

Shemwell's Academy of Martial Arts

Rules of Conduct

Respect is the foundation for any thriving relationship, and relationships within an organization of this nature are no exception. I know from personal experience that relationships developed within a martial arts gym are enduring and can last for decades or longer. All of the rules of this gym stem from the ideas of respect – respect of self and respect of others.

NO FOUL LANGUAGE OR INAPPROPRIATE BEHAVIOR. This is a family-friendly organization. Individuals and families are welcome here, and language or behavior that is not suitable for children are not allowed. Be respectful of the individuals, families, and children who attend this academy.

BE ON TIME. Time management is important. It is disrespectful to stroll in late to join a class. Make every effort to arrive on time. If you must be late (as sometimes it is unavoidable), wait for the instructor to give you permission to join the class.

EXERCISE CONTROL AND RESPECT YOUR PARTNER'S BODY. It is important to gauge the skill level and comfort level of people with whom you train. Some people will be of a higher skill level and some will be of a lower skill level. Generally, those with lower skill levels are less comfortable with the techniques presented and will require time to become comfortable with them. When training with others, tailor your power to their abilities. If you are training with a new student you outweigh by a hundred pounds, you should not use full power, nor should you attempt to crush them. Treat students with a lower skill level the way you want to be treated by someone of a higher skill level than yourself.

BE ATTENTIVE. Pay attention to the instructor when they are giving directions. The instructions are designed not only so you can perform the techniques correctly, but also that you can perform the techniques safely. Being attentive is a way of showing your instructor and your fellow students that you respect them by not disrupting the class. It is HIGHLY encouraged that you take notes during class.

PRACTICE GOOD HYGIENE. Good hygiene is not only a sign of respect, it is a safety issue. Your nails (both hands and feet) must be trimmed and clean before attending class. Your uniforms must be clean and neat. Not only does this give a good presentation of the gym to prospective students, but your fellow students will appreciate your cleanliness. Though it should go without saying, you must shower regularly and not show up to training sessions smelling of body odor. If your nails are not trimmed, your uniform is not clean, or you smell like you need a shower, you will be asked to leave until you have rectified the situation.

BE QUIET AND COURTEOUS WHEN NOT IN CLASS. When other classes are in session and you are waiting for your class to start, do not disrupt the class in session by being loud. Keep conversations to a minimal register and do not interrupt the class in progress. If you disrupt classes, you will be asked to leave until your class starts. If you disrupt the class you are attending, you will be asked to leave the class that day.

DO NOT USE WHAT YOU LEARN HERE TO START FIGHTS. Sometimes fights are unavoidable, but most often they can be avoided. This program is not intended to create bullies who go out looking for trouble, but to create citizens who are confident in their ability to defend themselves. Students who go out into the community and pick fights make a bad name for the gym, and this will not be tolerated. Students who are found to be using their skillsets to instigate violence will be suspended from the gym or banned permanently, depending on the circumstances and severity of the incident(s) in question.

ASK QUESTIONS. Questions are how we learn. If you are unsure of something, be sure to ask. Sometimes a small fix is all that is needed to make a world of difference in a technique, and if a technique is difficult for you then you should ask questions to make sure you are learning correctly. Always ask questions for clarification.

BE RESPECTFUL OF THE GYM. Do not misuse or abuse the gym's facility or equipment. Keep the gym clean. If you use equipment, put it back. Do not leave your gear scattered about; keep it in the designated storage area when it is not in use. Avoid leaving your gear in the gym; at the end of the week the changing rooms and gear storage areas will be cleared out.

BE APPROPRIATELY ATTIRED AT ALL TIMES. Regardless of gender, everyone should be in the appropriate attire for the class they are attending at all times. **AT NO TIME** should anyone be training without a shirt, rash guard, or gi on. You should be in the appropriate attire for the class you are attending. Stand-up (Muay Thai) classes require at a minimum a pair of shorts and a shirt. Grappling classes require either a gi or fight shorts and a shirt.

WEAR THE APPROPRIATE SAFETY GEAR. Men should wear groin protectors or athletic cups when training. Both men and women should wear a mouthpiece during training. During regular training, the mouthpiece is optional (but recommended). If sparring, a mouthpiece is mandatory. When sparring, it is also recommended that women wear a chest protector. When sparring, shin pads are also required.

WEAR THE APPROPRIATE UNIFORM. Like most martial arts schools, uniforms are a requirement for this organization. For stand-up only, students are required to either have a pair of Muay Thai shorts or a pair of MMA fight shorts. Students have one month to get their uniforms from the time they sign up. Until a student gets his or her uniform, he or she will wear loose-fitting shorts (with draw strings) and a white T-shirt to train in. For grappling, students are required to have both a gi and a pair of fight shorts. Like stand-up, students are allowed to wear loose-fitting shorts (with draw strings) and a white T-shirt to class for the first month of their membership.

BE RESPECTFUL OF THE CLASS HIERARCHY. Rank is important in any organization. Those who outrank you are in their positions because they have more experience and a broader understanding of the techniques and strategies employed in the martial arts. Rank structure at Shemwell's Academy of Martial Arts is as follows:

Black T-Shirts – Instructor

Gold/Yellow T-Shirts – Advanced Students

Blue T-Shirts – Intermediate Students

Red T-Shirts – Novice Students

White T-Shirts – Beginning Students

Legitimate instructions given by senior-ranking students and instructors are to be followed.

ABSOLUTELY NO SPARRING WITHOUT LEAD COACH SUPERVISION. Sparring is the most risky activity that is undertaken at a martial arts facility. Under no circumstances are students to spar without direct supervision of the lead instructor. For Muay Thai and stand-up classes, students will not be permitted to engage in free sparring until they have been promoted to Red T-Shirt status AND have been given the lead instructor's express approval to do so. Students caught sparring without supervision will be suspended on the first instance and will be considered for dismissal for any subsequent instances.

GIVE CRITICISM RESPECTFULLY AND RECEIVE CRITICISM GRACEFULLY. We all make mistakes. Criticism is a way we find out what our mistakes are. When giving criticism to fellow students, be respectful and constructive. The goal is that we all learn from our mistakes. When receiving criticism, be attentive and ask questions in order to ensure you are able to learn from your mistakes.

NO PARTICIPATION IN COMPETITIONS WITHOUT EXPRESS PERMISSION OF LEAD COACH. Competition – be it MMA, grappling, or boxing/Muay Thai, is an important facet of learning a martial art. However, your coach will determine when you are ready to compete. Competition is highly encouraged, but not mandatory. If you are interested in competing, discuss this with the lead coach to put together a plan to make you ready to compete. If you are caught participating in competitions without the lead coach's sanction, you will be summarily dismissed from the school and will forfeit the remainder of your dues for the month.

By signing my participation contract with Shemwell's Academy of Martial Arts, I acknowledge that I have read this document in its entirety, understood the document in its entirety, and agree to adhere to the rules stated herein.