

House rules and rules of conduct

The organization has established house rules and rules of conduct in which at least the following is regulated:

Code of Honor of Martial Arts

“Fighting only happens on the mat or in the ring, and never on the street. The techniques you are taught should only be used in defense of yourself or others. You should never use your fighting techniques against someone who cannot defend themselves. Honor, loyalty and loyalty to the code are more important than any fighting technique, graduation or title.”

Member Code of Conduct

- The use of doping and stimulants is prohibited.
- The use of poorly maintained and/or unsafe materials and aids is prohibited; this applies to the materials and resources of the organization as well as those of the athlete
- There is respect for our partner (and his/her level).
- We are always sporty even if others are not.
- Everyone wears sufficient protective equipment during training to prevent injury and injury.
- The member is obliged to explain his or her state of health, if this has a negative influence on the practice of the sport.
- Jewelry, piercings, etc. that pose a risk of injury to the wearer or others and should not be worn
- Drug possession and drug use in and around the sports complex is not allowed and will immediately lead to a ban.
- Discrimination, name-calling, foul language, harassing, bullying, irritating or hurting anyone is not accepted and may lead to sanctions.
- Fighting only happens on the mat or in the ring, and never on the street. The techniques you are taught should only be used in defense of yourself or others. You should never use your fighting techniques against someone who cannot defend themselves.

Additions are possible in the trend of:

- The use of mobile phone or turning on a mobile phone is prohibited in the rehearsal room and during classes.
- It is strictly forbidden to smoke in the building.
- You must be present at the training at least 5 to 10 minutes before the start.
- We are careful with each other's belongings and those of the accommodation/gym/club.
- You have good physical hygiene such as short and clean nails, fresh breath, etc.
- The athletes are obliged to take out adequate health insurance.
- The use of doping and stimulants is prohibited.
- The use of poorly maintained and/or unsafe materials and aids is prohibited; this

applies to the materials and resources of the organization as well as those of the athlete.

Rules of conduct for the trainer

- respects members, parents/guardians and supervisors
- instills passion for the sport
- is responsible for the training materials
- ensures that the room is empty (on time) of used materials after the training
- sees the added value of using martial arts as a means for the formation of members
- creates a setting of safety and trust in his training
- prevents the use of doping and stimulants
- treat every member the same regardless of origin or level
- pays attention to fair play
- do not use alcohol (nor tobacco) while training members
- ensures that no mobile phone is used during the lessons
- ensures that mobile phones are switched off during lessons
- ensures that the house rules and rules of conduct for the members are complied with.

Rules of conduct for the parents/guardians of the member

The parent:

- is a good supporter and leads by example by respecting everyone
- keeps aloof from the supervision of members by trainers and supervisors
- ensures that son/daughter is on time for a training or a competition
- sees to it that son/daughter unsubscribes in time for a training or competition.
- confronts son/daughter about possible misconduct.