



KIDS CLASS RULES

1. Respect the academy, coaches, teammates
2. Arrive on time and ready for class
3. No shoes on the mat; Yes shoes in the bathroom
4. No food or drinks on the mat
5. Practice discipline and self-control
6. Wash hands before and after class
7. Raise hand to ask questions or speak
8. Sit quietly while coaches are teaching
9. Hands and feet to yourself unless practicing techniques or sparring
10. Take class seriously, but keep it playful!

GOLDEN RULE

Treat others how you want to be treated!