

# Kids...The Promise

I will focus my eyes, mind & body to learn and practice.  
I will show respect to everyone in and outside of the Academy.  
I will use my physical skills of the martial arts for self-defense only.  
I will use my positive mental and emotional skills everyday.

# Teens...The Pledge

I believe in constant practice in the Art of Wing Chun will enable me to transcend to a higher mental and physical level.  
I shall show respect for the Art, my Sifu, Sihings and Sidis.  
I will exercise my utmost tolerance and consideration in dealing with people and general matters in and outside of the Academy.

# Rules of the Mat

1. Be on time, in uniform, with proper gear and give 100% (*attitude & discipline*)
2. No jewelry, outside footwear, or foul language (*self-supervised - honesty*)
3. Bow when entering & leaving (*focus*)
4. Bow before & after (*gratitude*)
5. Tell an Instructor before leaving the mat (*courtesy*)
6. No contact unless authorized (*respect & control*)
7. Do not "instruct" another unless asked (*patience & acceptance*)
8. Practice often! When here practice "on the mat" only! Obey posted signs (*leadership*)
9. Accept that this is a long term goal and journey and there will be bumps! (*perseverance*)
10. Memorize (*think*), Fine Tune (*feel*), Be Present (*breathe*)



# TOP 10 STUDENT & PARENT TIPS

1. Keep on a regular schedule and make up any missed classes.
2. Encourage your child/children to learn & follow Academy protocol and practice Martial Arts manners.
3. Parents...be a good example!
4. Be a good finder and praise the slightest progress. Watching classes dramatically helps. Remember that any progress keeps a student's interest at a high level.
5. Always support the Instructors decisions on Stripe and Belt promotions as they always have the student's best interest in mind.
6. Always be optimistic and encouraging even in times of frustration and boredom because in any long term goal this will most likely happen.
7. Keep good communications with instructors regarding issues both in and outside of the Academy.
8. Attend special events, promotions, demonstrations etc. They help keep a student's interest high and gives them a Vision of their goals.
9. Take the time to learn the students "Promise" (kids), "Pledge" (teens) and help to explain what it means, as well as the weekly topics in our "Mat Chats".
10. Be a VIP, a Very Involved Parent! A Great Way is to start Martial Arts Classes for yourself and lead by example.

•Help keep them motivated with books, movies & community events. E.g. *The Karate Kid, Kung Fu Panda, Mulan, Dragon "the Bruce Lee Story", any books or movies about or with Jet Li, Jackie Chan, Bruce Lee, Cynthia Rothrock, Michelle Yeoh or Chuck Norris. Please check for Parental Guidance suggestions.*

