

## **MARTIAL ART GROUP RULES**

1. No fighting or play fighting outside of class will be permitted. The only time permitted for the use of skills learned in class on another individual is **IN CLASS**. When you practice at home, you may only practice in the air or on a bag. You may not practice on other people outside of class.
2. Show respect at all times.
3. Any information revealed in class about another client is to remain confidential. You may not discuss information about other client's outside of group without the permission from the group leader or your own therapist.

### **CONSEQUENCES**

1. If you are discovered to be fighting outside of class the 3 strikes rule will be applied. The first time you are discovered to be fighting you will be excused from the group until you have completed a safety plan with the instructor or your therapist. The second time you are discovered to be fighting outside of class you will be required to complete an additional safety plan, take responsibility for your actions with myself and the class, and you will need to convince myself and the class members to allow you back in the group. The third time you break this rule, you will be excused from the group indefinitely.
2. If you fail to show respect to your fellow group members and/or the instructor, you will be asked to sit out of class for the remainder of that day until you can apologize and demonstrate respect for others.
3. If you fail to maintain confidentiality, you will be excused from group until further notice or until it is determined by me and/or your therapist that you can follow the rule of maintaining confidentiality.

By signing below you agree to the above mentioned rules and consequences and commit to abiding by them.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (if under 18)

\_\_\_\_\_  
Date