

Pinto Martial Arts LLC

School /Club/Classes/Dojang Rules & Risk Management Plan

Due to the nature of the study, you are now undertaking, certain guidelines and rules must be established and followed. Since you have made the decision to study a Martial Art, you are aware that the techniques you will be learning are dangerous in nature and as such should command a deep respect and a deep sense of responsibility. If you should abuse your newfound skills, serious injury or death could result. Therefore, it is imperative that respect, discipline and strict adherence to certain rules and ideals be maintained throughout your study in the school and normal life. **Non-compliance with these rules may force your teacher to discontinue instruction and expulsion from this school.**

- 1- These classes/school/Clube/DoJang should be regarded as a place of serenity. When you enter it, you must have proper attire and spirit, show respect and courtesy to everyone in the school, smile, and have fun in these classes. We train in a traditional, controlled, and relaxed family environment. Balance is the Key to Life.
- 2- Martial Arts training is for self-defense only. Any abuse of training for use in a violent manner without being used for self-defense purposes will result in expulsion from the school.
- 3- If feeling sick stay at home, take care of yourself, notify the school or instructor, and stay in touch with your doctor.
- 4- Sanitize your hands before entering the Dojang/School, take care of all personal hygiene needs before class.
- 5- Parents and guardians, please bring your child on time, the same applies when to pick them up, understand that the instructor will need to teach the next class. Please notify the instructor/school if you are tardy, we understand that an emergency can happen, and we are here to help you.
- 6- No Food, no chewing gum, or Drinks, in the school, only water is approved, you must bring your own labelled water Bottle. It is also recommended not to eat heavy meals before class.
- 7- Do not wear jewelry when practicing. You may not only damage them during workouts but may also hurt someone or yourself.
- 8- Change into your uniform (Dobok). Learn proper way to wear and fold. Wash your uniform frequently for a good hygiene and maintain in good repair. A dirty or torn uniform is offensive and distracting to other students. The same applies for all the rest of your martial Arts gear, keep it clean and in safe conditions.
- 9- Before stepping on the mats, remove your shoes (unless you are using approved training shoes), and place in an appropriate place. The same with your bag/drink must be placed against the wall in a designated area by your instructor.
- 10- Proper bowing to mat/training area and flags before entering onto mat/training area.
- 11- If tardy, you must show respect to the class in session by going quietly to the dressing room, change, kneel at the training area entrance, bow, and wait for the instructor to ask you to join the class.
- 12- Before class check your name in the presences Book List, bring FMS ID card and/or passport to all meetings, testings and seminars, and keep all class and testing fees current (Do not make teacher or older students have to remind you).

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- 13- Once the student has entered for class, the student should not leave the training area during lessons. In case of an emergency or if you must leave, try to notify ahead of time or ask your instructor for permission to leave. It's totally understandable that you need to leave for several reasons, it's part of life.
- 14- Always address Instructors by their title (Korean, English or if in doubt "Sir" or "Mam"). When you have a question, always ask by raising your hand and speak only after you have been acknowledged.
- 15- When it is necessary to adjust your uniform while on the mat, you must turn away from instructors and flags, kneel on right knee and tie your belt or adjust uniform.
- 16- There will be no sparring without instructor's supervision, and no horseplay allowed or tolerated. During training, control your techniques (must be light, with no groin contact and with light taps to the headgear), take care of your training partners and Instructors. Sparring drills and free sparring are not allowed without the proper safety gear (Head gear, chest guard, gloves, shin guards, sparring boots, mouth guard and groin protection), sparring with weapons, only with approved foam weapons and protection gear. Safety always first.
- 17- Do not hit mirrors or windows with anything. Do not hit the heavy bags without the authorization of your instructor. Only adult black belts who have permission may move the heavy bags on or off the floor or change their position in any way.
- 18- Raise your hand for restroom or water breaks. We recommend that the parents of students under 9 years old accompany their child to and from the restroom.
- 19- No weapons that shoot projectiles (unless a legally licensed individual) or sharps objects in the school. If you are a student that carries legally, this weapon cannot be left unattended with your belongings during the class time.
- 20- Conflicts should be avoided. Prevention is best. But we are not put on this earth to be anyone's victim. The martial arts serve two main purposes: 1) Perfection of character, and 2) Self Protection (self-defense). Strive for excellence in both.
- 21- THINK SAFETY FIRST! Always question the safety and appropriateness of your actions before-hand. Think about the consequences (ASK: What might happen if I do this?) If your actions may cause harm to you or someone else, then don't do it. If not sure what to do, then ask and Instructor or Owner.
- 22- To achieve maximum results in your practice, you must practice regularly. Practice does not necessarily mean physical exercise. It is recommended at least 2 - 3 times per week, if not every day.
- 23- Martial Arts are like anything else in life: Perfect practice makes perfect. You only get out that which you put in. Full hearted efforts yield full hearted results, and vice-versa. Make your martial arts training a way of life. Remember, someday your life or loved one's may depend on your skill, and in a moment of crisis "we do not rise to the level of our expectations yet fall to the level of our training".
- 24- Maintain balance in your training, Mind, Body and Spirit. Do not neglect your weak areas because they are difficult, awkward, or "boring".

I have read these rules in its entirety, both front and back, prior to my signing this agreement. I further understand that by signing this agreement I'm complying with the school rules and risk management plan. A Non-compliance with these rules may force your instructor/school, to discontinue instruction from these classes.

Signature of Applicant	Date
Signature of Parent/Guardian (If Applicant is under the age of 18)	Date