

Rules & Expectations

In the interest of safety, good manners, and fun, these are our **Golden Rules & Expectations**. They are based upon (1) Respect for People and (2) Respect for the Facility and Equipment. It is each parent and participant's responsibility to follow these rules. **We promise to enforce them.** Questions? Please don't hesitate to ask.

Be Polite & Respectful

1

In other words, **be kind to each other**. Improvement in martial arts requires a combination of competition and cooperation. This can be frustrating at times, and frustration can sometimes lead to anger. The key point is to keep lines of constructive communication open to find mutually agreeable solutions and thereby resolve conflict with both courtesy and respect. **This is the power of good manners.**

Respect Others: Be Clean

2

We get it: it's fun to play outside and run around in the dirt. However, we prefer that dirt stay outside the studio — Don't bring it with you. We expect that participants **clean-up before** arriving in the studio. We pledge to require that each person clean-up if they arrive with dirty faces, hands, and/or feet before allowing them to join in any activities. And, we promise to make people clean their feet before allowing them back on the mat if they go in the restroom without shoes or slippers. **Spreading fungus and bathroom germs is not clean.**

No Metal Allowed on the Mat

3

If it's metal and it's not medical and we can see it, **remove it** before getting on the mat. This includes watches, necklaces, rings, earrings, and any visible piercings. **Glasses and braces are medical and are OK** on the mat. Things happen whether we want them to or not, so we promise to enforce this rule for everyone's safety and for the maintenance of the mats and equipment. **Metal will easily shred mats, bags, and flesh.**

Golden Rules Checklist

- Listen carefully
- Use Polite Words
- No Unwanted Touching (Keep hands to yourself)
- Vampire Sneeze/Cough.
- Sick? Stay home, get better.
- Wash face, hands, feet, and hair if necessary.
- Do not change clothes in the restroom – ever.
- Wear slippers in the restroom – always.
- Clean your uniform on a regular basis.
- Keep your finger & toenails trim.
- Help keep the studio clean.



Remove all Non-Medical Metal:

- Watches, Necklaces, Bracelets
- Rings, Earrings, Piercings
- Other jewelry