

General Information & Rules.

1. You **must** check your name off on the attendance register before you commence training.
2. No shoes or food on the mats.
3. Always bring a drink and a towel to class and keep them handy and ready to the side of the mats.
4. No jewellery to be worn when training if rings must be worn then they must be covered with tape.
5. If you are over 45 years old and haven't trained for a while you need to visit your doctor and get a check-up and clearance before you start training.
6. You **must** disclose any illnesses, injuries or ailments to the instructor before the class or immediately if they occur during the class.
7. If you or your child has a medical condition (anaphylactic, asthmatic etc) that could need medication during the course of the class it is your responsibility to ensure the instructor is aware of its location, the condition, how to administer the medication and that they have your permission to administer the medication if required. If you are the parent or guardian of a child in class with a condition like this than you **must not leave** the centre and must be available from start to finish.
8. You must notify us immediately of any changes to you or your child's medical condition.
9. Parents are required to remain outside the dojo to decrease the distraction for the students training.
10. As a parent or guardian you **must** arrive at least 5 minutes before the class is due to finish to collect your child. Your children are your responsibility outside the dojo and their class training times.
11. Don't do anything you don't feel comfortable doing.
12. If you are in pain you shouldn't be doing it.
13. Train hard but take regular drink and rest breaks during class as needed. You will train better and for longer when you are properly hydrated.
14. Do not leave the dojo / class without notifying the instructor. We will worry about you.
15. Sparring between two partners can only be at the level of the lowest rank student in the contest.

16. For hygiene and safety reasons you **must** wear all protective equipment required to suit your rank level of sparring and as directed by your instructor.
17. 'Do unto others.....' Only do something as hard as you want to be done back to you.
18. Never intimidate anyone and train with your partner at a level that they are comfortable with.
19. If you wish to use the Waves facilities you need to sign in at the front desk and be a member or casual visitor of Waves.
20. If you are not sure ask there are no stupid questions.
21. There are no children's classes during school holidays.
22. There are no classes on public holidays and the dojo closes for approximately three (3) weeks over the Christmas break.
23. **Dare to set yourself goals and strive to achieve them. We are all here to help you 'Realise Your Potential'.**
24. *Train hard, be safe and have fun, you will progress much faster and train for longer if you enjoy your training.*

Our Uniform (Gi)

1. White Gi's for all students – symbolises a neutral space in the dojo where we are all equal no matter who we are or what we do and the only thing that distinguishes us apart is the colour of our belt.
2. We wear a gi and not normal cloths when we train to put us in the right mindset for training.
3. Bright Stars and Super Stars/All Stars get a stripe (piece of tape) on their belts for every class they attend as a visual goal reward and helps them keep track of when they will be ready to grade. Every coloured tape equals one (1) class. The coloured tapes are removed after the fifth (5th) and replaced with one (1) black tape on the opposite end of the belt. Every black tape is equal to five (5) classes.
4. Bright Stars have a white band in the centre of the belt and Super Stars/All Stars have a black band. There are no Black Belts for Bright Stars however the Super Stars/All Stars can achieve a 'Junior Black Belt' rank.
5. Some high level Black belt instructors wear a black gi this is an acknowledgement within their grade.
6. Junior black belts wear black pants.