













## WHAT TO EXPECT IN YOUR FIRST CLASS?



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<p>1.</p>  <p>Your Sensei (Club Coach) will greet you upon arrival at the Dojo (Training Room).</p>	<p>2.</p>  <p>Bow into and out of the Dojo. Also bow when stepping on to or off the mat.</p>
<p>3.</p>  <p>Line up quietly in grade order standing in Yoi Dachi (Ready Stance), as shown, at the beginning and end of the class.</p>	<p>4.</p>  <p>The class will bow in together facing the Sensei, as a mark of respect. This will also apply at the end of the class.</p>
<p>5.</p>  <p>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.</p>	<p>6.</p>  <p>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 <u>must</u> stop your technique immediately and listen to the Sensei's next instructions.</p>
<p>7.</p>  <p>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.</p>	<p>8.</p>  <p>Do not leave the mat without the permission of the Sensei.</p>
<p>9.</p>  <p>Respect your Uke (Training partner).</p>	<p>10.</p>  <p>Keep the mats clean and please put them away at the end of the class.</p>



## CODE OF CONDUCT FOR STUDENTS

- The command of the Sensei (Club Coach) must be observed in all circumstances.
- Upon entry to the Dojo (Training Room), the student should always be respectful, not only to the Dojo etiquette, but to their Sensei and fellow peers.
- All students are expected to arrive on time for their class, out of respect for their Sensei and other members.
- Arrive for training correctly attired in their uniform and appropriate tied belt, to reflect their grade. Shoes are not permitted to be worn on the mat and may be left at a designated area during training. Valor Combat Systems approved training shoes/gripped socks will be allowed, if there is a valid reason.
- Personal hygiene is of paramount importance and applies to all students. Finger and toe nails need to be clean, cut short and long hair is required to be tied back. Students need to train bare foot, unless suffering from any ailments e.g. verrucas, athletes foot etc. Approved training shoes or gripped socks must be worn (standard socks are not permitted).
- Jewellery is not permitted to be worn in the Dojo. Where such articles as rings etc, cannot be removed these must be covered with a plaster/tape whilst training.
- Any articles other than for a specific application during training, may not be brought into the Dojo.
- Food, fluids etc, cannot be consumed on the mat. Gum is not allowed.
- Inappropriate language is not accepted.
- Any injuries carried prior to a class must be reported to the Sensei before the student begins training. Should an injury occur during training, report immediately to the Sensei and record in the Dojo Accident Book.
- Valor Combat Systems accepts no responsibility for any injuries caused due to a lack of observation by the student or any Valor Combat Systems Rules and Regulations.
- The student should wait to be invited onto the mat, may not train without the supervision of a qualified Sensei and not attempt any technique on their own.
- No student shall join or leave the class whilst the session is in progress, without the permission of the Sensei in charge.
- No junior student may leave the Dojo after the class, unless accompanied by a responsible adult.
- Inappropriate behaviour is not acceptable within the Dojo. If after verbal warnings, the student continues to be disruptive, they may be asked to leave the mat. With regard to junior students, parents/guardians will be notified. This may lead to temporary suspension or permanent exclusion from the Club.
- Questions may be asked during a class by raising your hand and waiting to be acknowledged by the Sensei.
- Should your belt need retying, step off the mat at the nearest side, readjust and resume training.
- The student's Budo Pass must always be retained and presented upon request by any official either from, or representing, Valor Combat Systems. In the event of loss or damage, report immediately to the Valor Combat Systems Administration Department. A replacement Budo Pass may then be provided for a nominal charge.
- No members will abuse, misuse, or demonstrate their knowledge of their chosen style, to any person not authorised by Valor Combat Systems.
- No person other than those authorised to do so by Valor Combat Systems may write in, alter, or in any other way modify the Budo Pass.
- A breach of the Valor Combat Systems Rules and Regulations in any form carries the possibility of suspension/expulsion.