

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!
- **Technique is priority, Power is secondary** – Be honest with your partner at all times.

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.

- **Pay attention** during demonstrations and keep conversations short while working out.
- **Ask the instructor if you have a question.** There are no dumb questions!
- **Gloves are provided initially.** Due to hygienic reasons you are required to **purchase your own set of gloves** after your **3rd class**.
- **Hand Wraps are highly recommended** to protect the wrist and hands (**mandatory for Heavy bag training**). **Wear clean hand wraps** - wash them after every class.
- **Class T-shirt** is required after your **3rd class**.
- **No chewing gum.**
- **Bare feet on the mats**, shoes and socks must be removed.
- **Rings and other jewellery** must be removed prior to class.
- **Keep toenails and fingernails short.**