

# AMA BLACK BELT ACADEMY

## Rules and Etiquette of the School

1. Proper attitude, behavior and respect will be maintained within the Do Jang. The Do Jang is a place to learn, practice and teach the Martial Arts.
2. Instructors are addressed by an appropriate title: Mr., Ms, Sir, etc. Black Belt guests should be acknowledged and shown respect as directed by the discretion of the ranking instructor.
3. Respect is shown by bowing upon entering and leaving the Do Jang.
4. Remove all jewelry before training.
5. Keep toes and fingernails neatly trimmed.
6. Keep uniforms clean for each session.
7. There should be an absence of unnecessary noise in the Do Jang. This is not a playground!
8. Prompt attendance is expected of all students. If a student comes to class late, he/she should wait until he or she is recognized by the instructor, bow and receive permission to join the class.
9. Strict attention is to be given to the instructor(s) at all times (no mind wandering or talking).
10. While seated on the floor, students should keep proper posture. Hands should be placed on the knees, back should be straight and legs crossed.
11. Any student who deliberately provokes a fight in or out of the school is immediately expelled from further training. This is by no means, rules out your basic right of self-defense.
12. During class, practice only what the instructor teaches.
13. No student is to leave the workout area without the instructor's permission.
14. In the absence of an instructor, the senior student will take charge and all others will practice as directed.
15. No student is allowed to teach another student during class unless instructed to do so.
16. Practice should be vigorous; however, if you are fatigued or injured, inform your instructor.
17. Sparring is only allowed under the supervision of a Black Belt or assistant instructor.
18. Safety equipment is mandatory for sparring. Equipment that has been purchased through Action Martial Arts, to include, helmet, safety hands, feet and shin pads, a long with your mouthpiece. In addition, males shall use groin cups.