

Gym Rules

- **All equipment used by students must be purchased through School.** Please remember this is a business with all of the expenses. Help keep the business going by purchasing through our website not another.
- **Addressing Instructors and Assistants.** All Instructor and Assistants are to be addressed as Mr./Ms. or Sir. Remember- this is a Martial Arts School and the Military protocol will be enforced.
- **Before Class.** If you arrive early, if there is another class still in session, please be quiet and respect the class in session.
- **Mats.** No Shoes allowed on the mats. Ever. All of our students roll on the mats and we don't want to bring anything in on our shoes.
- **No Training of non-students, outside of gym.** As trained martial artists, we have to be careful of who we pass our knowledge onto. Also for safety reasons.
- **Injuries.** Report all injuries to the coaching staff
- **Personal Grooming.** First, you will be rolling so respect your partner; keep finger and toe nails well trimmed, especially toe. Sharp toe nails can slice up you training partner very badly!
- **Respect for the school and fellow students.** Keep in mind that we are training martial artists. Military type conduct and respect for fellow students is absolutely expected fro all students.
- **Playing Games in Class.** It's great to have fun- but the gym is not the place. Your fellow students are here to train and train hard. Keep this in mind as we work.
- **Tuition.** All payments are due at the beginning of the month. We need to keep the doors open.
- **Personal Training Gear.** Always be prepared for class by bring all of you gear. Every class will be different and you never know what equipment you will need to participate.
- **School Training Gear.** The school provides equipment that can be used by all students. Equipment such as boxing gloves, shin guards or head gear are considered Personal (because people sweat things up).