



Conduct Agreement

Code of Conduct

1. RESPECT: I will respect myself, the instructor, assistant instructors, parent volunteers, and my classmates through kindness, helpfulness, and patience.
2. HONESTY: I will be honest with myself, the instructor, and everyone around me, both in and out of class.
3. EFFORT: I will always do my best in class and when practicing at home.
4. HUMILITY: I will remember that everyone is here to learn, and I will always work to make myself and others better.
5. ATTITUDE: I will come to class ready to learn, practice, and to do what is asked of me.
6. RESPONSIBILITY: My actions, words, and attitude are my choice. I will take responsibility for everything I do and say.
7. LEADERSHIP: I will always work to be a positive example for my classmates, and I will recognize others when they do the same.

I will live by this Code of Conduct, both in and out of class.

Class Rules

1. No gum or food during practice. This is for safety. You could choke during class activities.
2. No jewelry or watches on hands or wrists. Necklaces may be worn; long necklaces must be tucked inside the shirt. Earrings need to be studs or short. No long, dangling, or large hoop earrings. This is for safety.
3. No shoes or socks will be worn. Bare feet only during class; this gives you better traction and will not damage the training pads.
4. If you need a drink or need to use the restroom, ASK the instructor with "May I" and "Please."

5. No hitting, kicking, grabbing, or pushing another student except when sparring (with full protective gear) or instructed to do so by the instructor.
6. If you are hurt, immediately tell the instructor.
7. You are not to leave the classroom for any reason without a parent or guardian. All students are to be escorted out of class by a parent or guardian, or instructor.
8. Uniforms and Equipment: ALWAYS bring all of your karate equipment to each class; including belt, sparring gear, and any training weapons.
 - a. All yellow belts and above are REQUIRED to wear their belt during class.
 - b. Wearing a gi (uniform) is not required, but it is encouraged, or encouraged to wear a Conscious Warrior T-shirt (see website for link) with gi pants or comfortable pants for classes.
 - c. You will be required to wear a gi pants at tournaments and a Conscious Warrior t-shirt. Full gis are welcome.

Strikes

Any violations of the class rules, “Code of Conduct”, or any other form of disruptive behavior will result in a “strike.”

- Minor violations may receive a “warning,” at the instructor’s discretion. However, repeated behavior will result in a strike.
 - 1 hour of training will be added to for each strike.
 - 5 Strikes: You will be stripped of your belt rank, demoted to your previous belt rank.
- **Any further violations after belt rank demotion will result in your suspension from class for not less than 1 month; even if you have had strikes removed.**

Removing Strikes

You can have a strike removed 3 ways:

1. Kindly help another student without being asked to do so by the instructor.
2. “Exemplary Display of Effort” –Any act over and above what is expected from a student of your belt rank. This can include, but not limited to, mastering a physical skill, or perfecting a kata. (Instructor’s discretion).
3. “Charm School” –You will hold a book on your head for 5 minutes. If the book drops, the time starts over, plus 1 minute for each time it is dropped. This teaches patience and focus. *You may only choose this option once every 4 weeks.

****If you are earning the removal of strikes, you will not be given back any belt rank once you have been demoted. But you can remove the hours added to your testing requirements.**

Parent/Guardian Responsibilities

1. I will ensure my child arrives 10-15 minutes prior to the start of class and is properly signed in. I understand that tardiness and/or failure to sign in and pay will result in an absence that will have to be made up at another class time.
2. I will be outside to pick up my child. I do not expect my child to walk to my car alone for pick up. I understand that my child will NOT be allowed to leave the building without a parent or guardian.
3. If I know in advance that my child will miss class for an extended period of time, I will notify the instructor and make arrangements for my child to make up missed class time.
4. I will ensure that my child arrives at class ready to learn and with all necessary equipment.
5. I promise to abide by and respect any and all decisions made by the instructor.

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