

CODE OF CONDUCT (2019) - Krav Maga Wellington & Self Defence Training

1.) HEALTH & SAFETY

- Health & safety is everyone's responsibility
- Use of excessive force is not allowed during training - Keep yourself and your training partner safe
- Train at your own pace and tolerance level
- Report any unwanted physical contact to the instructor
- Practice techniques that is being taught by the instructor - Do not practice a different technique as it may cause injury to your training partner
- All visitors, participants, and students must follow the instructor's instruction at all times
- Remove all jewellery and piercings before training
- If you are feeling unwell, please inform the instructor and **DO NOT ATTEND CLASS**
- Trim your fingernails, tie your hair back (if long), and cover any open wounds before training
- No horseplay during training - Focus your attention
- **NO LIVE WEAPONS** - Only use the training weapons provided by the instructor
- Wear the appropriate protective gear at all times
- Alert the instructor if there is any concern or signs of danger
- Wipe off any spills from the floor to prevent slips and falls
- Always know where the first aid kit and emergency equipment are located
- Help clear the training area if there is clutter that may pose as a hazard

2.) BEHAVIOR & DECORUM

- Training in other systems or martial arts is allowed, however, make sure that you only practice IKMF Krav Maga techniques when attending our class
- Be professional - If you disagree with a certain technique, discuss it with the instructor at the end of the class
- Intentional harm and violence towards others will not be tolerated
- Be respectful and courteous to everyone
- Never bad mouth other self-defence systems, martial arts systems, students, and other instructors
- Make sure that you meet and greet everyone before and after training (including beginners and guests)
- Encourage and support your training partner and other students
- Notify the instructor if you need to leave the training area
- Do not take a break at your own leisure - Rest breaks will taken at appropriate intervals during the training
- Help with the clean up after each class
- Students (including friends and families) may not record any videos during class
- Photographs may be taken as long as it is permitted by the instructor

3.) APPEARANCE & HYGIENE

- Keep your appearance tidy and wear the proper training attire (uniform is required for graded students P1 and above)
- The instructor must wear the IKMF regulation attire
- Training clothes must be washed after each class for hygiene reasons

- Tattered and damaged clothing must be replaced to keep a presentable appearance
- Be considerate towards your training partner, make sure that you have showered or washed up before training - Use deodorants/antiperspirants if necessary
- Any cuts or bleed sustained during training must be attended to and covered

4.) GRIEVANCE & COMPLAINTS

- Inform the instructor about any complaint that you might have. If you have a complaint about the instructor, you may discuss your complaint with the Managing Director (Bianca Wang).

5.) OTHERS

- Due fees must always be paid on time
- Students who wish to enter a fight or a sparring competition are not allowed to represent the school, the IKMF, or Krav Maga as their technique (ask your instructor for advice before entering a competition)
- Students may qualify for grading after training for a prescribed amount of time (read FAQ section). The instructor will inform you if you may undergo grading
- Those who undergo a formal grading under the IKMF system must accept that a promotion is, "earned, never given"
- Students who do not meet a PASS for their level test must respect the tester's decision - You will have another opportunity to grade and you will be supported by your instructor in achieving this.