



## **Dragon School \_\_\_\_\_ Class Guidelines**

Welcome to the Dragon School! We want your classes with us to be enjoyable and worthwhile, so we ask that you adhere to the following guidelines.

### **Be Punctual**

Try to be on time. Class starts at 6 pm. If you're late, bow in, do 10 push-ups and quickly get in line. It is better to be late to class than not show up at all!

### **Be Respectful**

Address all instructors respectfully. Answer questions with "Yes Sir", "No Sir", "Yes Ma'am", or "No Ma'am." Pay attention in class and don't interrupt your instructor. Bow to the center of the workout area every time you enter or leave.

### **Be Prepared**

Please remove your shoes and socks before class. You should not wear anything on your wrists, like a watch, during class.

Long hair should be pulled away from your face. Gum chewing is not allowed during class. Fingernails and toenails should be kept short and neat – long, ragged nails can hurt other people.

Go to the restroom before class starts. If you can't wait until after class, raise your hand and ask your instructor for a restroom break.

### **Be Equipped**

A plain white traditional-style uniform is required for class. Until you get a uniform, you should wear clean, loose-fitting exercise clothes like a white t-shirt and sweatpants.

Safety equipment is required for sparring. This includes headgear, gloves, boots, and a mouth guard. Boys must also wear a protective groin cup. Once you have safety equipment, it should be brought to every class.

You can order a uniform and safety equipment through the head instructor or purchase them at a martial arts supply store such as World Martial Arts Supplies (1974 Nantucket Drive, Richardson, TX). Mouth guards and cups are also widely available at sporting goods stores.

The student guide and other useful 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 to the student guide, please let an instructor know.