

CONDUCT AND ETIQUETTE FOR THE CHINESE SWAI JIAO ASSOCIATION & CHIN'S MARTIAL ARTS ACADEMY

1. Students should **show respect for the KF kwoon/school** with a **"traditional bow"** as they enter and leave.
2. Students should **attend class with a serious attitude**. The wise student will be disciplined and take advantage of the classes as scheduled. Classes are traditionally conducted by Shifu, Coaches, or an appointed senior student.
3. Kung Fu students are expected to **be self-motivated** and push themselves, but it is important to do so correctly to avoid injury. In the case of joint sprains, muscle strains and other injuries; our approach is to avoid all exercises which aggravate an injury. Your overall fitness is important for your performance and you should be well rested & have eaten properly before KF class.
4. **Humility** is a very important characteristic of the martial artist. Our kwoon is to be shared equally by all students. Show respect to others, regardless of their ability, age or gender. Students should show respect to senior students and above all, show respect to your Shifu. Address him as **"Shifu"**, or "Shifu James" or "Mr. Chin". Plus, show respect to your Shimu, address her as **"Shimu"** or "Shimu Winnie". **Other adult instructors** include Franc Gomez, Matt Gelfand, Joe Cheung, Tony Yin, Lenny Wang, Pak Fong, Tom Parrish & Mintai Henry Tang - they should be addressed accordingly as Coach or **"Shi-heng"**. Plus, **"Shi-Buo"** Artie Aviles.
5. Appropriate **posture** when watching other students review forms, or when not practicing, is as follows: feet shoulder width apart, back straight, hands clasped at waist behind back or in front (especially where weapons are being used). Lounging or sitting idle on the floor or atop equipment or any postures with crossed arms or hands on hips are considered rude and inappropriate.
6. **Kung Fu requires concentration**, when classes are in session, visitors, as well as students should respect the low conversation level of the kwoon setting. The kwoon is not a place to sit and socialize, and excessive levity will not be tolerated.
7. Aggressive behavior or cursing others is **grounds for discipline** which may lead to expulsion depending on the level of harassment. Conflicts of the outside world should remain outside the school/kwoon. When you enter the kwoon, you are there to learn. We believe you should "avoid conflict, and do not seek it out." Practice martial arts courtesy & righteousness.
8. During all drills and form reviews during class, students should line up according to **seniority**. However, slower students should respect the right of others that go faster. Students should not crowd each other and should leave sufficient space between people.
9. Students should not try to learn or practice movements without proper instruction from Shifu, a Coach, or an **appointed senior student** such as Jason Yee, David Yee, Jeff Lam, Josh Newman, or Dennis Yee. Students are forbidden from teaching forms or self-defense moves, formally or informally, to nonstudents.
10. Students should not use **weapons** in which they have not yet received training. Do not use any weapons when children are present on the kwoon floor. Use only practice weapons (non-edged = not sharpened) that belong to you or you have permission to use, and exercise extreme caution when using weapons as a group. Unsupervised weapons sparring are not permitted.
11. Students may not enter any **martial competition** (forms or fighting) without expressed consent from Shifu Chin.
12. Students should not **cross-train** or actively participate with any **other martial arts school** without expressed consent from Shifu Chin. All students are expected to follow the martial arts morality of "Loyalty & Righteousness" and focus on our KF curriculum. Cross-training with another martial art school simultaneously may impede your training progress and mental focus.
13. **Student uniforms** (school shirt, pants, sash, our KF logo patch as authorized/earned, Swai Jiao jacket as needed and appropriate flat soled footwear) are required in all classes and should be kept clean. Good personal hygiene should be practiced.
14. **Respect our kwoon, KF training hall and our equipment**; keep them clean and free from damage. Students should not use training equipment without proper instruction from Shifu Chin, a Coach, or an appointed senior student. **NOTE:** If you break any equipment, furnishings or weapons that do not belong to you (Wave Master kicking bag, mirrors, tables, chairs, weapons, etc.) you must pay for replacement. Please limit all beverages consumed within the kwoon to just water (hot or cold).
15. The Chinese Swai Jiao Association (CSJA) and/or Chin's Martial Arts Academy (CMAA) reserves the **right to expel** any student for violation of any of the afore-mentioned rules or debasing the spirit of the CSJA and/or CMAA.
16. **Monthly dues** or "drop-in fees" are collected by Shimu Winnie and should be paid on a timely basis.

Sparring (rules of engagement)

In our school, the purpose of sparring is to train students in the theory and application of techniques for self-defense and/or for formal competition. The principle goal is to train the defense reflex (evasion), while offering the opportunity to practice offensive techniques learned in class. Because no forceful contact is allowed except throwing or non-malicious execution of chin-na for a throw, no protective equipment or padding is generally required. However, it is recommended that groin protection be worn as a precaution, usage of mouth guard and shin pads are optional. It is essential to know how to fall & roll out from throws properly.

- (1) **Free-sparring** is allowed only with Shifu's permission, only by experienced students and only under supervision by Shifu, a Coach or an appointed Instructor. Always be mindful of the level of training: "friendly – not so friendly – hostile".
- (2) Sparring **participants** are always responsible for each others safety. All strikes and kicks should be "pulled" as if expecting each other's evasive maneuvers to fail. New students should never "go all out" until they become experienced in our sparring methods. Executing a complete Swai Jiao throw, or non-malicious execution of chin-na for a throw is permitted and everyone should know how to fall/roll properly. Practice safety first, last & always.
- (3) Students sparring outside of class **assume complete responsibility** for their actions, injury to themselves or their partner.

CMAA KF FAMILY DINING ETIQUETTE – BASICS ☺

1. Lao Shifu Jeng and elders sit at the main table.
2. Let the elders eat first or when you hear an elder say "let's eat", you may start to eat.
3. Lao Shifu Jeng should be the first to taste/pick from the dishes as they are served.
4. The younger students should serve tea for all their elders.
5. Do not play with your chopsticks or other utensils and do not stick/stand them in your rice.
6. When helping yourself to the dishes, you should take food first from the plate nearby or facing you rather than that in the middle or on the side of others. It is bad manners to use the chopsticks to burrow through the dishes in the plate and "dig for treasure" and keep your eyes glued to the plates. It is not appropriate to take too much food at a time.
7. When finding some favorite dishes, you should not monopolize them nor put the plate(s) in front of yourself. You should be considerate of all others.
8. Close your mouth to chew food well before you swallow and don't make noises or talk when you chew. Don't put too much food into your mouth at a time.
9. You should try to refill the bowl with rice yourself and take initiative to refill the bowl with rice and dishes for the elders. When the elders do that for you, you should express your thanks.