

Club Rules



All Members agree to:

- Be clean and have trimmed fingernails and toenails.
 - Bow upon entering and leaving both the training hall and the mat.
 - Respect other students and instructors of the club.
 - Abide by the rules of the club, listen to and follow the instruction from coaches, and be ready to learn.
 - Arrive on time for training.
 - Dress appropriately (the traditional uniform is preferred at all times, with club T Shirts permitted during the summer), with all jewellery removed.
 - Female members should wear a plain or club T-shirt under their top.
 - All long hair must be tied back.
 - Pay training fees promptly.
 - Obtain permission from the session coach before leaving the dojo for any reason - including a visit to the toilets.
 - Not be under the influence of alcohol or non-prescription drugs whilst in the training hall.
 - Grading or workshop fees must be paid in full, in advance as stipulated in invitation letters.
-

New Starters

- The first lesson is free. After which time you will be invited to join the club and purchase your membership.
- Memberships renew annually automatically, as nobody after their first lesson is permitted to train without insurance.

Safety on the Judo Mat

- Never wear shoes on the mat during Judo sessions.
- Come to the training session washed with a clean uniform.
- Watch your space on the mat and if thrown get up quickly to avoid someone falling on you.
- When seated, kneel or sit cross legged. Pay attention – or you may not be able to get out of the way quickly enough!

Safety off the Judo Mat

- Wear appropriate shoes at all times when off the mat.
- Always ask permission to leave the mat.
- After using the toilet, wash your hands.

Safety during Kungfu Training

- Wear appropriate shoes, such as Fei Yue or plimsolls.
 - Wear clean and correct uniform as directed by the instructor.
 - Wear the appropriate protective equipment for sparring, which must be purchased via our website store.
-

Accidents/Incidents

- Do not come to train martial arts if you are not fit enough to train.
- If you come to a training session with an injury, inform the coach at the start of the session.
- Do the exercises as shown; do what you can and do it well but not to the point of straining.
- If you are hurt, inform the Instructor immediately.

Bullying/Harrassment

- QingLiu Martial Arts have a zero tolerance policy on bullying and harrasment.
 - Bullying and harassment can be verbal or physical; neither are acceptable.
 - Bullying and harassment will not be tolerated during class or outside of class.
 - If a person is caught conducting activity which may be construed as bullying or harassment, they will be invited to apologise. If they refuse or do so insincerely, then they may be asked to leave the club permanently.
 - If you feel that you or your child are being bullied or harassed during or outside of class please speak to the instructor, or our child protection officer, so that we can address the behaviour appropriately.
-