



Wadebridge, St Columb Major, Fowey, Lostwithiel Lanivet, Par, Cardinham, St. Austell, Grampound Rd. & Truro Class's

Steve Drage. Instructor.

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Lerryn Udy Child Protection Officer

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Black belt instructor

Steve Drage 4th Dan

CLASS RULES AND ETIQUETTE

Whilst loose clothing is acceptable, it is preferred that a Karate Gi be worn. More importantly, safety hand & footpads are a priority, to prevent injury. All this is available at a discount along with any other equipment needed from the instructor. For health & safety, **Nails (hands & feet) to be kept short & clean, jewellery, braiding of ANY sort** or un-necessary non-martial arts clothing should be removed.

Accelerated training plan may be available for new students with previous experience **who would be immediately familiar with much of our syllabus**, can learn our katas & style differences at a quicker rate than lesser-experienced students & is at the instructor's discretion.

We **DO train** through **SCHOOL HOLIDAYS** **Except** for bank holidays, **Christmas, Easter Good Friday, plus** there **may** be up to a 2-week break sometime in the year for me to have a holiday, not something I have done every year, but I will try to get someone to cover for that time.

During times of risk of Covid 19 infection, it **WILL** be expected **ALL** students and parents wear suitable masks, sanitise and follow any other government advice of the time.

ANNUAL LICENCE (3rd party Personal Accident insurance with **TL Risk Solutions**) **is required**, & is a protection **in the class**. If you are a pay as you train student, the costs of **£30** per student are covered by contribution included in the training fee. Karate is a contact sport (light or minimum contact is instructed) so injury is always possible.

Licence included in monthly Direct Debit plus can train in all available classes.

All students contribute to the benevolent trust fund; see the separate sheet for full details.

Ashiita Kai's family ethic encourages friendly camaraderie & respect between the students to help equip them with self-awareness & confidence, to enjoy sports competition, the ability to protect themselves if unavoidably attacked, to have **FUN** while building health & fitness through regular exercise & attendance.

Our aim is to instil acceptance of disciplined behaviour with safe learning in the young. **All students should commit** to work hard to set & achieve goals, the **parent should** support our code & encourage child in regular training towards the attainment of a DAN grade & beyond.

DOJO ETIQUETTE Listen to & obey the instructor at all times in class for safety & discipline. Ask Sensei or highest senior grade before leaving the class for any reason. Be polite, control temper, NO BULLYING, NO being silly or messing around, be a good sport, look after equipment you use, STOP when told. If unwell, tell instructor immediately. Respect your parents. Respect fellow students in class & the Sensei with a Bow or Rei, whether in lines (ranks of grade) or one to one. Look after your uniform as **whilst wearing it you represent Ashiita-Kai** & are bound by our Rules & Codes of Conduct. E.g. when at demos, competitions, functions or away from class. **Some may expect you to bow to the dojo according to tradition, I will leave that to your conscience as IN CLASS I do not require** (for religious reasons) bowing to the dojo on entry & exit, likewise the Buddhist theories, of chi, yin & yang are not taught.

Reasonable disciplinary exercise may be issued to set self-recognition of behavioural error, build character & the body; it **WILL** be accepted **without question**. **Disciplinary order as follows:- A/ Verbal (i.e. STOP). B/ 10 push-ups (or similar, may be repeated). C/ Grade belt taken till behaviour corrected. D/ Student sit out till behaviour corrected. E/ Exclusion.** Behaviour is as important outside the class as inside. If there are behaviour problems, discipline is a necessary course of action. Communication is important, 1st the student should talk to someone about their issues, e.g. to a parent, sensei, to our child protection officer etc. **The parent should talk to us** so we can be a part of the solution with discipline, motivation & encouragement rather than just removal from activities.

There will be NO SWEARING in the club at ANY TIME.

Deliberate fighting or brawling (**not in self defence**) outside of the class or competition forum is forbidden and should be reported to the Sensei. This can at his discretion result in a period of suspension or in extreme cases expulsion from all Ashiita-Kai classes & events because it brings into disrepute the honour of the Sensei, his club (& it's students), Ashiita-Kai as a style & martial arts as a whole.

Steve Drage

These rules may be amended from time to time.