



NEW YORK KARATE & KICKBOXING

RULES AND REGULATIONS

1. **ABSOLUTELY NO FOOD OR DRINK IN THE DOJO.**
2. **WEAR A CLEAN, PROPERLY FITTING UNIFORM TO CLASS.**
3. **TIE YOUR BELT CORRECTLY.**
4. **DO NOT WEAR JEWELRY DURING CLASS.**
5. **TO PROTECT YOURSELF AND YOUR FELLOW STUDENTS, TRIM YOUR FINGERNAILS AND TOENAILS.**
6. **PRACTICE GOOD PERSONAL HYGIENE.**
7. **BOW TOWARD THE AMERICAN FLAG WHEN ENTERING OR EXITING THE CLASS ROOM AREA (DOJO).**
8. **ADDRESS SENSEI, DESHI, SEMPai IN AN APPROPRIATE MANNER.**
9. **NEATLY STORE ALL CLOTHING, BAGS AND PERSONAL BELONGINGS IN THE CHANGING ROOM AREA DURING CLASS; DO NOT LEAVE THEM IN THE WAITING ROOM.**
10. **ABIDE BY ALL POLICIES AND PROCEDURES OF NEW YORK KARATE & KICKBOXING.**