

Rules & Regulations

- After entering and before leaving the Dojo, a respectful bow must be made.
- Before formal opening of class, all students will commence to warm-up and practice techniques of the Art they study here.
- There will be no practicing of techniques that you have not been taught. Injury comes of ignorance.
- NO student will learn or teach new techniques without the express consent of the Head Instructor.
- Smoking will not be allowed during workout or class. Do not smoke in the Dojo and instruct all others not to do so.
- NO street shoes on the Dojo floor. A prescribed pair of Kung-Fu or tennis shoes, not worn on the street, are allowed.
- Please keep fingernails, as well as toenails clean and reasonably short to avoid injuries.
- NO jewelry, gum, heavy make-up, or dangerous implements (belt buckles, objects in pockets, head bands, etc.) during workout.
- Sparring should always be properly supervised, NEVER lose your temper while sparring. Remember, Dojo sparring is for training, not winning. Experiment.
- NO technique(s) are to be thrown at anyone, at any time, without proper supervision. Again, injury comes of ignorance.
- Students will NOT “play” with weapons or equipment of the school. Even if the weapon is yours, ask permissions first.
- Do your best to clean up any area that needs it, keep things in their place. Volunteer without being asked.
- Students are expected to maintain satisfactory grades in school.
- If you are going to miss a class OR be late, CALL. Don’t look for excuses. Don’t get frustrated. Get involved! If there is a problem, speak with Sensei.

Code of Bushido

- Do not use your fighting skills without provocation.
- Bragging about yourself is not the true way of the warrior.
- No matter how good you are, there is always someone better.
- The greatest lesson you can learn from the Martial Arts is how now to use it, except to protect and defend the weak.

Etiquette

- Knowledge begins and ends with courtesy.
- Please refrain completely from the use of vulgar language.
- Talking back to an instructor will NOT be tolerated.
- Ask the instructors permission if you would like to watch another class or invite a friend to watch yours.
- Good manners have never been a waste! Please conduct yourself as a proper ambassador of the Martial Arts, both inside and outside of the Dojo.

Bowing (Rei)

Bowing is a very serious practice that is a form of respect and discipline. Even though it is impossible to get rid of our self-centered desires, it is important to try.

- Bow when entering and leaving the Dojo. The dojo is a place where great amounts of time and energy are devoted to the practice of our Art. Treat it with the respect that it deserves.
- Bow to all Black Belts as you pass them. If you pass multiple Black Belts, bow to them in order of rank.
- Bow to your Instructor(s) when you pass by them. Never walk in front of an instructor, especially when he/she is talking.
- If you have a question, raise the back of your hand. When acknowledged, stand at attention, bow, and address him/her properly. Bow again after the discussion.
- Never take your eyes off the person you bow to.
- When bowing to a higher rank, you must bow lower than them.
- Eagle Bow is to be used at the opening of each class.
- I Shih Shu Kung is to be used at the ending of each class.
- Traditional Rei is used to begin and end each hard style kata.
- Eagle Bow is used to begin all "Bai Ying" Katas. I Shih Shu Kung is used to end all "Bai Ying" Katas
- Salutation Rei is for formal occasions and receiving high ranks.
- Standard Rei is for all other purposes.