

Madison Martial Arts Academy

Dojo / Kwoon Rules

1. Show respect and appreciation to Si-Gung and for one another at all times.
2. The Master of the Academy is always to be addressed as Si-Gung or Si-Fu.
3. A clean, proper uniform (in good repair) and Belt / Sash are **required at all times.**
4. **Shoes must be removed before entering the Academy unless they are your Kung-Fu Shoes.**
5. A bow is given to all Instructors when first encountered and upon leaving.
6. Always **come to class on time. If you are late, wait for the Instructor to admit you in before joining the class.**
7. If you are unable to attend class, notify your Instructor as soon as possible.
8. A salute is given when entering or leaving the workout area of any martial art school.
9. If a Master / Instructor enters the Kwoon, the **first person** to see the Master / Instructor **will call the class to attention.** When all are at attention, that person will instruct the class to salute the Instructor.
10. When you arrive, **weigh in, stretch and work out (not play)** on the machines.
11. Exercise proper hygiene by coming to class lean and well groomed. For your protection as well as for others, **keep all fingernails and toenails trimmed short.**
12. **Remove jewelry and watches before working out.** If not you **will not** be able to be include in the Class!
13. Line up in rank when class starts. Do not walk through the ranks of students. Perform your movements when and as instructed. **Do not ever leave class without permission.**
14. The Madison Martial Arts Academy is for training, not for excessive talking. **Try to keep conversation to a minimum and focus on your martial arts training, and do not disrupt class.**
15. Be cautious and aware when walking around other students in the schools; you never know when they may kick or do a technique, not realizing that you are in the area.
16. Always use self-control and good technique to avoid injury to yourself and others. **You should always be more concerned with your partner's safety than that of yourself.**

17. **Do not start fights.** Do not **try to prove you are stronger or better** than other students are. Do not ever **laugh at, make fun of, or attack** other people. **We will not tolerate Bullies,** if you do this you may be dismissed from the class, and if warranted you may be removed from the Academy!
18. Questions are encouraged. When asking Si-Gung or a senior student a question you will bow to them before asking and after the question has been answered as a sign of respect.
19. In reply to a question or command requiring an answer, all students (generally) should answer "Yes Si-Gung", or "No Si-Gung", or "I am not sure Si-Gung".
20. Do not chew gum during class; it can affect your breathing.
21. Do not bring food or drinks into the workout area (with the exception of bottled water). A break will be given in mid-session, **please use the bathroom and drink during this time.**
22. Do not use any weapons without permission.
23. No unsupervised sparring on the Academy grounds at any time.
24. No horseplay of any kind at the Academy.
25. Help to keep your school neat and clean.
26. **Do not teach others what you have learned without Si-Gung's permission.** **This is how bad habits or improper techniques are passed to other students.** Do not show off what you have learned outside of class.
27. Never do or say anything to bring dishonor to your school, your system, or your Instructor. **The use of profanity or derogatory language is not allowed.**
28. Keep a **clear mind and a healthy body.** Smoking, taking drugs, or drinking alcohol are not allowed on the school premises and should be avoided outside of class as well. **Kung Fu requires awareness of your body, and drugs or alcohol interferes with that awareness.**
29. **Control your emotions (or they will control you)** at all times, especially when you become tired or frustrated. Learning **Chinese Shaolin Kung-Fu / Karate** takes **much time and energy** and along the way, you will develop a healthy body as well as a strong and disciplined mind.
30. **Always be respectful of other systems and styles!**

By submission of the application, and attendance at the academy, each student agrees to the above rules or conditions.

Breaking these rules could mean disciplinary action ranging from a gentle reminder from a senior student all the way up to immediate dismissal from the Academy by the Instructor.

NOTE:

If the Academy's Instructor feels for any reason, that an applicant or student does not meet the Academy's requirements or learns of anything he feels would not be in accordance with the Academy's rules or ways, **he may reject the applicant at any time; even if the applicant or student had earlier been accepted.** The Academy **is not responsible for any expenses** an applicant may incur on their own behalf to prepare for training at the Academy, before they actually attend the Academy, or for any other reason.

In order to keep the **Academy's environment positive for the serious students who go there to study,** **Any student, without exception,** who shows **himself or herself** to be **in violation of or have any other negative character traits that are contrary to our these Rules of Conduct, deemed as such by the Academy's Senior Instructor,** **could be dismissed from the Academy immediately, and no refunds (of any nature) will be made to the student or whoever may have paid their tuition and/or other fees for them.**

Students who fail to live up to the expectations may be asked to leave class for that day, put on suspension for up to 30 days, or dismissed from the Academy permanently without reimbursement of tuition. Payments are made on the first of the month. Students starting after the 5th of the month will have their tuition "Prorated" up to the first of the month!

"Only by learning do we discover **how little we know.**"

"If you have quit learning, **you have quit seeking knowledge**"

"To your own word be true"

"When **you fail to hit the target with the arrow,** find **fault not with the arrow, but within yourself**"