



SENSEI GERARD TIGER KARATE



Class Rules

- 1.** *No Recording of Class via Cell Phone or hand held recorder, there will be times, when special events, recording of class or promotions will be allowed.*
- 2.** Students are not allowed to use cell phones while class is in session it disturbs the class.
- 3.** Students must try and be on time and in Karate Gi- Uniform if Students will not attend classes please inform the instructor.
- 4.** Sneakers shouldn't be worn when training. Check with instructor what type of shoes can be worn while training.
- 5.** Students may have homework hand outs for training; they must practice the training requirements for advancement.
- 6.** Students should not eat before class due to the exercises they may get cramps.
- 7.** All Students are required to bow before entering the (dojo) Class and state the Karate Creed at the end of class.
- 8.** Students must be in Uniform before class starts also Karate GI must be presentable.
- 9.** Chewing Gum or eating while class is in session is prohibited.
- 10.** No Laughing and Joking will be tolerated you will be asked to leave.

Observing a Martial Arts Class is privileged please remain respectful.