



# RULES AND ETIQUETTE

## FOOTWEAR

Shoes must be worn to the school and should be kept on until entering your matted training area (dojo). Shoes should be removed before entering the mat and placed on the shoe racks provided. Footwear should be kept on while in the school and not training.

## HYGIENE

Hands and feet must be clean  
Finger and toe nails must be kept short  
Uniforms and protective equipment must be washed regularly

## TOWEL POLICY

Please bring a towel to class. As the mats are not absorbent, for safety and hygiene reasons please wipe up after yourself.

## BLOOD RULE

Any person bleeding must leave the mat immediately. Bleeds are usually from an existing injury Or fingers and toes. You should clean your wound, cover it and then return to clean the mat.

## CLASS PROCUDURES

Be on time to class  
Remove all jewelry  
No chewing gum  
Wear the correct uniform  
Take out your attendance card  
Respect your fellow students, regardless of rank or ability

## BOWING PROCEDURE

A short standing bow must be performed when entering or leaving the dojo. If you are late to class make a full kneeling bow at the edge of the mat. Wait for the instructor to acknowledge you before joining the class.

## VALUABLES

Do not leave any valuables in the change rooms. Boxes are available behind the reception desk.

## PARKING

After 6.00pm parking is available at the rear of the building in the car park next door. Access to the school must be through the front door. If you do park in the street please do not park across driveways.

**Please remember – you have not joined a gym.  
You have joined a Martial Arts School and train in a Dojo.**