



### CLUB RULES AND ETIQUETTE

1. No rings, watches or chains to be worn whilst training.
2. On entering and leaving the dojo, students must always bow.
3. Instructors have the right to ask disruptive students to leave the club.
4. No eating, drinking or smoking in the dojo.
5. All students must be in suitable training clothes if they do not have a Gi.
6. Gi's must be clean and tidy at all times.
7. No shoes or socks to be worn whilst training.
8. Finger and toenails must be kept clean and short.
9. Students must only use the techniques that they have been shown in defence not aggression.
10. Respect must be given to all students whatever grade.
11. Aggression must always be controlled in the dojo.
12. We advice all students to take out membership and insurance as soon as possible.

VISITORS ARE ALWAYS WELCOME, SUBJECT TO THE ABOVE RULES.