

MAY'S MARTIAL ARTS TRAINING CENTER



RULES & PROTOCOL

May's Martial Arts, 138 S 32nd Street, Springfield, OR 97478
(541)525-0282 – MayMartialArts.com

FACILITY

- All students and instructors should bow when entering and exiting the facility. Students and instructors should also bow to the flags when entering or exiting the matted “workout” area. These show respect to the workout area and to the instructors.
- If students are late for class, they should ask permission to enter class.
- Students will respond “Yes/No Sir/Ma’am” in conversation with instructors, stand respectfully and address them by their last name and proper title.
- Students should turn away from instructors and flags when adjusting their uniform and/or belt.
- Students are encouraged to participate in class enthusiastically, however they are to avoid unnecessary conversation.
- No student, regardless of rank, may instruct or correct another student without permission from the supervising instructor.
- Whether in uniform or not, or participating in class or not, all students will stand and recite the class oath.

UNIFORM & APPEARANCE

- A clean uniform with patches properly and securely attached is imperative in each class as a reflection of the student’s pride.
- Female students **must** wear a white T-shirt under their uniform.
- If shoes are worn with the uniform, they **must** be white athletic shoes – no flip-flops, ‘cros’ or other shoes are permitted.
- Students will not wear shoes on the workout floor. Instructors may wear *mat shoes* while teaching.
- No jewelry shall be worn in class except for wedding/engagement rings, medical bands/necklaces, and/or fitness bands (i.e. Fitbit, Nike, Samsung, and others).
- Hair should be short or pulled back (males and females).
- Fingernails and toenails must be kept short.
- All belts should be tied to hang evenly, as one side represents mind and the other represents body.
- Students will be mindful of excessive body odor, and will keep uniform, safety equipment and gear bags clean at all times.
- Hands and feet should be kept clean.

For More Information Call May’s Martial Arts at 541-525-0282

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BEHAVIOR

- Students may not engage in free sparring without all proper gear and the direct supervision of an instructor.
- There will be no use of profanity on the school premises at any time.
- Permission of the student's instructor is required before a student may attend another ATA School or Martial Arts Function.
- High ranking visitors to the class should be greeted with appropriate respect; if class is in session, all members should immediately stop and bow.
- Students, parents and guests should not converse with any person involved in a class session without permission from the instructor.
- No food, drink or gum may be consumed on the matted area. If food is brought, it must not have a smell that would distract the students on the floor (french fries, pizza, etc.)
- Place clothes neatly and quietly in storage area.
- There will be no use of alcohol or tobacco products of any kind while wearing a May's Martial Arts, ATA Uniform or before Taekwondo functions such as class, tournaments, testings etc.
- For the health of our staff, instructors and fellow classmates, do not attend class when sick.
- Dating is NOT permitted between students or instructors under the age of 18. Those over the age of 18 are expected to keep and maintain a professional appearance at all times and not engage in PDA while in class, or at other ATA events. Younger students are impressionable, and deserve appropriate examples and proper role models.