

Martial arts training guidelines/code of conduct

These martial arts classes will involve training from Sankukai Karate and Chuan Quan Gongfu (Long fist Gongfu (kungfu)). Training will be in basic techniques, combined techniques, forms and sparring. There will also be Qigong (energy work/cultivation); virtues/code of conduct: how to live your life with character, honour and integrity; and elements of functional training, e.g. push ups, squats, stretches, etc.

Here are a few reminders and guidelines about training in the martial arts, using the training place and making the most of your lessons.

Clothing: Since training involves two different styles, there will not be a uniform. Therefore, wear a plain white or black t-shirt with black (if possible) tracksuit pants. If you have any type of black or white martial arts pants (such as a karate gi) you can wear that.

Most training will be barefoot. However, depending on the floor, we might train in shoes sometimes. Chose simple, light and flexible shoes.

Jewelry and other: Remove any jewelry, watches, necklaces, bracelets and rings, if you can. Tie back long hair.

Cellphones: Turn your cellphones off or put on Airplane mode.

Other Items: Leave your bags, phones, shoes (put neatly), etc. outside the training area. The only things you can bring into the training area are a towel and water.

Arrival: Arrive a few minutes before class starts, so you get a chance to change, and get ready for training.

If you do arrive late, wait for the teacher to acknowledge you and allow you to enter the class. Do not just join in.

Entering and Exiting: When entering and leaving the Dojo/Training area, it is expected for everyone to bow. When we enter the Dojo, the act of bowing signifies our respect for the Dojo, for the teacher, the people who are training with us, and the knowledge coming from centuries of experience, skill and wisdom. It also signifies our willingness to train hard, and to focus on the moment at hand. The act of bowing when we leave signifies the same as above and our appreciation for what we have trained in and learned.

Training: When in the Dojo, your main focus is to train and learn. Do not dilute your concentration by talking about irrelevant things. This takes you away from the awareness of your body, mind, emotions, and spirit. It also takes you away from the focus of what you are learning.

Your Best: Do the best you can. This does not mean keeping up with the rest of the class. You are an individual, and your experience level is not comparable to others. When training, do YOUR best.

Classes will involve training in all areas of ourselves: body, mind, heart and spirit.

The ultimate goal of training in the martial arts is Self development and growth, through body, mind, heart and spirit.

Payment: Pay your monthly fees in advance.

Credit will not be given for missed classes. It is up to you to take responsibility for your health, your fitness and your financial costs.

However, if you let me know in advance by text (24 hours) when you will not be coming, then credit will be given for those missed days.

When I cancel classes, credit will be given.

Where:

AWA, Plot 2884, Ext 10 (*opp UB*)

Karate, Gongfu and Qigong

When:

Monday and Thursday

6:00pm to 7:00pm

How much:

P 450 per month

P 650 for 10 classes

(valid for 3 months)

(For low income, discount is available.

Please contact me directly)

Qigong

When:

Thursday

12:30pm to 1:30pm

How much:

P 250 per month

Contact:

Nancy (Sensei)

Text: 74471515

Email: naneky@gmail.com

www.nancysartnook.com/dojo.html