

ETIQUETTE & MORE



RUNNING LATE?

If you're late, stand ready at the edge of the mat. When the instructor acknowledges you, ask if and what training can be done during the remainder of the class and then bow in.



TAKE CARE OF YOUR DOJO

Wipe down the heavy bags and training gear when you are finished using them.



LOST AND FOUND

Put items in the bin in the back room.



OPEN GYM

For Bronze, Silver or Gold members only. Non-members are not allowed to train in the dojo during Open Gym. No children. See schedule for hours.



FIRST AID KIT

Mounted to the wall next to the dressing room.



GRIEVANCE FORM

If you have a grievance or feel that a school policy has been violated, contact an instructor immediately and complete our [Student Grievance form](#).

READ OUR [STUDENT POLICIES](#)



OUR MISSION

"Our role as a martial arts school is to have a positive influence on our community. To be peaceful and humble students of the martial arts and of life. To have fun and work hard. To take care of our fellow students and our neighbors. To be open-minded to other styles, systems, cultures, and methods. To pursue self-mastery and above all, humility."

Guro Bob

ADULT STUDENT ORIENTATION

SIMA is an Inosanto JKD mixed martial arts school. Students are expected to embody our school mission and our JKD philosophy: evolve, adapt & transform. This includes having an open and positive training mindset, being respectful of everyone in the dojo, and practicing humility in all that we do.



ADDRESSING THE INSTRUCTOR

Your Head Instructor should be called "Guro Bob." Other in-house instructors can be addressed by their first names.



SCHOOL SHIRT

Wear your school shirt to every class and workshop!



SIGN IN ON THE TABLET

Sign in on the tablet for every class and Open Gym session.



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MEMBERSHIP



CHAT WITH US

Email is the best way to reach us. Send us a message through the [website](#) or at classes@simamartialarts.com.



SUSPEND, CANCEL OR UPGRADE/DOWNGRADE YOUR MEMBERSHIP

All account changes **must** be done online. Visit [My Membership](#) on our website to submit your request to Guro Bob.



UPDATE YOUR BILLING INFO

Visit [My Membership](#) on our website to update your credit card, address, email and more.



STAY IN THE KNOW

Check your emails, the school bulletin board and our [website](#) for the latest announcements!

TESTING & RANKING



READY TO TEST?

Testing is encouraged but not required. Get started by taking our Entry Level Test! Visit our [How it Works](#) page to learn more.

SIMAMARTIALARTS.COM