



CHAMPIONS MARTIAL ARTS CENTER
Taekwondo - Hapkido - Self-Defense
Academy Rules and Etiquette



1. When entering or exiting the training floor, always come to attention, face the flags, and bow to display respect.
2. You are not allowed to smoke, drink, chew gum, or wear jewelry on the training floor.
3. Always use appropriate language. Profanity of any kind is not allowed and will not be tolerated.
4. Always obey your instructor. Address him or her by Mr. or Ms. followed by their last name.
5. Always greet your instructor when arriving for class; come to attention, bow politely from the waist and say, "Hello Sir". The same procedure should be repeated when you leave for the evening; say, "Goodbye Sir".
6. Always acknowledge your instructors & seniors requests by saying "Yes Sir!" (Ma'am) or "No Sir!" (Ma'am).
7. Please be well groomed during class sessions. All fingernails and toenails must be neatly trimmed, uniform cleaned and pressed, and hair pulled away from the eyes. If your uniform shows any signs of excessive wear or doesn't fit, it must be replaced or repaired immediately.
8. If you need to straighten your uniform or belt, always turn away from the flags, the instructor, and senior members.
9. Low ranking belts will always respect higher ranking belts. High ranking belts will always try to assist lower ranking belts.
10. Do not demonstrate or teach any advanced techniques to lower ranking students without your instructor's permission.
11. Notify your instructor if you will be absent for more than one week.
12. The studio is not responsible for lost or stolen articles. You must safeguard your personal belongings.
13. The use of cell phones, pagers etc. are not allowed during class. Please turn off these devices during class unless special permission is received from the instructor.
14. Try to be on time for class. Be dressed out and ready to workout at least 5 minutes before the scheduled start time. If you are late, change into your uniform quickly, and join the class as soon as possible. Do not waste time or disrupt the class in progress.
15. Rowdy behavior is not allowed in the studio. If you arrive early for class, you may stretch, practice your techniques, or sit quietly until class time.
16. Only students participating in class are allowed on the matted workout floor. Spectators are asked to remain in the lobby area. Playing is not allowed on the mats.
17. Students and Parents are always welcome to make suggestions for the improvement of the studio.