

Basic Etiquette

These are some general rules to follow during training:

- Keep your uniform clean.
- Avoid foul language.
- Respect everyone.
- Never challenge an instructor to a fight. (Ask politely for help.)
- Be on time for class.
- Call your instructor if you will be absent for a length of time.
- Always bow or shake hands before sparring.
- NEVER get too aggressive while sparring, you should relax and go easy - don't grind away, or go too hard trying to tap people out.
- No Shoes on the mat.
- Refrain from horseplay, talking, and interrupting while your instructor is teaching.
- Keep yourself properly groomed, hair finger/toe nails.
- No phone calls/texting during class time. All phones should be on silent or in another room not to disturb other students