

YOUR 1ST CLASS

Enter GWMA & Swipe in
for attendance



Change & store
belongings upstairs in
student lounge



Relax in our upstairs
viewing area before your
class



Bow onto the mat and
sit at the home practice
board when you hear the
gong



Listen and focus during
the mat chat. If you have
something you would like
to say put up your hand!



Have a GREAT class! Try
your best! 100% Effort!



End of class...say the
promise/pledge, cheer 3,
2, 1 BLACK BELT then
bow out!



Attend a make up class
or a private on Sat.
for a class missed



Practice @ home before
your next class! Make
sure to take all of your
belongings when you
leave

