



Warrior MA Club Etiquette



Training

In the interest of creating a productive, comfortable and safe environment for training please abide by the following code of conduct during classes. Failure to follow can result in membership suspension:

- Do not talk whilst Coaches are teaching
- Do not hold conversations during training
- Do not coach (help beginners with obvious mistakes, and offer advice where suitable)
- Swap over equipment quickly
- Stay off your mobile phone, including during drink breaks
- If you arrive late complete 20 burpee's before joining the class
- Inform a Coach if you need to leave the training space (toilet etc)
- Respect WMA equipment including pads and mats
- Bring a shatterproof water bottle to classes
- Pack away promptly at the end of class to allow the next session to begin

Uniform

Students are expected to train in Martial Arts wear for all classes. This includes Warrior Martial Arts T-shirt and Martial Arts Pants/Shorts:

- Tournament/Event T-shirts are permitted
- Shorts must be Kickboxing/Muay Thai/MMA style (no gym shorts with pockets)
- Tracksuit bottoms are not permitted
- Adult ladies are permitted to wear leggings
- Kids and Juniors must wear their belts at all times
- Failure to wear correct kit will require 20 burpee's at the start of class

Jewellery/Watches

Students should remove all jewellery before training. Anything that cannot be removed should be covered with tape. The following exceptions are made, however not during any sparring sessions:

- Smart watches are permitted for adults
- Stud earrings are permitted, no hoops or hanging earrings
- Wedding bands are permitted, nothing with a stone or sharp angle

Hygiene

Students should arrive at class clean and maintain good personal hygiene by:

- Showering before class
- Wearing deodorant
- Trimming finger and toe nails
- Wash out temporary hair colouring that bleeds out once sweating
- Not eating on the matted training area
- Not walking with outdoor footwear on the matted training area
- Bring a towel to wipe down your sweat from mats and shared equipment

Equipment

Students should endeavour to buy their own gloves ASAP upon joining the club. See our equipment page or speak to a Coach for full details on required equipment for sparring/gradings. Any equipment you buy/use should be:

- Appropriate for WAKO Kickboxing
- In good condition
- Not smelling completely rancid (some 'bad' smell is to be expected)

Behaviour

Martial Arts training can often heighten emotions, regardless of this, we will not tolerate emotional outbursts during class times. This includes unnecessary shouting, swearing or storming out. Our Coaches and members should be treated with respect at all times. We have a zero tolerance policy in regards to bullying and all other forms of abusive behaviour.