

Core Fitness Martial Arts Etiquette

1. Bow to the center of the mat when you enter the mat.
2. Bow to the center of the mat when you exit the mat.
3. Keep a respectful attitude.
4. For safety reasons, if you are late for class sit by the side of the mat and wait for the permission from the instructor.
5. For safety reasons, if you need to leave the mat or leave earlier you must ask permission from the instructor.
6. Absolutely no foul language inside the school.
7. Keep fingernails and toenails short for everyone's safety.
8. All students must wear the official Core Fitness Martial Arts uniform. That means pants, uniform top, or CFMA t-shirt and your belt.
9. The uniform must be clean.
10. All shoes/coats/equipment to be kept cubby hole area.
11. Answers black-belt instructors "Yes Sir, or No Sir."
12. All metal objects, jewelry, piercing, necklaces and other items should be removed.
13. No shoes, food or drink on the mat.
14. No cell phones conversations inside during class.
15. Absolutely no martial arts outside of class (unless supervised by an adult)

