

WARRIOR ARTS INC. Fitness and Training **Children's Class Participation Guidelines**

- Have **fun!**
- **Arrive on time** to begin class at the specified time. Give yourself 15 minutes to put on wraps, get changed, etc.
- **Respect where your body is at each day.** When you feel good, work hard and go for it! Every day is different, if you need to take it easy on certain days, take it easy, this is YOUR class. Showing up is half the battle!
- **Let the instructor know if there have been any injuries to your child** whether in class or out of class.
- **Technique is priority, Power is secondary** – Be honest with your partner at all time
Example- When holding pads if you are feeling unable to keep up (or unsafe) with your partner's speed or power tell them to go lighter or slow down. Let's make this safe for everyone.
- **Students must wear a class T-shirt** to every class. To be purchased at the time of registration/payment for classes.
- Gloves are provided initially. Due to hygienic reasons it is **highly recommended** that you **purchase a set of gloves for your child**. It is mandatory for their **third round** of classes.
- **Hand Wraps are recommended** to protect the wrist and hands (mandatory for heavy bag training their Third Round of classes). Wear **clean** hand wraps.
- **Ask the instructor if you have a question.** There are no dumb questions!
- **Pay attention** during demonstrations and keep conversations short while working out.
- **No chewing gum.**
- Bring a **non-spill water bottle.**
- **Remove** all rings and **jewellery** for safety.
- Keep **toenails and fingernails short.**
- **Bare feet on the mats**, shoes and socks must be removed.