

21. Female students may use chest protectors when sparring. US-AMA t-shirt or sports top should be worn under GI.
22. Personal hygiene is required. Keep fingernails and toenails cleaned and well trimmed; feet, hands, etc. should be clean as well.
23. Long hair should be pulled back away from the face with a rubber band or plain hair band.
24. All jewelry should be removed before training sessions begin to help avoid injury to both the student and his/her training partners. This includes the removal of earrings, necklaces, watches, and rings.
25. Please show respect to your instructor and classmates when they are training. Students, family, and friends are not allowed in the training area before or after class. NO EXCEPTIONS.
26. Parents, it is considered disrespectful to interrupt formal classes. If you have a question or comment about your child's training, please discuss it with the head instructor before or after class.
27. Any student who misbehaves during class will be asked to sit down or perform push-ups. If the situation continues, they will be asked to call their parents and leave. We teach with positive reinforcement, and cannot tolerate disrespect, disobedience, or potentially dangerous behavior and situations.
28. Students should always conduct themselves in a positive manner not only in the dojo, but also at school, at home, and in the community.
29. Always try your hardest even when you're tired.

Sparring Requirements

- Protective pads (gloves, boots, head gear, mouth piece, and groin cups for boys) must be worn while sparring.
- Sparring targets include: chest, ribs, kidneys, and the sides of the neck. Strikes to these targets are with light, controlled contact. The groin, joints, spine, and the back of the head are illegal targets. Students training in an adult class and Brown Belts and higher rank are allowed to make light, controlled contact to the face. Full contact is not allowed.



STUDENT HANDBOOK

DOJO ETIQUETTE AND PROTOCOL

Please review these rules. If you have any questions regarding these guidelines, please check with your Sensei.

1. Be prompt. Arrive before class begins. Make sure you are well hydrated and use the restroom **BEFORE** class begins. If you do come in late, please stand at the edge of the training floor, wait to be acknowledged by the Sensei, and ask the Sensei permission to join the class.
2. Address all Black Belts as Sensei (instructor/teacher); all assistant instructors as Sempai (senior ranking student/assistant instructor).
3. Always bow when entering or leaving the dojo training area, thereby showing respect to your school and your fellow students.
4. Your instructor is aware of your progress and abilities. For this reason, asking when you will be promoted in rank or tested for a bar is considered disrespectful.
5. Senior students are expected to set a good example for juniors, protect them from injury, help them learn, and treat them with respect and consideration.
6. Junior students are expected to look to senior students for guidance and treat them with respect and consideration.
7. Do not teach new techniques or kata to other students unless you have permission from Sensei.
8. Behave appropriately in the dojo. Remove your shoes before entering the training area and place them neatly out of the way. Please help keep our dojo clean. No smoking, drinking, eating or chewing gum inside the dojo.
9. It is inappropriate to cut through rank lines, walk around. Always line up with the higher rank to your right.
10. If you have to move from one part of the dojo to another, do so quickly.
11. Never lose your temper during class. Train with intensity but without anger or hostility. There is no place for anger and ego in the dojo.

12. There is no talking during class. If you have a question, raise your hand so Sensei or Sempai can respond.
13. Students must ask for permission from the head instructor before leaving a formal class.
14. Students will not lean against the dojo walls, mirrors or lay around on the dojo floor. When you are seated on the floor, your legs should be crossed.
15. If your obi (belt) or gi (uniform) becomes untied during training, request permission from your instructor before turning away and making the necessary adjustments.
16. Never throw or drop your obi (belt) on the ground, and never wash it. Your obi is a symbol of your will; your spirit and your accomplishments.
17. Never practice techniques with others except under the guidance of Sensei during class time.
18. Weapon practice is allowed only with the approval of the Head Instructor. All weapon practice must be done in a safe approved manner.
19. Only white Japanese style US-AMA uniforms are to be worn in class. Please keep your uniform laundered on a regular basis. US-AMA t-shirts may be worn during warm weather. T-shirts must be tucked in at all times. Gi's are always preferred.
20. Male students must wear a protective groin cup and supporter under their uniforms.

PARENTS—PLEASE READ

Supervision Policy

The acceptable place for your child to wait for their class to begin, or to be picked up after class, is inside the dojo (on our side of the entrance). Once they leave through the entrance they leave our supervision. They are not to use Central Coast Gymnastics toys etc. unless they are supervised or under Central Coast Gymnastics supervision. Also, they are not allowed to wait outside to be picked up. If you wish to stay in your car, please call our office and let us know that you are waiting and we will send your child down. **If we discover that your child is left unsupervised we will send an invoice for \$25 home with them each instance. If it continues to be a problem we will be forced to suspend their training until proper supervision can be established.**