

Martial Art Education

a physical & mental discipline for children

www.martialarteducation.org



Safety Rules & Training Hall Etiquette

1. No Jewellery or watches may be worn in class
2. Fingernails and toenails must be kept short and hands and feet clean
3. Never go on the mat with any contagious disease verucas, athlete's foot, etc. unprotected
4. Training uniforms are expected to be clean and neat
5. Don't step on the mat with footwear
6. No food is allowed in the training hall
7. A student should not enter or leave the training hall without the permission of the instructor
8. All equipment must be well looked after
9. Students must "greet" their training partners by bowing before and after working with them
10. Every person is responsible for the safety of every other person as well as his training partner
11. Every student is responsible to ensure he does not bump into another student when training (this is particularly important when practising falling and throwing techniques)
12. If your partner indicates distress verbally or by tapping, or if you suspect he/ she is in distress, you must release them immediately
13. When working with new, younger or smaller students it is your responsibility to ensure that they are not only safe but also enjoying training with you