

## Rules For Mission Martial Arts

1. Pay attention during class. Those causing distractions will be asked to sit out so that the rest of the class can learn.
2. No talking during class time unless answering the Sensei.
3. Respect the dojo. Keep things neat and orderly. Duffel bags, shoes and water bottles must be stored in the appropriate area.
4. Respect your fellow students. Be mindful of other people's feelings and do not try to hurt each other.
5. Maintain personal hygiene. Uniforms should be clean. Fingernails and toenails should be trimmed and long hair should be restrained.
6. No jewelry. Can cause injury if it gets caught on uniforms or fingers.
7. Appropriate uniform should be worn. The uniform is a black gi ordered exclusively from ffcports. T-shirts and gym shorts should be worn under the gi.
8. No shoes on the mat.
9. All sparring will be supervised with appropriate gear. All sparring gear is ordered exclusively through ffcports.
10. We teach MMA for self-defense only. If any of the instructors find out that it is being used inappropriately (i.e. to bully kids at school, start fights, etc.) then the student will be expelled from the class.
11. Parents are required to stay during class times (no drop offs) and asked to remain in the lobby area so as not to distract children from learning and paying attention to the sensei.
12. Absolutely no: Alcohol, tobacco, vape products, profanity or pets allowed on any ffcports premises.
13. Parents are responsible for bringing first aid kits.