

Warrior Freestyle Kickboxing Rules and Code of Conduct

1. Kickboxing is a highly effective and practical method of self defense and must only be used when absolutely necessary and then only with the minimum force sufficient to subdue an attacker or stop him or them. You must not attack first unless your life or another life is in danger and there is no other action open to you. **Crimes Act 2004 Section 48 applies.**
2. Respect must be shown at all times to Coach's. Students must address any coach in a respectful manner and never speak whilst the Coach is speaking during a lesson. Bow when leaving the drill lines and entering/exiting the training room. (Dojo). If the training area has mats, no shoes to be worn on the mats. If adjusting a belt, drop to right knee to show you are out of training temporarily. A Coach is anyone designated to operate or assist the session.
3. When training, care must be taken at all times to avoid accidents and you must respect your training partner. Any accident or injury must be the responsibility of the individual concerned, not Warrior Freestyle Kickboxing ltd, its coach, the affiliated associations or the training establishment.
4. In the training area you must never engage in idle chatter, fool about, smoke, Chew Gum or consume any food. NO Smoking Inside or directly outside the venue. Never enter the training area after having consumed alcohol or under the influence of drugs. Always wear correct club uniform or authorized training attire. No Jeans or clothing with zips or buckles. Ensure all training equipment is clean. Ensure feet and hands are clean and nails clipped short. No jewellery must be worn whilst training.
5. Students who wish to compete or grade must be fully paid up members.
6. Belts must be worn at all training sessions for grade identification purposes. (Except students who have not yet graded).
7. All students must conduct themselves in a sportsman-like manner. Bullying either physically or verbally will not be tolerated. Derogatory remarks must not be spoken against any person, or any other Martial Art and proper respect should be given to them at all times.
8. Members must be mindful of body odour and ensure their body and clothing is clean prior to training. If you come from work ensure a body deodorant etc is used prior to training.
9. Members must not participate in any Criminal activity.
10. Children that are left under the guidance and supervision of Warrior Freestyle Kickboxing ltd and Its Instructors are the sole responsibility of the parent or care giver.

Warrior Freestyle Kickboxing Ltd
Contact: Colin Rea
Ph:02102 271 072



Warrior Freestyle Kickboxing Ltd
Contact: Maurice O'Connor
Ph:021 215 0869

Membership Number:

Date:

MEMBERSHIP FORM

First Name: _____ Surname: _____

Home Address: _____

Home Phone: _____ Mobile: _____

Email: _____

Any Health Problems: _____

Any Previous Serious Injuries: _____

Age: _____ Date of Birth: _____

Any Martial Arts Experience: _____

Are You Interested in Competition?	Yes	No	Maybe
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Are You Interested in Grading?	Yes	No	Maybe
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Must be signed by parent or guardian If under age of 16.
I have read and understand the rules & code of conduct as set
out by Warrior Freestyle Kickboxing Ltd.



Signature: _____

Name: _____

