

Stephen Oliver's Mile High Karate

Each location individually owned and operated Colorado Corporations.

Uniforms

In order to maintain a professional classroom environment, we must enforce regulations regarding school attire. Only wear your official school uniform to class. We cannot allow uniforms from other schools or uniforms purchased outside of our school to be worn. Modifying your uniform by rolling up the sleeves or adding non-official school patches or embroidery is not permitted. Only wear appropriate undergarments under your uniform as well. Colored t-shirts or sweat clothes are not permitted. When you do receive patches from your instructor, get detailed directions on their appropriate placement to avoid having to remove and replace them.

Your uniform should be clean and pressed before each use. Your appearance not only reflects on you, but also on your school and classmates. Keep your uniform in good condition by removing any stains and repairing any tears which may occur. It is also important to make sure sleeves and pant legs are adjusted to an appropriate length; either too long or too short they can impede training and enjoyment of the classes.

Jewelry

Jewelry should never be worn to class. If you cannot remove all of your jewelry please see the Head Instructor. Earrings, bracelets, necklaces, etc. can break or injure your partner or yourself during training.

Summary

- Always place your shoes and personal belongings neatly away.
- Keep your uniform clean and pressed.
- Practice good personal hygiene habits.
- Respect the class in session; lower your volume of conversation.
- Demonstrate a proper bow before entering or leaving the dojang.
- Say "Hi Sir (or Ma'am)" or "Bye Sir (or Ma'am)" when arriving or departing.
- Always be well mannered and courteous to all other school members.
- Introduce your friends or guests to your instructor when they visit the school.
- Enter each class with enthusiasm and energy.
- Stay focused on your instructor; please do not speak or move while the instructor is explaining or demonstrating concepts or technique.
- Demonstrate proper posture at all times, no leaning against walls or equipment.
- Move quickly and work hard during training drills.
- No foul language in or out of the dojang; maintain a positive, enthusiastic demeanor.
- No gum. Food, or drink allowed in the dojang.
- Arrive approximately 10 minutes before class ready to train.
- Children left to take class alone should be picked up immediately after class.
- Learn to tie your belt properly.
- Train at least 2 days per week; always prepare for and take your belt exams on time.

Student Manual



★ *On a Quest to be the Best*

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