

Student Handbook



*With great power
comes great
responsibility!*

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Uniforms

In order to maintain the standards of a professional classroom environment, we must enforce regulations regarding school attire. Only wear your official school uniform to class With the school crest and flag. Whenever the uniform top is not worn it must still be brought to class so you are prepared in case it is needed. The only shirt allowed to be worn in place of the regulation uniform top is a school shirt. We cannot allow uniforms from other schools or uniforms purchased outside of our school to be worn. Only wear appropriate undergarments under your uniform as well. Colored tee shirts and sweat clothes are not permitted. When you do receive patches from your instructor, get detailed directions on their proper placement to avoid having to move and/or replace them.

Your uniform should be clean and pressed before each use. Your appearance reflects upon you and your own self image in addition to your school and classmates that surround you. Keep your uniform in good condition by removing any stains and repairing rips as they occur. It is also important to make sure sleeves and pant legs are adjusted to an appropriate length. If they are too long or short they can impede upon proper training and enjoyment of the classes.

Jewelry & Hair

Jewelry should never be worn to class. If you cannot remove all of your jewelry you must speak with the instructor running the class for that day. Earrings, bracelets, necklaces, etc. can easily break during normal class activities. They may also unintentionally injure your partner or yourself during training. Any one with long hair must have it pulled back out of the way to prevent it from being accidentally stepped on or pulled.

Highlights

- ☺ 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 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 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

