



## PROGRAM EXPECTATIONS

*Please read carefully, initial after each one and sign below.*

To help everyone get the best experience possible from participating in our program activities and classes we have summarized some of the most important expectations in order to help make the journey as transparent as possible. It is important that you read the entire list and acknowledge that you understand each expectation and will do your best to honor it.

- 1) **ENTITLEMENT**, First and foremost we must say that no one, **NO ONE** is **ENTITLED** to anything from martial arts, our program or instructors. It is our mission to make everyone's experience the best that it can be, and we will strive to perform to the best of our abilities while addressing issues as they arise. We also expect program partners, participants, students and members to strive to perform to the best of their abilities and act in a socially appropriate and acceptable way while respecting program rules and etiquette. It must be agreed that it is a **PRIVILEGE** to learn from others just as it is a privilege for our staff, partners and instructors to be involved, teach and serve the community through this program. If you do not agree with this philosophy then you will not be happy within this program and should not pursue enrollment.

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- 2) **HARD WORK** is recognized and rewarded, not merely being present. Although attendance is important in a learning environment, students must apply themselves to the best of their abilities while present. If a member or student chooses to not participate in class activities and structure simply because they do not wish to then we must reserve the right to remove said individual from classes and programs. This program is not a boot camp for kids, nor is it a daycare center. The program is staffed by a small group of experienced instructors that wish to teach others who are willing to work hard and learn from that knowledge and skill.

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- 3) **PHYSICAL CONTACT**, Many styles of martial arts require physical contact during several aspects of training. Students will need to make contact with training aids such as small targets, large heavy bags, other students, and instructors in order to practice various skills and techniques. Instructors will do their very best to make sure the training environment is safe for everyone, but just as accidents happen in day to day life they often occur while practicing martial arts. During many training exercises safety gear is essential and required. However, safety gear such as arm pads, shin pads, helmets and mouth guards worn by students, are meant to limit the effects of contact and the dangers of accidents, but that is all it does. Students and parents of students must understand that there is no way to prevent every mishap, injury or accident. They will happen on occasion. This is a fact.

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- 4) **BEHAVIOR** is extremely important in learning a martial art. Acting out, being disruptive, not paying attention or not listening to instructors can prevent others from benefiting from classes and can lead to injuries by way of unintended or intended contact. Any student or parent of a student who chooses to become disruptive will be asked to leave immediately without question. If behavior issues are not fixed within 2 classes the membership of those involved will be revoked and all parties will be asked to leave immediately. In order to create the best learning experience for all members we must all agree upon this condition.

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- 5) **TESTING** will occur at the discretion of all instructors based upon their assessment of the student body. Rank testing is a tradition that was adopted from the Japanese by most modern martial art systems and we carry on this tradition by having students complete a skill test when it is believed they are ready to do so. A student may pass this test and be awarded their next rank or they may fail and have to retake the test again when deemed appropriate. Instructors will do their best to make sure students are prepared for testing, but it is up to the student to practice, study, and give 100% during testing in order to pass. If a student does not perform the belt level skills as required, chooses not to apply themselves, or cannot complete testing for some other reason they may fail. We encourage all those who do not pass a test to work hard, practice more often, and try again!

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- 6) **PARENTAL DISRUPTIONS** are unacceptable. Parents of students are welcome to and are encouraged to observe classes and to help out when their child has a behavioral issue or requires any special care. We must however ask that all parents refrain from disrupting classes by injecting extra and unnecessary personal instruction during training. We know it's very easy to want to help guide youth through the difficulties of certain tasks, but our curriculum is designed to challenge students in many ways both physically and mentally.

There will be times when instructors will purposely place a student in a challenging situation whether it's to try and explain a skill to the entire class or to physically demonstrate skills in front of a group. Instructors may also at times need to address behavior with discipline which may include a physical task such as push-ups, running, or other exercises as well as having students sit out for a period of time. It is through all these moments instructors will need parental support for the martial arts system to work.

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- 7) **ETIQUETTE** is required in class. The martial arts are made up of systems that teach physical and mental skills to students in groups or one on one. In order to create a desirable learning environment that works for both, the teacher and the student, these systems have developed a behavioral etiquette based around the tenants or core beliefs of that system. This governing behavior encourages courtesy, humility, and respect through the entire process of learning and remains at the core of each art.

This program is no different and requires etiquette be observed and practiced. Students will be required to address and treat each other in a courteous and respectful manor. Instructors are referred to by their last names (Mr. Hill, Mr. Smith, Mrs. Johns etc.) and questions are answered as Yes or No Sir/Mam. By maintaining this etiquette, a rewarding system is maintained that acknowledges those who work hard and helps keep structure

and order for those trying to learn.

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- 8) **PERSONAL HYGIENE** is very important while learning in group settings and especially when doing physical training with partners that remain in close proximity with each other. Each student must do their best to keep themselves and their uniform clean. You will be learning side by side with others and you do not want to torture fellow students with the nasty smells that can arise from poor hygiene or a dirty uniform. Make sure to keep fingernails and toenails trimmed as they can cause injuries to those you train with. If any member, student or parent/guardian consistently maintains poor hygiene which causes other members, students or parents/guardians to complain, we must reserve the right to suspend that individual's membership until such time that the personal hygiene issue is addressed, or we must cancel the individuals membership all together if the hygiene issue cannot be resolved.

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- 9) **UNIFORMS** for students are a requirement and should conform to the standard defined by the particular style being practiced.

For example: Taekwondo uniforms should be white in color with a standard pullover v-neck top. Short sleeve or short pant uniforms are not allowed. Junior students, those under the rank of black belt or 1<sup>st</sup> dan, should not have a uniform with a black colored v-neck.

The idea of a consistent dress code creates a significant distinction between individuality through appearance and individuality through action. One of the main focuses of martial arts is to help students improve themselves both physically and mentally which is expressed by their skills not by the way they dress. A consistent uniform dress code also generates an important sense of unity among members and cohesiveness among all program participants. Any student who does not comply with uniform dress code may be asked to change their uniform to comply and we must reserve the right to cancel someone's membership if they refuse to comply with program dress code.

Initial here \_\_\_\_\_

\_\_\_\_\_  
Print Participant's Name

\_\_\_\_\_  
Participant's Date of Birth

**I HAVE READ AND HAVE UNDERSTOOD THE MARTIAL ARTS PROGRAM EXPECTATIONS AND ACKNOWLEDGE THAT I AGREE WITH THE MEANING AND REQUIREMENT OF EACH ONE.**

\_\_\_\_\_  
**Participant Signature (or, for a minor, Guardian's Signature)**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Instructor Signature**

\_\_\_\_\_  
**Date**