



BRITISH MARTIAL ARTS
& BOXING ASSOCIATION

OFFICIAL CLUB

Club Rules for The Athletic Kingdom Martial Arts

1. Kindly be aware that our classes have been specifically developed to focus on self-defence techniques and provide educational benefits. We strongly condemn violence and bullying. It is paramount to refrain from applying the knowledge gained in our dojo, unless it becomes absolutely necessary to protect yourself or a loved one.
2. Please note. The process of learning starts the moment you step into the dojo and continues until you walk out the dojo. Respect is a fundamental aspect of martial arts, and it is expected that all individuals in the dojo treat each other with respect. By demonstrating respect towards others, you can expect to receive the same in return. If you are unwilling to demonstrate respect towards those who are dedicating their time to instruct and train alongside you, then you are not suited to train within our martial arts school.
3. It is required for all students (or their parents, if applicable) to sign a Club Registration Form and a Waiver Release of Liability and Assumption Of Risk Form prior to start training with The Athletic Kingdom Martial Arts.
4. It is required to inform your Sensei if you or your child/children are experiencing any injuries, illnesses, or need any special assistance. Please refrain from attending classes if you are experiencing symptoms of a contagious illness. Take the necessary time to rest and return to class once you have completely regained your health.
5. It is important to always ensure that the child is not left alone. Please ensure that the sensei is present at the dojo and accepted by him before you depart, to ensure the safety of your child

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6. Please ensure that you or your child/children have eaten prior to the commencement of our class. Please allow at least an hour for digestion. It is important to keep in mind that without proper nutrition, you or your child/children may experience a lack of energy during training and potentially have other issues. Please bear in mind, it is also important not to eat straight after the end of training.

7. Please arrive at least 10 minutes prior to the start of our classes. Make sure to allow enough time for you or your child/children to change into the appropriate attire, use the facilities if necessary, and get ready for the lesson to begin. Being punctual is an integral aspect of your training.

8. It is important to note that children are not permitted to go to the toilet unaccompanied during class for safety reasons, unless their parents are present – and those who are of the appropriate age with written permission from their parents.

9. It is important to avoid blocking entrances or hallways. We kindly request that you do not obstruct our training area at any time, as it could potentially pose a safety risk for you and for others. Please do not throw, misplace, or mishandle any items. This includes your personal belongings, as well as any items belonging to our training facility.

10. Kindly ensure that you or your child changes clothing in the designated changing room areas, as instructed by the responsible instructor. It is important to avoid changing in the dojo unless specifically directed otherwise.

11. Photography and video recording are not allowed during our training sessions. There are certain instances where you may have the opportunity to capture an image or video of you or your child/children, but it is imperative that you obtain the necessary authorization from the responsible Sensei. If permission is given, you are required to submit your pictures/videos for review and approval prior to sharing them anywhere.

12. a) Kindly be aware that having too many spectators who are not training in the dojo may overcrowd the premises, and it may also distract the student's focus. Therefore, in order to

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minimise any potential distractions, parents are typically not permitted to remain in the dojo throughout the duration of the class. If you're interested in observing your child's training or monitoring their progress, kindly request permission from the Sensei to attend and observe the class.

12. b) When given permission to stay and watch a training session, please adhere to the following:

- ◆ Please remain seated whilst in the dojo, in the area specified by the Sensei. If unsure, please ask Sensei.
- ◆ Please do not walk in and out the dojo, unless necessary and with permission from Sensei.
- ◆ If you are accompanied by anyone else, please keep quiet.
- ◆ No talking on the phone, unless an emergency.
- ◆ Where possible, please try to keep your phones on silent, to avoid disturbing our class.
- ◆ Once inside the dojo, parents are kindly requested to refrain from engaging in conversations with their children. Please direct any queries or comments to the Sensei, and if possible after the class has concluded, unless an emergency. Please understand, this is for the safety of our students, as this will prevent the risk of an unfortunate event.

13. Consumption of food or beverages is strictly prohibited during class sessions.

14. Photography and videography are strictly forbidden during our class sessions. On certain occasions, you may have the opportunity to take a photograph or video of your child, friend, or family member. Nevertheless, only after obtaining the explicit consent of the overseeing Sensei you may do so. Once you have received our authorization, it is essential that you submit your pictures/videos to us for a comprehensive evaluation and approval before they can be shared on social media platforms.

15. If anything changes in your contact information, please ensure that we have your current and accurate information.

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16. It is important to prioritise personal hygiene during your time training in our dojo. We expect that all individuals maintain well-groomed nails on both their hands and feet.

17. Eliminate unnecessary items. Please refrain from wearing any jewellery during class. It is important to ensure that you or your child does not wear any jewellery during our class. Also, refrain from wearing watches prior to the commencement of class. If you wear glasses, you can use them.

Our main focus is on using only empty hands and feet.

18. Smoking is prohibited in our premises.

19. It is required for females to wear a shirt underneath their GI/Kimono.

20. Sparring is an excellent form of training that helps improve stamina and resistance. The dynamic nature of sparring closely resembles real-life situations, making it even more effective. We ensure that our sparring sessions are conducted in a friendly and controlled manner, allowing everyone to learn from each other, build confidence, and enhance their fitness level.

21. During sparring sessions, students are required to wear PPE (personal protection equipment) for safety. It is imperative to ensure that sparring is conducted only under the guidance and supervision of Sensei.

22. Please do not engage in any activities that may disrupt our classes, such as yelling, using inappropriate language, engaging in fights, arguing, etc. It is important to preserve a respectful and considerate environment during the sessions.

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