



## **Dragon School**

## **Class Guidelines**

Welcome to the Dragon School! The Dragon School instructors will try to make your class experience as enjoyable and worthwhile as possible. In return we ask that you adhere to the following guidelines:

### **Be Punctual**

Try to be on time. Class starts at 7 pm. If you're late, bow in, do 10 push-ups and quickly get in line. It's better to be late to class than to not show up at all!

### **Be Respectful**

Address all instructors (Black and Brown Belts) with Mr., Mrs., or Ms. as appropriate. Answer questions with "Yes Sir", "No Sir", "Yes Ma'am", or "No Ma'am" as appropriate.

Pay attention in class. Wait to ask a question until the instructors asks for questions. Save all other questions or comments until after class. If the question is important, you will remember it.

This is a Korean style of Martial Art. The Koreans bow to each other as a sign of respect, much as we shake hands. You will be shown how to bow correctly on your first night of class. Please bow to the center of the workout area every time you enter or leave. Your instructor will let you know when you need to bow to a workout partner.

### **Dress appropriately**

Please remove shoes, socks, watches, and jewelry before class.

Until you get your uniform, wear clean, loose fitting exercise clothes that allow freedom of movement (sweats for example). Headbands and wristbands are allowed. Do-rags or any other full-head coverings are not. White or light colored t-shirts are preferred. Bright colored shirts with graphics and slogans are distracting to the rest of the class.

You don't need a uniform until your first formal test, which is for Gold Belt. This will take at least two to four months of practice. When you are ready to purchase a uniform, please go to World Martial Arts Supplies on the southeast corner of Campbell and Nantucket in Richardson (1974 Nantucket Drive, Richardson, TX). Tell them you are a student of the Dragon School and you will get a small discount.



## ***Dragon School***

## ***Class Guidelines***

### **Be Equipped**

You should purchase a mouth guard as soon as possible. The ones that form to your teeth after being placed in hot water work the best. Mouth guards should be brought to every class. They are widely available at sporting goods stores. Male students must also wear a protective groin cup.

### **Be Hygienic**

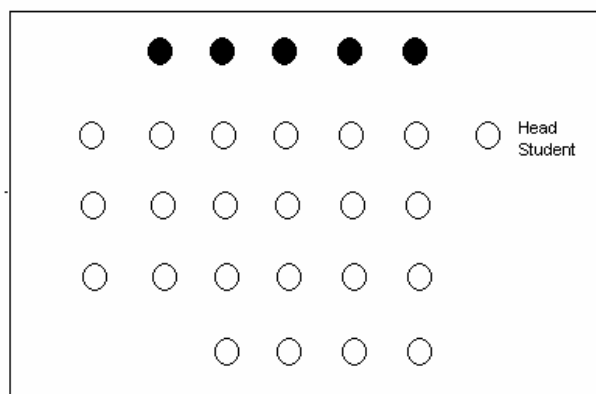
Clip your fingernails and toenails neatly. Long or ragged nails can cut your workout partner. Please keep your hair out of your face during class. No gum chewing during class, as it can be dangerous to you if accidentally inhaled or swallowed.

### **Be Prepared**

Drink plenty of water and go to the restroom before class. You will usually get one or two breaks during class to get water and go to the restroom. Try to wait until your instructor lets you know it is time for a break. However, if it is an emergency, let your instructor know you need to leave the workout area.

### **Line Up**

Everyone lines up at the start and end of class. Black belts line up at the front of the room facing the students. Students line up facing the black belts in a grid six people across. Line up straight with the person on your right and the person in front of you. Line up by rank. The person on your right should be of equal or higher rank. The person on your left should be of equal or lower rank. Students not in uniform go to the end of the line.



The complete student guide, plus other interesting information, can be found on the Internet at [www.dragonschool.com](http://www.dragonschool.com). If you don't have Internet access and can't get the student guide, please let an instructor know. A hardcopy will be provided for you.