

Rules and Guidelines for SIMA Youth Students

Please take some time to review these guidelines with your young martial artist. It is important for students and parents to understand what is expected of them to participate and progress successfully in the program.

Demerits

Students who receive 3 demerits (per quarter) will forfeit the chance to progress in stripe or belt promotion. Students will be warned and it will be made clear what they are doing wrong and what is expected of them. If certain infractions persist we may have to ask the student to leave the program.

Don't worry, we are much more focused on celebrating achievement and using positive reinforcement rather than looking for what is wrong or what a student is not doing!

Uniform, Belt and Equipment

Another important lesson for young martial artists is responsibility and accountability. Every student's uniform and belt must be on properly before class begins. Students should learn to respect their martial arts uniform and belt. This promotes self-respect and self-discipline.

Students, not the parents, are responsible for remembering to bring their martial arts equipment and water bottle to class..

Do not degrade or disrespect the belt or uniform.

Students are not allowed to wear jewelry, perfume or cologne, hats or other accessories during class.

Students should look at these things as important to their learning and self image.

Etiquette

Students are to sit in designated spot while waiting for class to start. Currently, we like to have the students sitting legs crossed along the blue tape line at the front of the training floor

No running around the dojo.

No rude behavior, speaking loudly or out of turn.

Students must show respect for the instructors, staff and each other. This is a learning environment and should be thought of a school (a fun one, we hope).

No yelling, "This is easy," or "We already learned that!" This is a pet peeve of any instructor and any repetition is the mother of all skill. Our goal is to keep things fresh yet sneak in repetition of technique so the students actually get it.

No teasing or insulting other students.

Students must learn that part of being a martial artist is the importance of courtesy towards others. We want everyone to think of their classmates as teammates.

No physically bothering other students or rough housing (unless it is part of the training). This goes for line drills before, during or after class.

No whining or complaining. If you are truly hurt or sick please let the instructor know. This is always hard to enforce with the younger students but we want to instill a little toughness in our students and get them to stay strong physically and mentally.

Refer to the head instructor only as Sifu (Sifu Bob) and the assistants as Si Hing_____. This is an important ritual and part of the experience of training martial arts. This is only enforced in the dojo.

No abusing or disrespecting the facility (dojo) or equipment. Students should learn to think of their martial arts school as a special place and do their part to take care of it.

Students are not to use their martial arts training to start fights or to bully or intimidate others.

As part of our credo, we recite the following salutation before each Little Dragons and Juniors class:

"I will strive to achieve my personal best;
to use my knowledge of the martial arts to help myself and others;
to never be abusive and only use my skill in self-defense."

If we discover that students are abusing their skill and starting fights then we may ask that student to leave the program.