



American Hybrid Combat Karate

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RULES and REGULATIONS

- 1) **Dues are to be paid on the first class of each month.**
- 2) Due to the nature of the sport, **horseplay will not be tolerated.**
- 3) Rank promotion is based upon student **attendance, attitude, progress and evaluation by the instructor.**
- 4) Students must practice good hygiene. They must be clean upon coming to class because of the close contact with other students.
- 5) All students are expected to **show good sportsmanship** and courtesy to their fellow students and their instructor.
- 6) All students will respect the Dojo, by not wearing shoes on the carpet and bowing in upon entering the training area.
- 7) **Students are expected to use the restroom prior to the start of class.**
- 8) It is the belief of the instructor(s) that martial arts are for self-defense, or the defense of others. **Any misuse of techniques taught will lead to immediate removal from training and possible criminal prosecution.**

- 9) AHCK believes in a family training environment. **Foul language, sexual advances, rude comments, or ridiculing comments will not be tolerated.**
- 10) Extra credit on belt testing can be received by:
 - 1) Providing community service,
 - 2) Straight "A's" and "B's" on a student's report card.
- 11) Parents are encouraged to help students with memorization. Please cover rules with student
- 12) Students are required to maintain a "Fighters Notebook". This notebook is used to take notes from class to help them with retention of learned information.
- 13) AHCK requires that after each class, **we all clean the training area.**
- 14) Students are encouraged to conduct themselves outside of class with honor, dignity and respect for others, community and country.