



DOJO RULES



- *No food, gum or beverage may be allowed during training. If necessary, the instructor will stop for a water break at which point, you may drink water off the mat.
- *The dojo is a place for training. Maintain respect for the dojo, the equipment and your fellow students by focusing on your training.
- *Report all injuries immediately.
- *Do not use any equipment that you have not received instruction upon, including weapons, strike pads and makiwara.
- *Foul language and disrespectful behavior will not be tolerated.
- *No one under the influence of alcohol or drugs will be allowed to train. This is for your and your fellow student's safety.
- *Cell phones and pagers must be turned off prior to training. If there is an emergency requiring it to be turned on, please let the instructor know beforehand.
- *No shoes or socks will be allowed during training. Exceptions may be made while training outdoors.
- *Always dress and groom appropriately for a workout. All jewelry /accessories must be removed prior to training.