



WHAT TO EXPECT IN YOUR FIRST CLASS?

STUDENT EXPECTATIONS

1.



YOUR SENSEI (CLUB COACH) WILL GREET YOU UPON ARRIVAL AT THE DOJO (TRAINING ROOM).

2.



BOW INTO AND OUT OF THE DOJO. ALSO BOW WHEN STEPPING ON TO OR OFF THE MAT.

3.



LINE UP QUIETLY IN GRADE ORDER STANDING IN YOI DACHI (READY STANCE), AS SHOWN, AT THE BEGINNING AND END OF THE CLASS.

4.



THE CLASS WILL BOW IN TOGETHER FACING THE SENSEI, AS A MARK OF RESPECT. THIS WILL ALSO APPLY AT THE END OF THE CLASS.

5.



AFTER THE WARM UP, STUDENTS ARE ASKED TO LINE UP AT THE SIDE OF THE MAT, IN GRADE ORDER. PLEASE STAND IN YOI DACHI (READY STANCE) WHEN BEING SHOWN A TECHNIQUE.

6.



LISTEN WITHOUT INTERRUPTING AND REMAIN QUIET DURING INSTRUCTION. THROUGHOUT THE CLASS, THE SENSEI WILL USE THE TERM - 'YAME' (STOP). WHEN YOU HEAR THIS COMMAND, YOU MUST STOP YOUR TECHNIQUE IMMEDIATELY AND LISTEN TO THE SENSEI'S NEXT INSTRUCTIONS.

7.



IF YOU NEED TO ASK A QUESTION FOR ANY REASON, PLEASE RAISE YOUR HAND AND WAIT FOR THE SENSEI TO ACKNOWLEDGE YOU. THIS ALSO APPLIES TO ANY TOILET BREAK/DRINK REQUIRED.

8.



DO NOT LEAVE THE MAT WITHOUT THE PERMISSION OF THE SENSEI.

9.



RESPECT YOUR UKE (TRAINING PARTNER).

10.



KEEP THE MATS CLEAN AND PLEASE PUT THEM AWAY AT THE END OF THE CLASS.

CODE OF CONDUCT FOR STUDENTS

- **THE COMMAND OF THE SENSEI (CLUB COACH) MUST BE OBSERVED AT ALL TIMES.**
- **ALL STUDENTS ARE EXPECTED TO ARRIVE ON TIME FOR THEIR CLASS, OUT OF RESPECT FOR THEIR SENSEI AND FELLOW MEMBERS.**
- **UNIFORM REQUIREMENT: STUDENTS MUST ARRIVE FOR TRAINING CORRECTLY ATTIRED IN A CLEAN, WELL-MAINTAINED AND APPROPRIATELY FITTED GI/UNIFORM OF A SUITABLE QUALITY FOR TRAINING. THE CORRECT BELT, TIED PROPERLY AND REFLECTING THE STUDENT'S CURRENT GRADE, MUST BE WORN AT ALL TIMES. NEW STUDENTS ARE PERMITTED A SHORT INTRODUCTORY PERIOD; HOWEVER, AN OFFICIAL VALOR COMBAT SYSTEMS APPROVED UNIFORM MUST BE OBTAINED WITHIN A MAXIMUM OF 2 MONTHS OF COMMENCING MEMBERSHIP. THIS REQUIREMENT REFLECTS THE DISCIPLINE, RESPECT AND PROFESSIONAL STANDARDS OF THE MARTIAL ART AND CLUB.**
- **UPON ENTERING THE DOJO (TRAINING ROOM), STUDENTS MUST CONDUCT THEMSELVES RESPECTFULLY, OBSERVING DOJO ETIQUETTE AND SHOWING COURTESY TO THEIR SENSEI AND FELLOW STUDENTS.**
- **SHOES ARE NOT PERMITTED ON THE TRAINING MAT AND SHOULD BE LEFT IN THE DESIGNATED AREA. VALOR COMBAT SYSTEMS APPROVED TRAINING SHOES OR GRIPPED SOCKS MAY BE WORN WHERE THERE IS A VALID REASON.**
- **PERSONAL HYGIENE IS OF PARAMOUNT IMPORTANCE AND APPLIES TO ALL STUDENTS. FINGERNAILS AND TOENAILS MUST BE CLEAN AND KEPT SHORT. LONG HAIR MUST BE TIED BACK SECURELY. STUDENTS SHOULD TRAIN BAREFOOT UNLESS SUFFERING FROM AN AILMENT SUCH AS VERRUCAS, ATHLETE'S FOOT, OR A SIMILAR CONDITION.**
- **JEWELLERY MUST NOT BE WORN DURING TRAINING. WHERE ITEMS SUCH AS RINGS CANNOT BE REMOVED, THEY MUST BE SUITABLY COVERED WITH TAPE OR A PLASTER BEFORE TRAINING COMMENCES.**
- **TRAINING EQUIPMENT: STUDENTS MUST BRING ANY EQUIPMENT REQUIRED FOR THEIR CLASS. AS A MINIMUM, ALL STUDENTS ARE REQUIRED TO OBTAIN BOXING GLOVES WITHIN A REASONABLE PERIOD AFTER JOINING. AS STUDENTS PROGRESS THROUGH THEIR TRAINING, THEY WILL ALSO BE REQUIRED TO OBTAIN ADDITIONAL EQUIPMENT RELEVANT TO THEIR CHOSEN MARTIAL ARTS STYLE, WHICH MAY INCLUDE SHIN GUARDS, KALI STICKS, JO STAFF, NUNCHAKU, TONFA, TRAINING KNIVES, FLEXIBLE WEAPONRY AND OTHER APPROVED TRAINING EQUIPMENT AS DETERMINED BY THE SENSEI. STUDENTS WILL BE GIVEN SUFFICIENT NOTICE BEFORE ANY ADDITIONAL EQUIPMENT IS REQUIRED FOR TRAINING.**
- **ARTICLES NOT REQUIRED FOR A SPECIFIC TRAINING PURPOSE MUST NOT BE BROUGHT INTO THE DOJO.**
- **FOOD AND DRINK MUST NOT BE CONSUMED ON THE TRAINING MAT. CHEWING GUM IS STRICTLY PROHIBITED.**
- **INAPPROPRIATE BEHAVIOUR, CONDUCT OR LANGUAGE WILL NOT BE TOLERATED. FOLLOWING VERBAL WARNINGS, ANY STUDENT WHO CONTINUES TO BE DISRUPTIVE MAY BE ASKED TO LEAVE THE TRAINING AREA. FOR MINI AND JUNIOR STUDENTS, PARENTS OR GUARDIANS WILL BE INFORMED. CONTINUED MISCONDUCT MAY RESULT IN TEMPORARY SUSPENSION OR PERMANENT EXCLUSION FROM THE CLUB.**
- **ANY INJURY OR MEDICAL CONDITION EXISTING PRIOR TO A CLASS MUST BE REPORTED TO THE SENSEI BEFORE TRAINING BEGINS. SHOULD AN INJURY OCCUR DURING TRAINING, IT MUST BE REPORTED IMMEDIATELY TO THE SENSEI.**
- **VALOR COMBAT SYSTEMS ACCEPTS NO RESPONSIBILITY FOR INJURIES RESULTING FROM A STUDENT'S FAILURE TO FOLLOW INSTRUCTIONS OR OBSERVE THE VALOR COMBAT SYSTEMS RULES AND REGULATIONS. FURTHER INFORMATION IS AVAILABLE AT WWW.VALORCOMBATSYSTEMS.CO.UK/POLICIES.**
- **STUDENTS MUST WAIT TO BE INVITED ONTO THE MAT AND MUST NOT TRAIN OR ATTEMPT TECHNIQUES WITHOUT THE SUPERVISION OF A QUALIFIED SENSEI.**
- **NO STUDENT MAY JOIN OR LEAVE A CLASS WHILE TRAINING IS IN PROGRESS WITHOUT THE PERMISSION OF THE SENSEI.**
- **QUESTIONS MAY BE ASKED DURING CLASS BY RAISING A HAND AND WAITING TO BE ACKNOWLEDGED BY THE SENSEI.**
- **IF A BELT REQUIRES RE-TYING, THE STUDENT SHOULD STEP OFF THE MAT AT THE NEAREST SIDE, ADJUST THE BELT AND RETURN TO TRAINING PROMPTLY.**
- **NO MINI OR JUNIOR STUDENT MAY LEAVE THE DOJO FOLLOWING A CLASS UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT.**
- **MEMBERS MUST NOT ABUSE, MISUSE OR DEMONSTRATE THEIR MARTIAL ARTS KNOWLEDGE OR SKILLS TO ANY PERSON OR IN ANY SITUATION NOT AUTHORISED BY VALOR COMBAT SYSTEMS.**
- **ANY BREACH OF THE VALOR COMBAT SYSTEMS RULES AND REGULATIONS MAY RESULT IN DISCIPLINARY ACTION, INCLUDING SUSPENSION OR EXPULSION FROM THE CLUB.**