



Class information, Guidance and Rules

Before attending one of our martial arts classes, please have a read below of our helpful information, guidance and class rules.

What is expected of our students

- Be friendly and welcoming to new and existing members
- Be supportive and respectful to other members and the instructors
 - Take care of equipment owned by the gym
- Refrain from violent, aggressive behaviour and use of rough and dangerous play
 - Keep yourself safe

Language & attitude

Traditionally, martial arts gyms are a sacred place where everyone who trains is fully respectful with their behaviour, language and attitude. Students should refrain from profanity and explicit language during sessions.

Martial Arts Gym

- There are **no shoes** permitted on the mats at any time
- Students must wear shoes when leaving the mat area for toilet or water breaks
 - No food allowed inside the gym
- At the end of each class – all students and the instructor bow as a sign of respect

What do I wear / bring?

- Wear comfortable gym clothing. Training shorts, jogger bottoms, tops and hoodies.
- Students are to bring a bottle of water to keep hydrated (the sessions are up to 3 hours long)
- If possible, bring training and personal protection equipment (boxing gloves, shin guards, head guards etc...) although we do have equipment to borrow, once you are a Zen Combat Fitness member it is very important you have your own protection kit for health, safety and hygiene reasons.

Personal hygiene

- Students with long hair must have it tied back securely
 - Fingernails and toenails should be clean and short
- All earrings and piercings, jewellery should be removed before class begins