



# Welcome to Didsbury Black Belt Academy

## Rules of the School

### Arrival Times

- Please ensure that you arrive and are ready to start the class on time
- Please take care not to disturb classes when you arrive or leave the school

### Courtesy & Respect

- Bow when you enter and leave the school
- Bow before you step on and off the training area.
- Bow before commencing partner work
- Be respectful to all members, instructors and visitors whilst in the school.
- Address instructors as either 'Sir' or 'Miss' or as Mr, Mrs, or Miss 'Smith'.

### Dress Code

- Full uniform must be worn in class: white suit or black/red/white tee-shirt & black trousers
- Belts should be worn and tied securely.
- 'T' shirts must be tucked in to trousers.
- Uniforms should be kept clean, pressed and in a good state of repair.
- Badges must be worn: on trousers, on the left leg 6" down from the waist On Jackets, positioned on the left arm 3" from the shoulder.
- Failure to wear the full uniform may result in you being unable to train in class.

### Personal Safety

- Finger and toenails must be kept clean & short at all times.
- Outdoor shoes are not permitted on the training area
- Martial arts training shoes are acceptable providing they are not also worn outdoors .
- Wearing socks without shoes is dangerous and is NOT permitted under any circumstances.
- It is the members responsibility to maintain insurance cover. (Insurance is £25 a year)
- Take care of your own safety and that of those around you.
- Members training in a dangerous manner will be removed from the training area.

### Safety Equipment

- Only safety equipment provided by the school is allowed in class.
- Training bags should be kept away from the matted area or in places where people can trip over them.
- Full Protective equipment should be worn during all partner work.

### Spectators

- Spectators are welcome and expected to observe the same mat etiquette as members.
- Do not shout to members while they are training.
- Please make sure conversations remain at low volume so as not disturb classes.

## The 12 Characteristics of Black Belt Parents

### Black Belt Parents Always:

- See their children safely in and out of class
- Watch their children in class whenever possible
- Don't shout out to correct their children in class
- Are always quiet during the class
- Support the school message of courtesy and respect for others
- Keep their children's uniform clean and tidy
- Bow into and out of the class with their children
- Understand that children develop at different speeds
- Never criticize their child's ability instead they offer praise and encouragement
- Understand that time will cure most 'technical' problems
- Set the example of who they want their child to become
- Understand that sometimes their child will not want to come to class and that this is normal but persisting through these times will bring great benefits