

Class Guidelines

One of the biggest pieces to self defense is good hygiene!

Come with the following:

- Clean shorts, and shirt (when we have Gis a clean Gi is also required, we already have a church volunteer who is committed to making sure we have clean Gis each week)
- Short finger and toe nails
- Listening ears

Leave off the mat:

- Shoes
- Soiled clothes
- Jewelry (rings, earrings, necklaces, bracelets, etc)

Blood, pee, poop: accidents happen, when they do please tell a coach, do not continue class!

If you are sick or have a rash we need you to stay home until you are well.

After each class we clean the mats with bleach, but as soon as we get on the mats we start sharing the germs that are on our bodies.

Just like swimming in a public pool ALL students should bathe/shower before and after class.

Help us keep you and your classmates safe from germs.