

Martial Art Values

- A. Students must Bow upon entering and exiting the studio and the workout area.
- B. Students and spectators must remain quiet during class.
- C. Shoes must be removed before entering workout area.
- D. Students should arrive and be dressed 5 minutes early. If a student should arrive earlier, he/she must sit down out of the way.
- E. Students that arrive late for class must wait to be recognized before entering the workout area and be given permission to enter.
- F. Personal Hygiene is a Must!
 1. Toenails and Fingernails must be kept neat and trimmed at all time. In the case of females, fingernails must be filed dull.
 2. Any students that are the age of 10 and up, are recommended to wear deodorant.
 3. No muddy or really dirty feet. Must have clean feet when coming to class.
 4. Student must squirt their hands with the hand sanitizer before coming onto the mats.
- G. Jewelry must be removed before class; this includes neck chains, earrings, and rings. (engagement/wedding rings could cut or scratch you or your partner and damage the equipment)
- H. A student's uniform must be kept neat and clean at all times. If a uniform is damaged or stained/dirty you should see your instructor to purchase a new one.
- I. Students may not eat in their uniform.
- J. There will be no smoking or drinking of alcoholic beverages while in uniform or around the studio.
- K. Students should respect the property of others.
- L. All PMA equipment and students equipment (gear) should be kept clean and stored neatly out of traffic area.
- M. The Instructor's desk is off limits unless invited.
- N. All adults must be addressed as "Sir" or "Ma'am" by children.
- O. All senior ranking students (brown belt & up) must be addressed as "Sir" or "Ma'am" by other students.
- P. Students should answer the Instructors preferably as (Sir or Ma'am, Mr. or Mrs. Brown, or Master Brown).

These martial art values and studio rules are set forth to enhance your training as well as developing Self-Discipline and Respect for yourself, others, your workout area and equipment. Many of these rules are necessary for the safety of participants and spectators.

