

Rules

- Always place your shoes and other belongings neatly away
 - Keep your uniform clean and pressed
 - Practice good personal hygiene habits
- Respect the class in session: lower your volume of conversation
- Demonstrate a proper bow before entering or exiting the training room
 - Always be well mannered and courteous to all other school members
- Introduce your friends or guests to your instructor when they visit the school
 - Enter each class with enthusiasm and energy
- Stay focused on your instructor; please do not move or speak while the instructor is explaining or demonstrating concepts or techniques
- Demonstrate proper posture at all times; no leaning against walls, poles or equipment
 - Move quickly and work hard during training drills
 - No foul language in or out of the school
 - No gum, food or drinks are allowed in the training room
- Arrive approximately 10 minutes before class; warm up in the back room to be ready to train
- Children left to take class alone should be picked up immediately after class
 - Learn to tie your belt properly
- Train at least 2 days per week; always prepare for and take your belt exams on time
 - The monthly newsletter lists all upcoming events and school closings