



Brisbane Kung Fu

Wu Zen Dao *The Way of Martial Art Zen*



CLASS ETIQUETTE

1. Wear uniform (pants, t-shirt, sash, and shoes) at all training events unless otherwise instructed. Demos, gradings tournaments will include jacket as well.
2. Uniforms are to be kept neat, clean, and non-wrinkled. T-shirts tucked in, no drawstrings hanging out, and excess tags removed from uniform.
3. No hats, watches or loose jewellery are to be worn during class times. Stud earrings and chains kept inside clothes are fine. Wedding bands are ok, but for sparring all excess body piercings and any rings with stones must be removed or suitably covered to prevent injury.
4. As a courtesy to others, students should strive to arrive on time. If you do arrive late, do your push ups on the side and quickly catch up on the warming up without interrupting the class.
5. Students should include in their training bag, some deodorant and a towel, particularly in Summer.
6. A water bottle is highly recommended. It's important to have regular small amounts to drink to keep you hydrated throughout class.
7. Hair should be kept tidily so as not to be a distraction to you or your training partner.
8. Do not come to class if intoxicated. At class there is to be no smoking, or chewing gum during training.
9. Mobile phones should be turned off and kept packed away.
10. Students wishing to participate in sparring should purchase and use their own sparring gear. This equipment should be regularly aired and washed.
11. Begin and end class with salute to the Instructor/s. Likewise, whenever addressing or interrupting another student or Instructor show respect by saluting.
12. Use salute when preparing or finishing sparring or demonstrating techniques to the class.
13. Remember you are at class to train, practise and be instructed, so don't 'muck about', laze about, be noisy or disturb other students. Less talking and more doing!
14. Whilst training, be considerate of how much room you use (especially when using weapons).
15. Weapons should be transported in a bag/carry case whenever practicable. Be aware that weapons found in your bag or car if not on the way directly to or from class can be considered to be illegally carried and/or concealed.
16. Instructors should be addressed as Shifu or Shifu Jason, Shi Xiong or Shi Xiong Richard etc
17. Be aware of negative body language. This includes folded arms, hands on hips, leaning against furniture. Reduce the amount of time you spend sitting or lying down.
18. When working with a partner or a group be considerate of their ability and/or knowledge. You should work at the speed/ability of the slower or newer student. It is during this time when you can concentrate on perfecting your timing, detail and technique.!
19. While an instructor shall always have a first aid kit available, it may be prudent to carry to carry tiger balm, strapping tape and Dit Da Jow (training liniment).!
20. Unruly and disruptive behaviour will not be tolerated.

sifujason@brisbanekungfu.com

www.brisbanekungfu.com

ph: 0412 313 653