

Light City Martial Arts

Information Sheet

Welcome to Light City Martial Arts! We are so glad you joined our family and hope that you enjoy everytime you enter the building. These are a few things you will need to know to help your experience be awesome!

1. Doors open 15 mins prior to the start of that days first class(Mon/Tue/Thur 5:45pm, Wed 5:30pm, Sat 9am) Teens that arrive more than 15 mins prior to their scheduled start time on Mon, Tue, and Thur must be accompanied by an adult.
2. Absolutely no foul language inside the school.
3. It is mandatory to wear the complete uniform to attend class, and it should be worn at all times.
4. All metal objects, jewelery, and piercings or other such, should be removed prior to class.
5. Dress code for Kickboxing is rashguard or drifit shirt, mma or board shorts, sparring gloves, and shin pads.
6. Dress code for No-Gi is rashguard or drifit shirt, and mma or board shorts(tights under shorts is allowed, but belt loops, pockets, and zippers are prohibited). (no cotton)
7. Dress code for BJJ is a gi with matching top and bottom, and a rashguard or drifit shirt.
8. The uniform must be washed and dried prior to attending the next class. This is important for the health and well being of the other students.
9. Use the restroom before class.
10. When you enter and exit the mat, bow to the training area as a sign of respect.
11. No shoes, food(including gum) or drink on the mat.
12. Classes begin and end with a formal bow to the instructor with the students lined up according to rank, in descending order.
13. If you are late for class, wait by the edge of the mat for permission from the instructor to enter the mat.
14. If you need to leave the mat, or leave class early, ask for permission from the instructor.
15. Footwear must be worn at all times when off the mat.
16. Keep fingernails and toenails short for everyone’s safety.
17. During live training, stay clear of the higher belts while they are training with others. Give them space to train.
18. The belt represents your progress, keep it on.
19. Refer to black belt instructors as “Professor”. Refer to other colored belt instructors as “Coach”.
20. Make sure all your belongings are accounted for and your trash is thrown away prior to leaving the school.
21. Students that are dropped off should be picked up no later than 15 minutes after their class ends.
22. Water is available but sometimes we run out during class. Any kind of donation to help keep the mini fridge full is greatly appreciated.