



Combat Submission Wrestling Program

- 1. No Egos or bad attitudes will be permitted at this school. Everyone is here to learn an effective self-defense. Tapping out is OK and is part of the learning process. Never brag about tapping someone. It happens to EVERYONE in training it is how you will improve. This is training, where we should always be trying different techniques and situations to better our skill.***
- 2. Always address the instructors by their proper title of respect. When in doubt, sir or Ma'am is always acceptable.***
- 3. Losing your temper or any temper issues will not be tolerated. Control your temper at all times while training.***
- 4. Introduce yourself to new students or students that you do not know and make them feel welcome.***
- 5. When the instructor is teaching there should be NO talking. This is why we are here, to learn, so there should be no talking even if you have seen the technique before and think you know it.***
- 6. If you walk in while another class is in session, then come in and wait for your class to begin without disrupting the other class or classes.***

- 7. If you need to take a cell phone call during class, or while waiting, then be respectful of the class going on and take it outside.***
- 8. If an instructor comes over during a technique to correct something there should be no other instructing going on. If you are not an instructor, then at no time should you be trying to help someone through a technique at the same time as the instructor.***
- 9. No food on the mat at any time.***
- 10. Wearing a shirt or rash guard is required at all times. Do not come out of the dressing room at any time without proper attire.***
- 11. Keep your finger and toe nails short for every ones safety.***
- 12. Keep all your training equipment, clothing and uniform clean for each training session. This is very important in keeping the school sanitized at all times.***
- 13. Foul language of any kind will not be tolerated.***
- 14. All students are required to report any injury, health or skin condition to their instructor prior to class.***
- 15. If you need to leave the class let your instructor know you are leaving.***