

Kenpo Christian Dojo Rules

RULES FOR PARENTS

- You are welcome to watch. But be respectful of the class, instructors, other parents and students.
- Please refrain from “coaching” from the sidelines during training.
- Please refrain from coming onto the training floor during class.
- Please refrain from using cell phones during class.
 - You are welcome to take pictures and videos of your child(ren).
- We use Facebook and GroupMe to communicate events and news.
 - It is our responsibility to communicate important dates and news
 - It is your responsibility to pay attention to the announcements and ask questions

ATTENDANCE POLICY

1. For Little Dragons and Youth Students.
 - a. If the student has more than 4 unexcused absences classes during the quarter. They will be ineligible to test without approval from both the class head instructor and Mr. D.
 - b. An unexcused absence occurs when you do not get pre-approval from the class head instructor.
 - i. Mr. Alan for Little Dragons
 - ii. Mr. Biehl for Youth
 - iii. Mr. D for Adult

DRESS CODE

1. No street shoes, street sneakers, or socks allowed in the dojo.
 1. Special training sneakers or bare feet only
 2. Feet must be clean and toe nails must be trimmed, students with dirty/smelly feet will be asked to wash feet before being allowed to train
 3. If you have a problem with foot fungus, please see Mr. Deslongchamps about buying special training shoes
2. Uniforms
 1. Students wear all black uniforms
 2. Black Belts can wear red top or official school t-shirts.
 3. Instructors may wear either
 4. All uniforms must be clean, students in dirty/smelly uniforms will not be allowed to train
 5. Students must wear their uniform, if you forget your uniform, you will be asked to train in the back row. Complete uniform includes: pants, top and belt.
 6. Knot Placement
 1. Black Belt Instructors-knot in middle
 2. Female Students-knot on right side
 3. Male Students-knot on left side
3. Official School T-Shirts may be worn, with uniform pants and rank belt when Mr. D says it is allowed.
4. **Patches** – students may wear any appropriate patch in any proper location in accordance with the following.
 1. All ranks are to wear the Karate for Christ association patch on the left side of their chest.
 2. All ranks are to wear the American Flag patch on their left shoulder 2 inches from the seam.
 3. All ranks are to wear the Kenpo Karate patch on the right shoulder 2 inches from the seam.
 1. Asst. Instructor/Junior Leader patches are worn above the Kenpo Karate Patch, right along the seam.
 2. Instructor Patch Replaces the American Flag Patch
5. Male students of **ALL** ranks are required to wear a protective cup during class.
6. No jewelry or watches (exception is wedding bands) are allowed in class due to safety for yourself and others.

7. If a student has long hair (Shoulder Length or longer) it must be pulled back into a pony-tail. This is for your safety.

BOWING

1. In most asian martial arts bowing is a sign of respect and peaceful intent. In American Kenpo bowing is a sign of respect.
 - a. Think of it as a formal way of saying hello, thank you or your welcome.
 - b. Bowing to an instructor or a student is only wrong if done as an act of worship.
 - c. Biblical References of people bowing to another person as a sign of respect for authority in accordance with God's law
 - i. Genesis 42:6 ESV
 1. Now Joseph was governor over the land. He was the one who sold to all the people of the land. And Joseph's brothers came and bowed themselves.
 - ii. 2 Samuel 1:2
 1. And on the third day, behold, a man came from Saul's camp, with his clothes torn and dirt on his head. And when he came to David, he fell to the ground and paid homage.
 - iii. Genesis 43:26
 1. When Joseph came home, they brought into the house to him the present that they had with them and bowed down to him to the ground
 - iv. Exodus 18:7
 1. Moses went out to meet his father-in-law and bowed down and kissed him. And they asked each other for their welfare and went into the tent.
2. Always bow into the dojo when entering or exiting the main entrance to show respect for the training that takes place.
3. Always bow to anyone you are working with to show respect for each other.
4. Bow to an instructor that has helped you as a sign of gratitude. Instructors are to bow back.
5. Before and after asking an instructor a question you must bow.
6. As a martial artist, if you are bowed to it is respectful to bow back.

GENERAL RULES

1. You may refer to the senior instructor as Mr. Deslongchamps or Mr. "D", if you have trouble saying "Des-long-champs"
2. Instructors and staff are always addressed as Mister or Miss followed by the Instructors first or last name (at discretion of instructor or staff).
3. If you arrive late for your class, remain at the dojo floor entrance in a relaxed position and wait to be recognized and bowed in by one of the Instructors to avoid disturbing the class and/or injury.
4. When entering the dojo during class time, always go behind the class to change and/or line up.
5. No food or gum chewing is allowed in the dojo.
6. No profanity is allowed anywhere in the dojo.
7. No leaning on any of the Dojo walls.
8. Mr. Deslongchamps, reserves the right to cancel your training at any time.
9. If you ever have questions do not hesitate to ask.

YOUTH SPARRING RULES

1. Protective gear is mandatory and will be worn at all times by all students sparring. Gear includes:
 - a. Head Gear
 - b. Foot Gear
 - c. Hand Gear
 - d. Mouth guard
 - e. All male students are required to wear a groin guard.
2. All sparring will be light contact. At instructor discretion the student will not be allowed to continue to spar, in extreme cases the student can be barred from sparring for a term determined by Mr. Deslongchamps.
3. There will be no intentional forceful contact to face, back or below the belt.
4. Students may only spar under the supervision of instructor or instructor appointed supervision.
5. All competition outside the Kenpo Christian dojo is the responsibility of the parent, guardian or student.
6. Students must obey the instructor during sparring without question.
7. All participants of sparring must be a student of Kenpo Christian in order to participate in dojo activities and have a signed waiver on file.
8. Any student that does not comply with the above rules will be asked to leave the floor.

References

- <https://drive.google.com/file/d/16cKFzerz4MIY7Z1ZogbFak8BBEUi-oGM/view?usp=sharing>
- <https://bible.knowing-jesus.com/topics/Bowing>
- <https://bible.knowing-jesus.com/topics/Bowing-Before-God>