



GABRIELES *Martial Arts*

Your Premier Mixed Martial Arts Family Center

◆ *Training Champions in the Community Since 1999* ◆

◆ www.GabrielesKarateKickbox.com ◆

DOJO GUIDLINES

- Always demonstrate your respect with a formal "Bow" as you enter and exit the dojo and matted training areas.
- Please arrive 10 minutes prior to class.
- Please place your shoes neatly in the designated area.
- Please ensure you pull your attendance card.
- Keep uniform neat and clean with patches properly sewn. Please learn to properly tie your belt and uniform.
- Respect the property and belongings of others.
- Practice good personal hygiene habits. Keep uniforms neat, clean and odor free.
- Practice your Black Belt respect by being well mannered and courteous to others.
- Introduce your guests or visitors to an Instructor and show them guest seating. Please no guests on the mat, remain in seating area only.
- Children should always be supervised and attended by an adult or parent unless in class or pre-class warm-up.
- Basic program students should be training two (2) times per week. Black Belt Team students should be training three (3) times per week.
- Please notify your Instructor if you will be missing class.
- Demonstrate proper posture and attitude. Exhibit QT "Quick Take Off" and a positive response.
- For student safety, jewelry should not be worn in the training areas.
- Please place all Cell phones on Vibrate Mode and please answer all calls outside the dojo.
- Please supervise all children in lobby areas at all times, and please clean up after your children before leaving the dojo.
- Students and Parents should memorize our Student Creed and recite it loud and proud at the beginning of each class. Learning, understanding and applying it's meaning will enhance your progress.
- Enter the class with energy and demonstrate your enthusiasm for learning.