



# RULES & PROTOCOL OMEGA MARTIAL ARTS

THE RULES & PROTOCOL AT OMEGA MARTIAL ARTS CENTER AROUND **THREE** MAIN PRINCIPLES. WE ASK THAT YOU LEARN & FOLLOW THEM.

## 1. ALWAYS SHOW COURTESY & RESPECT TO YOURSELF, TO OTHER STUDENTS, & TO THE STUDIO.

THE SUCCESS OF A STUDIO IS DIRECTLY RELATED TO THE LEVEL OF COURTESY & RESPECT EACH STUDENT IS WILLING TO SHOW. SOME WAYS WE CAN SHOW COURTESY & RESPECT ARE:

1. Always be kind to yourself & to others. Everyone is learning & is not perfect... yet.
2. Bow when you enter & leave the studio doors - This action puts your mind in a state of learning.
3. Bow when you walk on & off the mat - The mat is sacred space for learning & growing.
4. Address your Instructors by their respective title &/or by saying "Yes Ma'am" or "Yes Sir".
5. Develop a feeling of ownership for the studio & PLEASE keep it clean!

## 2. OMEGA IS A PHYSICALLY & EMOTIONALLY SAFE PLACE TO PRACTICE MARTIAL ARTS - OUR ACTIONS SHOULD REFLECT THIS.

FEELING SAFE, PHYSICALLY & EMOTIONALLY, TO PRACTICE MARTIAL ARTS IS ESSENTIAL. ALL STUDENTS ARE WELCOME AT OMEGA. SOME WAYS TO KEEP THE STUDIO SAFE ARE:

1. Do not judge or speak unkind words to or about any other Students or Instructors - EVER!
2. Do not compare yourself to other students - Your martial art journey is YOURS.
3. Celebrate each other's accomplishments & be supportive when other students need help.
4. If an issue arises, please speak only to those who are involved & to the Head Instructor.
5. There is a proper time & place to use, or not use, your martial arts - Understand & learn the difference.

## 3. HAVE A WILLING, TEACHABLE, & HUMBLE ATTITUDE TOWARDS LEARNING MARTIAL ARTS.

YOU HAVE COME TO OMEGA MARTIAL ARTS TO LEARN & TO GROW. IN ORDER FOR GROWTH TO HAPPEN, YOUR ATTITUDE NEEDS TO REFLECT YOUR DESIRE.

1. Remember, EVERYONE starts out their martial art journey as a White Belt.
2. It is alright & expected to feel uncomfortable & out of your element - You will NOT grow otherwise.
3. Making mistakes are opportunities to grow - They are NOT a reflection of who you are.
4. Martial Arts can always be taught & learned - A good attitude is a choice & comes from within.
5. What you constantly give energy towards - GROWS!

