



Flowing River Martial Arts

3515 White Tail Trail, Saratoga Springs, UT 84045 Phone: 801-753-8103

STUDENT AGREEMENT

OBJECTIVE

In order to get the best learning experience for you and the others in the class, here are some things that every person agrees to do as a student of Flowing River Martial Arts.

ATTITUDE AND DEMEANOR

- Bring a positive attitude.
- Remember that we are all on the same team, training and learning together. No fighting, mocking, teasing, etc. We all help and teach each other. We all have to start at the beginning.
- Work hard and try your best. Class is only an hour long (or less). You can keep going. No leaning on the wall, no sitting down (unless told to), no hands in pockets. Go to the bathroom before you leave home.
- Listen. You're here to learn. I already know the things I'm showing you. Don't distract others from listening and learning.
- Practice discipline, respect, focus, patience, and hard work in the dojang and at home. Your parents and other family members, teachers, and friends deserve the best version of you just like we do.

PRACTICE

You have to practice at home several times a week to really learn martial arts. Follow your own schedule at home that allows you to practice the things we learn in class.

In class we learn it – at home you practice and perfect it.

You don't ask for your next belt, you work for it.

ETIQUETTE AND PROTOCOL

- Be on time for class. If you are late, wait at the door and you will be bowed in.
- Shoes and socks come off.
- No pushing, punching, or messing with other students.
- After class, get your shoes and socks, coat, etc. together quickly. Don't make your parents wait for you.
- Treat everyone with respect. Use language and attitude that conveys that respect.

Student signature _____ Date _____