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**BLUE DRAGON**

## **MUAY THAI RULES**

**HONESTY, SAFETY AND RESPECT**

**ALL MUAY THAI STUDENTS MUST:**

- **FOLLOW THE BASIC DOJO RULES (SEE NEXT PAGE)**
- **WEAR YOUR BDMA MUAY THAI “LEVEL” SHIRT AT EVERY CLASS.**
- **WEAR SHORTS THAT HAVE A DRAWSTRING AND ARE AT THE KNEE OR ABOVE. THAI SHORTS, MMA SHORTS WITH SLITS, BASKETBALL SHORTS, ETC. NO ZIPPERS OR METAL!**
- **COME TO CLASS CLEAN, HEALTHY, AND READY TO TRAIN!**
- **THE THAI BOW OR “WAI” IS TO SHOW RESPECT AND “GREET” OTHERS. THIS SHOULD BE DONE THROUGHOUT YOUR TRAINING, ESPECIALLY TO YOUR INSTRUCTORS WHEN YOU SEE THEM, ON AND OFF THE MATTED TRAINING AREA, TO YOUR PARTNERS AND AT THE BEGINNING AND END OF CLASS.**
- **ANSWER YOUR “KRU” OR INSTRUCTOR WITH “OSU!”**
- **BRING ALL SPARRING AND SAFETY GEAR TO EVERY CLASS. IT MUST BE PROPERLY FITTED.**
- **SET ALL TRAINING GEAR ON MATS NEATLY IN YOUR BAG BEFORE CLASS.**
- **IF WEARING HAND WRAPS, THEY SHOULD BE WRAPPED PRIOR TO THE START OF CLASS.**
- **KEEP YOUR EQUIPMENT/GEAR CLEAN! WIPE IT WITH DISINFECTANT AFTER EVERY USE AND LET IT COMPLETELY DRY. WAS WHAT CAN BE WASHED: CLOTH SHIN GUARDS, HAND WRAPS, AND SHIRTS!**
- **USE AN ANTI-FUNGAL SOAP LIKE SBC AFTER TRAINING.**
- **NO JUICE, SODA, OR FOOD NEAR/ON THE MATS, ONLY WATER.**
- **USE CONTROL WHEN SPARRING.**
- **NO KNEES OR ELBOWS DURING SPARRING. STRIKING TO THE HEAD IS ONLY ALLOWED DURING SPARRING WHEN WEARING HEAD GEAR AND APPROVED BY INSTRUCTOR.**
- **ONLY WORK DRILLS AND COMBOS YOU HAVE BEEN TAUGHT AT THIS GYM.**
- **BE A GOOD SPORT NO MATTER THE OUTCOME.**
- **IF YOU FIGHT OUTSIDE OF THE DOJO, YOU WILL NOT BE ALLOWED TO TRAIN. YOU MAY ALWAYS USE YOUR SKILLS FOR SELF DEFENSE, BUT IT MUST BE JUSTIFIABLE AND YOU MUST EXERCISE REASONABLE FORCE (ONLY WHAT IS NECESSARY TO DEFEND YOURSELF).**
- **IF YOU ARE LATE, BOW INTO THE MAT AND TO YOUR KRU, DO YOUR PUSH-UPS FOR BEING LATE, AND START JUMPING ROPE UNTIL INSTRUCTED TO JOIN.**



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## **DOJO RULES**

**HONESTY, SAFETY AND RESPECT**

**ALL STUDENTS MUST:**

- **BOW WHEN ENTERING OR LEAVING THE DOJO**
- **GET A DRINK AND GO TO THE BATHROOM BEFORE CLASS**
- **NO SHOES ON THE DOJO FLOOR**
- **FOLLOW "THE GOLDEN RULE": TREAT OTHERS HOW YOU WANT TO BE TREATED**
- **ANY TYPE OF PREJUDICES (RACE, ORIENTATION, RELIGION, SEX, SIZE OR SOCIAL STATUS) WILL NOT BE TOLERATED IN THE DOJO**
- **HANDS TO YOURSELF UNLESS TRAINING WITH A PARTNER**
- **KEEP YOUR THINGS NEATLY WITH YOUR SHOES**
- **NO EATING OR CHEWING GUM IN CLASS**
- **NO BAD WORDS, ABUSIVE OR THREATENING LANGUAGE**
- **NO ROUGH PLAY OR GOOFING OFF WHILE TRAINING ESPECIALLY WITH TECHNIQUES OR WEAPONS**
- **NEVER USE MARTIAL ART TECHNIQUES OUTSIDE OF CLASS EXCEPT FOR DEFENSE, COMPETITION OR DEMONSTRATIONS**
- **UNIFORM (GI) MUST BE CLEAN AND WORN DURING CLASS**
- **WEAPONS USED FOR DEMO TEAM MAY ONLY BE TAKEN FROM HOME TO CLASS AND BACK AND SHOULD BE IN BAG**
- **KEEP WEAPONS IN SAFE WORKING ORDER AND QUIET DURING CLASS**
- **GRADES MUST BE KEPT UP**
- **DO NOT TOUCH OR PLAY WITH OR CLIMB ON ANY DOJO EQUIPMENT WITHOUT ASKING**
- **ALWAYS ANSWER INSTRUCTORS WITH "OSU" OR "YES, SENSEI," OR "NO SENSEI..."**
- **ALWAYS GREET PARENTS, TEACHERS AND INSTRUCTORS WHEN YOU SEE THEM**
- **PAY ATTENTION AND LISTEN QUIETLY WHEN SENSEI IS SPEAKING**
- **NEVER GET MAD OR SEEK TO "GET SOMEONE BACK" YOUR ENEMY IS NEVER IN THE DOJO**
- **DO YOUR BEST**
- **DON'T BE A SORE LOSER OR A RUDE WINNER**
- **IF YOU NEED HELP, ASK FOR IT**
- **DON'T INTERRUPT**
- **FOCUS TO THE FRONT OR AT SENSEI**
- **BE HONEST IN ALL YOU DO**
- **PRACTICE!**