



WHAT TO EXPECT IN YOUR FIRST CLASS?

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1.



Your Sensei (Club Coach) will greet you upon arrival at the Dojo (Training Room).

2.



Bow into and out of the Dojo. Also bow when stepping on to or off the mat.

3.



Line up quietly in grade order standing in Yoi Dachi (Ready Stance), as shown, at the beginning and end of the class.

4.



The class will bow in together facing the Sensei, as a mark of respect. This will also apply at the end of the class.

5.



After the warm up, students are asked to line up at the side of the mat, in grade order. Please stand in Yoi Dachi (Ready Stance) when being shown a technique.

6.



Listen without interrupting and remain quiet during instruction. Throughout the class, the Sensei will use the term - 'Yame' (Stop). When you hear this command, you must stop your technique immediately and listen to the Sensei's next instructions.

7.



If you need to ask a question for any reason, please raise your hand and wait for the Sensei to acknowledge you. This also applies to any toilet break/drink required.

8.



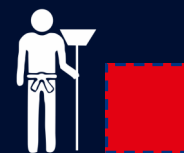
Do not leave the mat without the permission of the Sensei.

9.



Respect your Uke (Training partner).

10.



Keep the mats clean and please put them away at the end of the class.



CODE OF CONDUCT FOR STUDENTS

- **The command of the Sensei (Club Coach) must be observed in all circumstances.**
- **All students are expected to arrive on time for their class, out of respect for their Sensei and other members.**
- **Arrive for training correctly attired in your clean and ironed Gi/Uniform with the appropriate tied belt, to reflect your current grade.**
- **Upon entry to the Dojo (Training Room), the student should always be respectful, not only to the Dojo etiquette, but to their Sensei and fellow peers.**
- **Shoes are not permitted to be worn on the mat and may be left at a designated area during training. Valor Combat Systems approved training shoes/gripped socks will be allowed, if there is a valid reason.**
- **Personal hygiene is of paramount importance and applies to all students. Finger and toe nails need to be clean, cut short and long hair is required to be tied back. Students need to train bare foot, unless suffering from any ailments e.g. verrucas, athletes foot etc.**
- **Jewellery is not permitted to be worn in the Dojo. Where such articles as rings etc, cannot be removed these must be covered with a plaster/tape whilst training.**
- **Bring any equipment required for classes e.g. Boxing gloves, shin guards, weapons etc.**
- **Any articles other than for a specific application during training, may not be brought into the Dojo.**
- **Food, fluids etc, cannot be consumed on the mat. Gum is not allowed.**
- **Inappropriate behaviour/language is not acceptable within the Dojo. If after verbal warnings, the student continues to be disruptive, they may be asked to leave the mat. With regard to Mini/Junior students, parents/guardians will be notified. This may lead to temporary suspension or permanent exclusion from their respective Club.**
- **Any injuries carried prior to a class must be reported to the Sensei before the student begins training. Should an injury occur during training, report immediately to the Sensei.**
- **Valor Combat Systems accepts no responsibility for any injuries caused due to a lack of observation by the student or any Valor Combat Systems Rules and Regulations (www.valorcombatsystems.co.uk/policies).**
- **The student should wait to be invited onto the mat and may not train, or attempt any technique on their own, without the supervision of a qualified Sensei.**
- **No student shall join or leave the class whilst the session is in progress, without the permission of the Sensei.**
- **Questions may be asked during a class by raising your hand and waiting to be acknowledged by the Sensei.**
- **Should your belt need re-tying, step off the mat at the nearest side, readjust and resume training.**
- **No Mini/Junior student may leave the Dojo after the class, unless accompanied by a responsible adult.**
- **No members will abuse, misuse, or demonstrate their knowledge of their chosen style, to any person not authorised by Valor Combat Systems.**
- **A breach of the Valor Combat Systems Rules and Regulations in any form carries the possibility of suspension/expulsion.**