



WHAT TO EXPECT ON YOUR FIRST CLASS
DURING COVID RESTRICTIONS?



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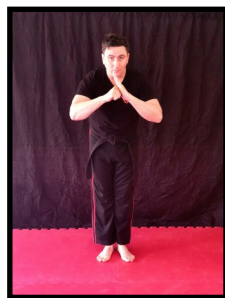
- ★ The Sensei (Club Coach) will greet you and explain the etiquette of the Dojo (Training Room), as outlined on page 3. First you will be asked to bow into the Dojo (bowing etiquette shown below for each style) then advised where to place your personal items in the designated area. The next step will be to bow onto the mat.

Within our Valor Ju Jitsu style: - Bow on and off the mat (Tatami) with arms down by your sides and place your feet together, as shown below.



Within our Valor Precision Combat style: - Bow on and off the mat (Tatami) with your left knife hand over your right fist and place your feet together, as shown below.

- Left hand represents Scholar/Student.
- Right fist represents Warrior.



- ★ You will be shown where to stand on your designated mats, acknowledging Covid Social Distance Guidelines with the lower grades at the back of the Dojo in grade order lines and introduced to a similar graded student.
- ★ Students are expected to stand in Yoi Dachi (Neutral Stance) in their lines, whilst waiting for the class to commence. Being quiet and patient is important to show self-discipline.
- ★ The class will bow in altogether: - Commence from Yoi Dachi (Ready Stance) into Musubi Dachi (Formal Stance) with your arms placed straight down by your sides. Move your left foot to your right foot, placing them together with your feet slightly outturned.



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- ✪ Warm up exercises will begin, ranging from cardio, stretches and strengthening techniques.
- ✪ Once warmed up, all students will be asked to stand in Yoi Dachi (Ready Stance) in the centre of their designated matted area. The Sensei will demonstrate a technique for all the students to practice.
- ✪ Throughout the class, the Sensei will use the term - Yamae (Stop). When you hear this command, you must stop your technique immediately and listen to the Sensei's next instructions.
- ✪ If you need to ask a question for any reason, it is important to raise your hand and wait for the Sensei to acknowledge you. This also applies to any toilet break/drink required.
- ✪ At the end of the class, all students will be asked to stand in Yoi Dachi (Ready Stance) in the centre of their designated matted area. All students will then bow out as commanded and be individually dismissed off the mat.

Our Valor Combat Systems Covid-Secure Social Distance Martial Arts classes complements our styles of Valor Ju Jitsu, Valor Precision Combat and Valor Universal Weapons Academy.

The classes are taught in a modern, progressive way, developing self-defence whilst building personal development in confidence, self-control, determination, perseverance and self-esteem. All students are taught respect, considered to be a core value and are expected to demonstrate this to both their Sensei (Club Coach) and peers. Martial Arts provides self-discipline with clear structure and rules, helping to instil good values throughout life.

Techniques are broken down into small stages to help the student learn gradually. Repetition of movements aid fluidity, understanding, spatial awareness and co-ordination. Emphasis on self-control and concentration is taught to help the students maintain focus with their peers - resulting in improved teamwork and socialisation skills.

Competitive activities within our classes, teach our students to allow others to take their turn, see things from other points of view and accept sometimes that failure is unavoidable - a format to build a stronger character for education, work and future life.



CODE OF CONDUCT FOR STUDENTS

- ✪ The command of the Sensei (Club Coach) must be observed in all circumstances.
- ✪ Upon entry to the Dojo (Training Room), the student should always be respectful, not only to the Dojo etiquette, but to their Sensei and fellow peers.
- ✪ All students are expected to arrive on time for their class, out of respect for their Sensei and other members.
- ✪ Arrive for training correctly attired in their uniform and appropriate tied belt, to reflect their grade. Shoes are not permitted to be worn on the mat and may be left at a designated area during training. Valor Combat Systems approved training shoes/gripped socks will be allowed, if there is a valid reason.
- ✪ Personal hygiene is of paramount importance and applies to all students. Finger and toe nails need to be clean, cut short and long hair is required to be tied back. Students need to train bare foot, unless suffering from any ailments e.g. verrucas, athletes foot etc. Approved training shoes or gripped socks must be worn (standard socks are not permitted).
- ✪ Jewellery is not permitted to be worn in the Dojo. Where such articles as rings etc, cannot be removed these must be covered with a plaster/tape whilst training.
- ✪ Any articles other than for a specific application during training, may not be brought into the Dojo.
- ✪ Food, fluids etc, cannot be consumed on the mat. Gum is not allowed.
- ✪ Inappropriate language is not accepted.
- ✪ Any injuries carried prior to a class must be reported to the Sensei before the student begins training. Should an injury occur during training, report immediately to the Sensei and record in the Dojo Accident Book.
- ✪ Valor Combat Systems accepts no responsibility for any injuries caused due to a lack of observation by the student or any Valor Combat Systems Rules and Regulations.
- ✪ The student should wait to be invited onto the mat, may not train without the supervision of a qualified Sensei and not attempt any technique on their own.
- ✪ No student shall join or leave the class whilst the session is in progress, without the permission of the Sensei in charge.
- ✪ No junior student may leave the Dojo after the class, unless accompanied by a responsible adult.
- ✪ Inappropriate behaviour is not acceptable within the Dojo. If after verbal warnings, the student continues to be disruptive, they may be asked to leave the mat. With regard to junior students, parents/guardians will be notified. This may lead to temporary suspension or permanent exclusion from the Club.
- ✪ Questions may be asked during a class by raising your hand and waiting to be acknowledged by the Sensei.
- ✪ Should your belt need retying, step off the mat at the nearest side, readjust and resume training.
- ✪ The student's Budo Pass must always be retained and presented upon request by any official either from, or representing, Valor Combat Systems. In the event of loss or damage, report immediately to the Valor Combat Systems Administration Department. A replacement Budo Pass may then be provided for a nominal charge.
- ✪ No members will abuse, misuse, or demonstrate their knowledge of their chosen style, to any person not authorised by Valor Combat Systems.
- ✪ No person other than those authorised to do so by Valor Combat Systems may write in, alter, or in any other way modify the Budo Pass.
- ✪ A breach of the Valor Combat Systems Rules and Regulations in any form carries the possibility of suspension/expulsion.