

# I just joined...now what?



## **Make sure you have done the following:**

- Fill out one of our applications.
- Choose a track of study.
- Choose your home class (By time. This is how we take attendance.).
- Have a greeter or instructor add you to a Mat Setup Group (required to test).
- Purchase a uniform and /or gear (you have up to 3 months to do this).
- Sign in at our greeting table each day you come to class. Parents of students under 18 are required to sign for the student (this is part of our safety policy).

## **Basic rules and information:**

- At Impact 360 everything we do has a constructive purpose. We are passionate about helping others. We love and care for all of our students and will never conference or give exercises without constructive purpose. We are here to help you.
- Fighting is prohibited. This includes at home with siblings. Be good stewards of the knowledge we are giving you regarding physical self-defense. If you are caught fighting you will be required to have a conference with our instructors as well as complete a hard workout led by one of the instructors.
- Students are required to keep up with their own uniform and equipment regardless of age. If you forget any part of your uniform, especially your belt, you will have 50 pushups before you continue class.
- Students are expected to arrive on time. If you arrive late stand at the back of the mat with your feet together, raise one of your hands while holding the other arm horizontal underneath the elbow of the hand raised.
- No shoes on the mat (parents and students). If you are a black belt, instructor, or a student with foot problems we will help you find a mat shoe that is appropriate for our mat. No socks are to be worn on the mat.
- The mat is treated as if it is a completely separate room. Students, refrain from talking to anyone off the mat. You are expected to pay attention to instructors and your training. Parents, please refrain from talking or coaching your child on the mat. We have many years and decades of experience. If you have a concern please ask a greeter to speak to the instructor or ask an instructor in between classes.
- Students are expected to treat themselves and others with respect at all times. Respond with "Yes ma'am!" or "Yes sir!" to all instructors and teachers at the school you attend. "Yes" and "ok" are not acceptable responses. Parents, if you wish your child to address you at home this way we will help you do so.
- Students are expected to try their best in academics. If your grades are low we expect improvement and can help you with tutoring if you need it.

- Students are expected to keep their room clean at home and will be randomly questioned if you do so. If it is not you are to have it cleaned before the next class period.
- When in classroom areas please talk quietly as to not disturb classes.
- No playing in empty classrooms.
- Students must stay inside the Impact 360 building where classes are being held unless accompanied by a parent.
- Cursing, bullying, and taunting is prohibited. This includes challenging other students to sparring matches and phrases that resemble the following: "I am going to beat you up!", "I'm so much better than you!", "I don't like you!", and other rude or inappropriate comments.
- Treat everyone equally in and out of the classroom.
- Students, bow in and out of the building and the mat. This is not religious but a sign of respect.
- Students, do not talk while the instructor is talking. Do not fidget when asked to stand still or are in "jim-bee" position.
- Do not ask to test or when you're going to test. Instead ask what you need to work on for testing and if you are on track. Simply showing up to class is not enough to test. You must complete our minimum requirements that are laid out in our handbook to the satisfaction of your instructor to test.
- Students are expected to workout at home. Practice all your techniques, forms, self-defense, exercises and tactics daily. You will not gain the minimum skills necessary to test without doing so.
- Students, you are only permitted to spar in class under trained professionals for many reasons, including safety.
- Training at other schools while you are with Impact 360 is prohibited unless you have obtained permission from your instructor. This is because all schools are not friendly, safe, and respectful. Our instructors operate at a high level, must go through a stringent interview process, have a passion for teaching and helping others, and are background checked.
- Students are expected to work through being hurt but not being injured. Everyone is at a different level and we will work with you or your child on gaining the ability to work through minor hurts. Our definition of being hurt is getting bumps, bruises, getting the wind knocked out of you, and crying. Our definition of being injured is having something broken, sprains and strains, or any other injury that causes harm to continue. If you are injured and want to spar you will not be allowed to do so. If you are bleeding you will be asked to step off the mat and get the bleeding stopped before returning. We have Band-Aids and other basic medical items to help.
- Tips (pieces of colored tape on the belt) are earned when completing the minimum requirements for individual goals. Green = Self-defense, White = Forms, Red = Techniques & Sparring, Blue = Good Attitude, Yellow = "Responsibility" - Maintaining your minimum attendance of 80% for classes, 50% of sparrings, and attendance to all assigned Mat Setups.