



ADULT STUDENT POLICIES & EXPECTATIONS

SEATTLE INTEGRATED MARTIAL ARTS

KALI | JUN FAN | MUAY THAI | BRAZILIAN JIU-JITSU

Rev 040418

ATTIRE

- No street shoes are allowed on the mats. Wrestling or mat shoes are OK.
- Please wear your SIMA school shirt to class! This is your uniform! If you train in more than one class wear your school shirt to the first class. It is preferable that you have more than one school shirt.
- Gi's should be worn for BJJ classes unless we are working no-gi. If we are training without the gi then long or board shorts are required; rash guards preferred. SIMA has Jiu-Jitsu gis to lend for class or you can purchase one from us.

- Students are welcome to borrow our training equipment (gloves, sticks, etc.) for the first couple of weeks; however, you will need to purchase your own gear thereafter.
- Kali and IMA students should have their own sticks. Training dagger suggested.

INITIAL

SAFETY GUIDELINES

- Always train with your partners **safety** as a main priority! The arts we train are highly combative, therefore our training methods must be highly controlled!
- Remove all jewelry before training.
- Do **not** be overly dangerous or aggressive with your training partner. Always establish an appropriate rapport with each partner so we can all enjoy our training.
- **No sparring** without permission from head instructor or without an instructor present.
- Always **pay attention** to your training partner when hitting or holding pads. Don't assume your partner is always going to be accurate.

- Do **not** hit pads after the instructor yells "time!" or instructs the hitters to stop.
- Students **cannot** train in the dojo if you are under the influence of drugs or alcohol.
- Continual failure to adhere to the policies and safety guidelines can be reason for terminated of membership. Again, please feel free to contact the owner/ head instructor with any concerns and/or questions regarding our practices, methods, or policies.

INITIAL

ETIQUETTE

- Please arrive to class on time. If you arrive late, wait at the edge of the mat until the instructor bows you into the class.
- If you must leave class early, please let the instructor know **ahead** of time (with the exception of personal or family emergencies).
- If you get injured in class be sure to let the instructor know before leaving the facility.
- Do **not** interrupt the class in session. Do **not** wander around the training floor or talk when the instructor is teaching.
- Please arrive to class clean and odor free. This includes heavy perfumes and colognes.

- Students must show **respect** to fellow students, staff, and visitors.
- Turn off your cell phone when training. If you are waiting for an important call please notify the instructor prior to class
- Please wipe down heavy bags and school training gear when you are finished using them.
- Do **not** use abusive or offensive language (such as racist, sexist, or bigoted remarks).
- There is to be no trash talking about other schools, styles or systems while in the dojo.

INITIAL