

The Martial Arts Center

Rules and Regulations of the Students and Parents

All Students are required to faithfully uphold the rules and regulations of this school. These rules are to increase your safety and enjoyment of studying under me as your instructor. Please read below and ask if you have any questions. Any failure to follow the rules below in part or in full may result in disciplinary action or expulsion.

1. A student's main objective is to better themselves spiritually, mentally and physically through the study of martial arts. By bettering ourselves we in turn better our world and those around us.
2. No student, instructor or parent is allowed to force or use issues of racism, sexism, religious or political beliefs, personal opinions, anger, or hate towards any other student, instructor or parent as a means to discriminate or cause ill will. This is a place where people come to escape these issues in our world. This school is and always will be open to individuals of all walks of life.
3. Use of illegal drugs or medications will not be tolerated under any circumstances. Any student, regardless of rank, found abusing these substances would be given the choice of seeking professional help or expulsion from the school.
4. Any student or parent coming to the school under the influence of alcohol or illegal drugs will be asked to leave and a decision will be made as to whether that person will be expelled on a permanent basis.
5. No Student or Instructor is allowed to teach any part of the curriculum inside or outside of the school to anyone without my express permission. You are liable for any injuries resulting from ignoring this rule and this school will not be held responsible for said actions. Ignoring this rule will result in disciplinary action by the school.
6. Classes are taught under specific guidelines that I, the chief instructor, decide for each student. Neither students nor Instructors are allowed to practice, teach or learn material until you are given permission to do so. This is for your safety since serious injuries could result.
7. All students should arrive on time, if possible, for their class. Uniforms should fit well and be clean and free of tears or holes. All patches or logos must be present on the uniform. Uniform tops and belts are **NEVER** to be worn outside the classroom without instructor's permission.
8. Students must keep fingernails and toenails clipped and there is a strict "No Jewelry" policy. Hair is to be worn so as not to impair vision
9. Good quality sparring and safety gear must be worn at all times during sparring matches. No one will be allowed to spar without proper safety equipment.
10. Neither the school nor any individual will be responsible for any items left at the school.
11. No food or drinks will be allowed in the training area. **ABSOLUTELY NO SMOKING INSIDE THE BUILDING.**
12. You must be at least 14 years of age to use the weight room. (See a copy of "Weight Room Rules" for other rules and regulations.)
13. Parents or guardians should be on time to pick up their children. Children under 12 are not allowed outside the school before or after classes unless a parent or guardian is present.
14. Children ages 6 to 18 are expected to maintain at least a "B" average in school. Failure to do so may result in loss of rank and/or probation until the average is brought back up. A copy of grades should be provided each time the school issues them.

The Martial arts Center reserves the right to change or add to this list of rules and regulations at any time without notice to anyone. Other rules may already apply. Any grievances should be brought to my attention immediately.

William G. Page / Chief Instructor/The Martial Arts Center

I \_\_\_\_\_ (Student) and \_\_\_\_\_ (Parent/Guardian if under 18yrs) have read the above rules and regulations and do understand and agree to them. \_\_\_\_\_ (Date).

Emergency Contact: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Alternate Emergency Contact: \_\_\_\_\_  
Alternate Emergency Phone: \_\_\_\_\_

Revision Date 6/20/05