

RULES



RITUALS

1. Please show respect to the school by bowing upon entering & leaving.
2. Please, NO Food or Drink (except water) in the studio.
3. Please show respect to the instructors & fellow students by arriving on time and ready to learn.
4. Please model good manners at all times:
 - ◆ *Listen to the Instructors.*
 - ◆ *Treat others as you would like to be treated.*
 - ◆ *The couch is for parents and visitors.*
 - ◆ *No foul or unkind words.*
5. Please leave mobile phones & electronic devices outside or turned OFF.
 - ◆ *Our goal is to provide a learning environment free of distractions.*
6. Always do your best & strive to be better today than you were yesterday:
 - ◆ *The "C" word (can't) is not acceptable.*
7. Practice without disturbing classes or private lessons.
8. Please do not walk between the instructor and students.
9. Take pride in your school:
 - ◆ *Help with cleaning the studio.*
 - ◆ *Help with putting equipment away.*
 - ◆ *Assist the Instructors when asked.*
10. Martial Arts are for self defense and self development.
 - ◆ *We do not start fights.*
 - ◆ *We do not wear our belts outside of the studio.*
 - ◆ *We help our fellow students and anybody in need.*
 - ◆ *We are charitable, ethical, and disciplined.*

Thank You, Mr. C. and Staff

PETALUMA ACADEMY OF MARTIAL ARTS

620 Petaluma Blvd N Petaluma, CA 94952

778-1069 www.pamakarate.com