



Active Abundance utilizes martial arts techniques as the basis for fitness training. Martial Arts training includes various physical, mental and spiritual traditions. Behaviour guidelines are another piece of the intricate puzzle that contributes to a martial artist's ability to abide by the tenets and student oath.

Proper etiquette is an essential part of martial arts training. Please observe the following rules:

- ~Never misuse the skills which you are taught. Martial arts techniques are not to be used outside the gym unless your safety or the safety of others with you is in jeopardy. Your conduct reflects upon the trainer/instructor, the martial art, and your fellow practitioners.
- ~Treat other persons and their property with courtesy and respect, inside or outside the gym. If you want respect from others you must first show them respect.
- ~Remember the martial arts tenets and student oath; demonstrate them in your daily life.
- ~Always set a good example for others, especially for less experienced participants and younger people.
- ~Parents/guardians are responsible for all children in their care at all times, attention to children that are non-participating and/or uncooperative is understandable.
- ~During a training session, non-participating children may observe quietly and/or play quietly with activities provided. Young children must be accompanied by a parent/guardian at all times when leaving the training area (to be quieted or use washroom).
- ~Arrive early for your training session to ask questions, fill-out paperwork and learn about new handouts before the session begins. Doors open at least 15 minutes early to ensure that sessions start promptly at the specified time.
- ~If you arrive late for a group training session and the class has already started, quietly perform standard warm-up exercises until trainer/instructor grants permission for you to join the class.
- ~Bow formally to trainer/instructor at beginning and end of each training session to signify respect for the knowledge being passed on to you.
- ~Address trainers/instructors (male and female) as 'Sir' to signify respect for the knowledge they have.
- ~Answer 'Yes Sir' when your name is called or when asked to line up.
- ~Keep your workout clothes or uniform clean and complete at all times.
- ~Keep fingernails and toenails neatly trimmed, sharp nails may be a safety concern for some exercises.
- ~Respect the learning environment: no hats, gum, food, or drink in the gym.
- ~Respect those around you: no loud talking, profanity, or horseplay in the gym or in the halls.
- ~Stand or sit politely without fidgeting or talking. Sit respectfully on the floor, cross legged or kneeling.
- ~Pay attention and keep quiet while the trainer/instructor is speaking or demonstrating techniques. Remember you are here to learn. Maintain a receptive and respectful attitude toward the knowledge and the trainer/instructor's efforts to teach.
- ~Carry out instructions promptly; do not keep others waiting. If you are having trouble learning a technique, first try to figure it out by watching others, and then raise your hand to ask the trainer/instructor for assistance. Do not ask a fellow participant, they may not understand either.
- ~Do not teach any technique without the trainer/instructor's permission to do so.
- ~To ensure the safety of all participants the trainer/instructor must know where you are at all times. Request permission if you have to leave the gym for any reason before your training session ends.
- ~You are responsible for your guests at all times. During class guests may observe quietly and leave during breaks or at the end of the training session. Guests must be accompanied by a participant at all times when leaving the training area. Children may play quietly with activities provided.
- ~Please pay your fees promptly, and complete a training agreement at the beginning of each term.
- ~Notify the trainer/instructor if you are unable to attend a scheduled training session; 24 hour notice is required to reschedule, if less than 24 hour notice session is deemed 'missed' and must be paid in full. (Does not apply to sessions that are indicated on training agreement as pay per session.)