



D4Karate: Studio Rules

“Self-discipline,” is a pearl which grows slowly. It gives us the ability to do the correct things in life. To develop discipline, we must first learn to accept someone else’s discipline. This is the most important reason for the RULES of the STUDIO, so that we may all receive the maximum benefit from the study of D4Karate.

1. All students must bow when entering or leaving the studio: this is to show respect for the place where we build our character and strength.
2. NO shoes on the training floor, at any time.
3. Address all instructors by their preferred name, such as Mr. Boccagno or Mr. B., Mr. Garelli or Mr. G, and Mr. Andrew. This is to show respect and also to help develop an important character trait, humbleness.
4. All students are expected to be considerate and well behaved, adult students are expected to set a good example to junior students; advanced students are expected to set a good example to new students and to help such students whenever necessary.
5. All students must wear their uniform (with traditional top or 4DKarate T-shirt) while in class. *Keep your uniform clean at all times.*
6. Complete traditional uniforms must be worn for graduation and tournaments.
7. Loud talking, playing, rowdy behavior, profanity etc. have no place in this school.
8. NO FREE SPARRING WITHOUT PROTECTIVE EQUIPMENT AND INSTRUCTOR’S PERMISSION!
9. During free sparring, all protective equipment must be used, including head guard w/ face shield, rib guard, hand gloves, foot pads, shin guards, mouth piece, and groin cup (male only).
10. No talking during class; spectators are welcome anytime. However, please do not let same children disrupt the class.
11. Report to an instructor when unable to attend class for a period of more than one week.
12. It is important to keep the school as clean as possible, so we are requesting that you do not bring food in the school.