class is kneeling and meditating, please kneel and remain quiet until they are done
- ❖ Available practice time in the dojo is spent working on your material.
- ❖ Please do not watch or disturb another student's lessons
- ❖ Do not teach other students your material unless asked to do so by a qualified instructor.
- ❖ Do not use any of the kick shields, focus mitts, or heavy bags unless given direct permission by the instructor
- ❖ Do not walk through a class in progress. Please walk behind it.
- ❖ Absolutely **no sparring** without the supervision of a Black belt instructor.
- ❖ Full safety equipment is required for all students while sparring (headgear, gloves, forearm, shin pads, foot protection, groin and mouthpiece).
- ❖ Groin protection, mouthpiece, sports bra are required at all times
- ❖ Always bow to another student before and after training with them
- ❖ ALWAYS refer to your Instructor as "Sensei", "Sir", or "Ma'am".
- ❖ Never suggest or Inquire about your next rank test
- ❖ There is no talking or communicating between parents and students during class
- ❖ **There will be ABSOLUTELY NO**
  - **Smoking**
  - **Drinking**
  - **Drugs**
  - **Lying**
  - **Cheating**
  - **Stealing**
  - **Dishonesty**
  - **Disloyalty**
  - **Boasting**
  - **Bullying**
  - **Fighting**

I (Student & Parent) have read the oath and code of conduct, for Full Circle Martial Arts and Yoga, LLC and I (Student and Parent) hereby accept and pledge myself to this Code of Conduct, Oath, and Spiritual Practice so that I (Student and Parent) may be my BEST SELF.

Student Print Name: \_\_\_\_\_ Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Print Name: \_\_\_\_\_ Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Print Name: \_\_\_\_\_ Sign: \_\_\_\_\_ Date: \_\_\_\_\_