

Adaptive Martial Arts

Code of Etiquette

This section identifies the basic code of etiquette and rules to be followed by all students enrolled in the martial arts outreach program. While this may appear excessively strict, due to the nature of martial arts instruction, it is necessary to maintain rigid discipline in order to insure safety.

1. There shall be **NO TALKING** during opening and closing prayers. Parents with small children are asked to keep them quiet and still during this time. Small children are not permitted in the training areas for their safety.
2. Students are not to step on the mats until class is called, without prior permission of the Sensei.
3. When *asking a question*, raise your hand first and wait for acknowledgement. Students are not to interrupt an instructor's conversation with another student or instructor. Please refrain from making statements or suggesting alternative methods during class. Save it for individual discussions with a Sensei.
4. Always answer with "**Yes Sir!**" or "**No Sir!**" (*or Sensei*), never say "yeah" or "uh-huh". Improper speech is not compatible with a Christian Dojo nor a Christian character. Profanity will not be tolerated, nor disrespectful speech to any person. Disrespectful attitudes to parents, students or any Sensei is grounds for immediate discipline.
5. When standing in *formation* you should be paying attention to one thing, and one thing only, this being the Sensei, or instructor with the task at hand, NEVER let your eyes wander to another session, or activity. You are to stand at "**Attention**" or "**Parade Rest**" during class, no lounging. When seated or kneeling you are to remain still.
6. **Discipline:** Students are expected to follow the rules of the class and their instructors completely. A student may be corrected for an inappropriate behavior **ONCE** without consequences, however, repeated violations will result in the following actions:
 1. Second reprimand will result in a 25 pushup discipline.
 2. Third reprimand will result in a 5 minute time out against the wall.
 3. Fourth reprimand will result in time out for the remainder of the class and a parent conference with the Head Sensei. There will be a mandatory 1 week suspension from the class.
 4. Any student that receives two suspensions will be expelled from the program.

Any student that intentionally harms or injures another student will be immediately suspended from the program. Further, any student that grossly violates the rules of this program is subject to immediate expulsion.

7. The martial arts program is **NOT CHILDCARE**, nor are we a Christian "Reform School", the instructors serve as volunteers and desire to teach willing, disciplined students. Parents, please do not try to use the program as a childcare program or a device to correct a disobedient child. Martial arts teaches discipline, however that discipline must be desired by the student. We ask that parents observe the classes on a regular basis.
8. Never run, walk or otherwise *pass between a sensei* and his or her session. Likewise, do not cross between adults and fellow students when they are talking to each other.
9. **Uniforms (Gi's)** are to be washed and without excess wrinkles before each class. Students are to wear a **PLAIN WHITE** t-shirt under the Gi or one of the school shirts.

The proper color for the gi is solid white for all belt levels through green belt or instructor rating. Students should never wear their gi while eating or even outside the dojo. Instructors may wear black uniforms or any combination thereof at discretion of Head Instructor. **Belts** are never to be washed. The belt should be tied with the knot open to the left, this signifies open-mindedness. The belt should hang evenly, and not twisted in the back. Your instructor will teach you the proper way to tie the belt.

10. Students are to be bathed, nails trimmed and **HEALTHY!** If you are ill, **DO NOT** come to class! If you are under medication, please refrain from training unless specifically cleared to train by your doctor.
11. **Jewelry** and watches are never to be worn in class. Jewelry include but not limited to following: watches, rings, bracelets, chains, necklaces, earrings, sunglasses, hats etc. Wedding rings are permitted as long as they do not have sharp edges. Gentlemen with ear rings, you will find Sensei likes them too, but as a tool for cooperation. Do not wear them in class.
12. The training area is to be kept clean at all times. It is everyones responsibility to keep it clean. We follow the “*see a paper pick it up*” policy. Help us by keeping it clean. Take the task from any upper (senior) belt seen cleaning.
13. When executing **basic techniques or katas**, always maintain your stances and restrain from scratching or wiping sweat from your brow until you have been put at ease by the Sensei.
14. Training shoes or athletic shoes are encouraged, provided they are clean. Caked mud and dirt tend to irritate the Sensei...this is not a good strategy.
15. The Martial Arts are a serious pursuit, therefore one’s **attitude** while training should be of one attentive willingness to learn. This means that horseplay will not be tolerated.
16. If **you do not have anything to do**, make up something constructive for your training. Don’t sit and play with your friends. (Constructive: Memory verse, practice basic techniques, kicks, kata, etc...)
17. **Do Not Play** with the training equipment. **NEVER** remove the training weapons from the storage area without express permission.
18. When **lining up**, move quickly, run don’t walk and in an orderly fashion. Always know who you will be next to based on rank. Senior belts always line up in front and to the right (of the Sensei). Within belt levels, seniority is based on rank (belt) and then age. Lining up should never take more than thirty seconds.
19. Whenever a **black belt arrives**, the class should be called to attention by the first person seeing the black belt. He will call “**Attention!**” then follow with “**Door!**”. The class should then bow to the black belt (this shows courtesy and respect).
20. When **training**, concern yourself with your own affairs and training, not that of others unless you have been assigned in assisting them in it. Your instructor does not wish to hear from you of another students shortcomings, remember your own (Romans 3:10,23 and John 21:22-23). **THOU SHALT NOT TATTLE!**
21. If an **upper belt** is carrying anything, or executing a task, then immediately offer to take their place or assist them. If at the time you are in formation, remain as you were under

the instruction. Always be looking for the opportunities to be a servant, i.e. cleaning, set up, carrying an instructor's bags, teaching a lower belt, . . . etc. Neglect in this area indicates excessive pride or lack of attention to your surroundings.

22. At ***doors or water fountains***, defer respect to all adults and upper belts by allowing them to go first.
23. It is the ***responsibility of the Sensei*** to determine who is ready for testing and advancement. ***A student should never ask to be tested.*** This is a clear indication of wrong motives and lack of discipline. The student may also be held back one test cycle for asking. This applies to “stripes” as well. Parents are encouraged to be patient.
24. ***Do Not*** ask the instructors to “catch you up” if you have been absent from class. Given the size of the classes and limited number of instructors, we are unable to provide “private” lessons. We review techniques on a very regular basis and you can always practice the material you do remember. The most senior of all blackbelts practice the most basic techniques regularly, you should too.
25. When a ***Sensei*** shouts “***Ma-te***”, all activity should stop immediately. All should be silent and awaiting instruction as for what to do next.
26. Always ***try to be early for class***. Tardiness causes all to suffer and shows a disregard for others. Students arriving late to class(during or after warm-ups) must await admission to the training area and perform 25 each push-ups, sit-ups, jumping jacks, and leg raises on each leg, prior to beginning training. Students arriving late must not disrupt the class.
27. Children must always address ***parents or adults*** by their last name and/or title (Mr., Mrs., Sensei, Professor, Dr., Pastor, etc...). Student’s may address the Sensei in the following manner: Sensei Kevin, Sensei Robin, etc. (due to the complexity of our surnames).
28. When ***completing an exercise*** and told to stand, one should immediately jump to their feet. If this is not done, it indicates disobedience or lack of physical conditioning, neither of which are expected from a practicing martial artist.
29. You are to ***exhibit self control*** in and out of the class rooms. You should never start a fight. This will result in an immediate expulsion from the program. If you are involved in a fight, report it to the Sensei at once.
30. ***Martial Arts is not a "SHOW-OFF" sport.*** Students should not clown around, or try to impress others with their physical know-how. This pertains not only to the regular class time, but also in their neighborhoods and schools. Failure in this area shows that a student does not have the right attitude to advance in the martial arts. ***You must practice to be meek and humble, for this is Christ like!***
31. If a visiting instructor is teaching a class or technique, always be respectful and never criticise what they are teaching. Likewise, when outside the dojo, never speak disparagingly about another instructor or student. Be respectful and if you don’t have something good to say, say nothing at all.