



























STOIC MARTIAL ARTS

CODE OF CONDUCT

ETIQUETTE AND GOOD VIRTUE

-  THE MOST IMPORTANT PERSON AT THE ACADEMY IS YOUR TRAINING PARTNER, TREAT THEM AS SUCH!
-  TAP EARLY, TAP OFTEN, LIVE TO FIGHT ANOTHER DAY.
-  TRAIN HARD BUT TRAIN SMART.
-  GET A GOOD SWEAT.
-  NO CRANKING ON SUBMISSIONS, NO HEEL HOOKS, SLAMS, CHEAP SHOTS, ETC. LET'S KEEP THE INJURIES TO A MINIMUM. ACCIDENTS HAPPEN BUT I WANT PEOPLE TO TRAIN OFTEN — THIS ISN'T FIGHT CLUB.
-  NO FULL CONTACT SPARRING IN WITH STRIKING JUST TIMING DRILLS PER OUR INSURER.
-  TO FOLLOW, NO ONE SUES ANYONE PER THE DOG BROTHERS. MARTIAL ARTS IS AN HONORABLE LIFESTYLE TREAT YOUR TEAMMATES WELL.
-  ABSOLUTELY NO SHOES ON THE MAT, PERIOD. #SACREDGROUND
-  NO BARE FEET IN THE RESTROOM; WEAR SANDALS AND DON'T BRING GERMS BACK TO THE MAT.
-  PLAY NICE WITH OTHERS AND BE RESPECTFUL AND HAVE FUN!
-  CHECK-IN EVERY TIME YOU TRAIN SO WE CAN TRACK YOUR DEVELOPMENT.
-  IF YOU ARE LATE, JOIN WITHOUT INTERRUPTING AND WHEN THE INSTRUCTOR IS TEACHING PLEASE KEEP QUIET.
-  ALL STUDENTS, GUESTS AND VISITORS MUST WEAR A CLEAN UNIFORM FOR FORMAL CLASS.
-  LONG SLEEVE RASHGUARDS ARE REQUIRED FOR GRAPPLING, FOR SKIN PROTECTION. BLACK SPATS ARE RECOMMENDED.
-  GOOD HYGIENE IS EXPECTED. KEEP YOUR NAILS TRIMMED, NO SHAGGY HAIR OR SHAGGY BEARDS.
-  REMOVE ALL JEWELRY AND PIERCINGS FOR TRAINING AND LEAVE VALUABLES AT HOME.
-  STAY HOME IF YOU ARE POSSIBLY CONTAGIOUS OR FEVERISH.
-  PROTECT YOUR SKIN FROM INFECTIONS—LET IRRITATIONS HEAL, SHOWER IMMEDIATELY AFTER TRAINING AND WASH YOUR GEAR.
-  NO FOOD OR PHONES ON THE MAT.
-  PLEASE FOR THEIR SAFETY, NO UNATTENDED KIDDOS!
-  WEAR YOUR TEAM GEAR, I WANT THE SCHOOL TO LOOK SHARP.
-  KEEP THE GYM TIDY, I AM NOT YOUR MOM.
-  I WANT TO TRAIN WITH GOOD PEOPLE, LET'S REFLECT THAT.
-  NO JERKS, MALICIOUS INTENT, CRIMINALS, ETC... MEMBERSHIPS ARE REVOCABLE! TRAINING SHOULD BE SAFE AND FUN FOR EVERYONE.