Chinese Kung Fu & Tai Chi Academy And FitLife Martial Arts Code of Conduct

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1. Objectives

FitLife Martial Arts (to be referred to as FLMA in this document) and the Chinese Kung Fu & Tai Chi Academy (to be referred to as the CKFA in this document) and its branches have as its key objectives:

1.1 Providing instruction in a safe environment in the martial arts of Henry Sue's Circular Preying Mantis Kung Fu (Tong Long Yuen Mo Pai), Tai Chi (Yang, Sun, and Chen styles), Tai Chi-Ezi, Qigong, Self Defence Movements, and any associated activities. Providing instruction in a safe environment in the martial arts of Xing Yi Quan, Bagua Zhang, Stretch Therapy™, SteelBody Qigong™, Monkey Gym, and Filipino martial arts.

1.2 Developing the mental and physical tools for improving personal safety and security.

1.3 Promotion of good health, longevity, and vitality.

1.4 Development of positive self-esteem and self-confidence.

1.5 Development of a person as a positive role model in the community.

1.6 Creating expertise in confrontation management.

1.7 Pro-active crime prevention through increased awareness and positive attitudes.

1.8 Developing healthy community attitudes and values.

All persons participating in a class, course, seminar, competition, training camps, or tours conducted by CKFA or FLMA must agree to be bound by this Code of Conduct. The CKFA/FLMA reserves the right to make amendments or additions to this Code of Conduct at any time.

2. Participant Understanding

Tong Long Yuen Mo Pai is a contact martial art. This means it involves physical contact with one or more other practitioners in ways designed to simulate as closely as possible the self-defence options available to a practitioner when confronted with physical aggression and/or threatening behaviour. Our Tai Chi classes also involve physical contact and self defence options in our teachings. As in any other physically demanding recreational activity, there is always a risk of injury. Any person participating in a class conducted by CKFA does so with the full understanding that whilst it is the policy of CKFA to minimise this risk, the nature of

contact and physical activity prevents its total elimination. **Persons participating in a class conducted by CKFA or FLMA do so of their own volition and at their own risk.**

3. Instructor Qualifications

3.1 All unsupervised Instructors have the necessary knowledge requirements as established by the administration committees of the CKFA and FLMA.

3.2 All unsupervised Instructors must have either a current National Coaching Accreditation Scheme (NCAS) accreditation or National Martial Arts Instructor Accreditation Scheme (NIAS) accreditation.

3.3 All unsupervised Instructors are bound by the **"Instructors Code of Ethics"** of the Martial Arts Industry Association.

3.4 All unsupervised Instructors must have current WorkCover approved Senior First Aid certification.

3.5 All unsupervised Instructors must have in place appropriate and separate public liability and professional indemnity insurance.

3.6 All Instructors will be bound by this Code of Conduct and the National Code of Practise for Martial Arts Instructors.

3.7 It is the responsibility of the instructors to maintain and update their accreditation, Blue Card, and Senior First Aid certification.

3.8 As an instructor of the CKFA or FLMA you indemnify the CKFA/FLMA of any liability and responsibility and accept sole responsibility for your actions.

4. Safety

4.1 Instructors will ensure that the training area is clear of any dangerous and/or sharp objects that may provide a risk of injury.

4.2 Instructors and students will regularly inspect the condition of any weapons used in training. Any weapon that poses a danger due to poor condition must not be used.

4.3 Instructors will have access at all times to a fully equipped first aid kit. The kit will be of the minimum standard of a St Johns Industrial First Aid Kit or equivalent.

4.4 Persons must not wear jewellery (including facial piercings) or watches during training. Glasses may be worn during non-contact training, such as pad work, forms and single hand techniques, where there is no risk of injury to self or others at the students own risk.

4.5 All persons participating in training agree to maintain self-control at all times and maintain all care in the application of any technique.

4.6 Any person who, in training, exhibits behaviour that, in the judgement of the Instructor, is a danger to other participants, shall not be allowed to continue training until the Instructor determines the danger is no longer present.

4.7 **As this is a contact martial art**, it is imperative that students and Instructors do not lose focus and concentration during training. At no time are they to allow themselves to become distracted by not participating with full devotion. The student must give his or her full attention to all instructions.

5. Training Area Etiquette

5.1 Students will salute in the appropriate manner upon entering the Training Area when seeing another practitioner.

5.2 All students must address the head instructor as Sifu (teacher/father of the art)

5.3 All students must address the head instructor's wife as Simo (teacher's wife).

5.4 All students must address the instructors as Sihing (older brother) or Sijair (older sister).

5.5 Anyone that has been training longer than you should also be addressed appropriately as Sihing and Sijair.

5.6 Uniforms are to be clean and tidy, with shirts tucked in at all times.

5.7 Shoes, preferably black, are worn at all times when training in the CKFA systems of Tong Long Yuen Mo Pai and Tai Chi.

5.8 Students must be punctual, preferably early, so that they are ready to train when class commences. If arriving late, a person must use the appropriate salute at the side of the Training Area before warming up and beginning their training.
5.9 Students must not chew gum whilst training.
5.10 Food and/or drink (including water) must not be consumed whilst on the training area.
5.11 No swearing, spitting, or unnecessary talk in the training hall.
5.12 Do not blatantly yawn during class. This is very disrespectful to your teachers.
5.13 All students should train with passion and commitment. Do not lean on the wall, stand with arms folded, watch other classes, or look out the window whilst training.
5.14 Students should not talk, joke, or instruct other students during training.
5.15 Mobile phones must be turned off during training. Mobile phones inadvertently left on during training may not be answered. Any person who is "on-call" for work or has a family issue, may seek approval from the instructor prior to the commencement of class to leave his or her mobile phone on.
5.16 Show courtesy and contact the Instructor if you cannot make the class, especially if you are a Blue Belt and above.
5.17 Instructors, students, parents, and spectators must be respectful and courteous to each other.

6. Training Area Ethics

6.1 Instructors and students must always be courteous and helpful to each other.
6.2 Physical contact between persons who are training must be appropriate to the situation and necessary for the skill development of those persons. Ask permission to touch someone else while training, especially in teaching and corrections.
6.3 Do not bully or overpower other practitioners.
6.4 Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behaviour, will not be tolerated. Instructors/students will be stopped from training immediately. Incidence of such harassment will be passed onto the appropriate authorities.
6.5 Any form of discrimination based on sex, ethnic origin, language, colour, or other form of differentiation will not be tolerated. Instructors/students will be stopped from training immediately. Incidence of such harassment will be passed onto the appropriate authorities.
6.6 Whilst training at the CKFA/FLMA all students, instructors, and parents must respect the teachers and the knowledge taught at the CKFA/FLMA and should not engage in activities, conversations, or associations that are considered by the CKFA or FLMA as a conflict of interest.
6.7 Instructors and students will not practice martial arts, other than those taught by the CKFA, within the training hall or training area. Do not bad mouth or put down other martial arts whilst training.
6.8 To train in any class delivered by the CKFA your training fees must be paid and current before the class begins. Please stop at the front desk to have your fees and attendance recorded at every lesson.

7. Uniforms & Training Equipment

All Persons must wear the following approved clothing during all training sessions:

7.1 Pants: Black Kung Fu pants with or without elasticised ankles and with the CKFA logo on the pants. Other types of long black pants may be acceptable only if approved by the instructor. Lycra shorts or tights are not permitted.
7.2 Shirts: The appropriate club shirt for Kung Fu, Tai Chi, Teen Mantis, Young Mantis, or Mini Mantis is to be worn. Each student must bring two shirts to class should the first shirt become too wet from perspiration. A dry shirt is recommended to wear home after training.
7.3 Shoes: Soft soled joggers, martial arts footwear, Kung Fu slippers, Five Finger shoes are acceptable. Training in bare feet is unacceptable. Instructors must wear black shoes.

7.4 Sashes: Graded students must wear their sash. The sash must be tied on your left hip.
7.5 All clothing must be free of all logos or markings unless the logo is that of the CKFA or FLMA.
7.6 Instructors should wear their appropriate CKFA instructor level shirts.
7.7 Students and Instructors that are inappropriately attired will not be allowed to train.
7.8 All uniforms and training attire is to be purchased by the participant.
7.9 In addition to the general uniform requirements, practitioners must bring a towel and filled water bottle to each training session. Bring your own handpads to training in the required classes.
7.10 Do not swear, smoke, drink, or conduct other inappropriate behaviour whist wearing your training uniform anywhere.

8. Sparring requirements

8.1 Students participating in CKFA sparring activity may purchase and wear an approved mouth guard and bring this mouth guard to every training session. In our CKFA Kung Fu system participation without a mouth guard and other protective gear is common. If you decide to follow this system you accept sole responsibility for any injuries sustained whilst training.
8.2 As our sparring drills are a regular conditioning activity, persons are encouraged to start soft and slow and then begin to increase the intensity under the close supervision of your instructors. All students and instructors are to maintain a vigilant watch on this progression of intensity.
8.3 All students participating in sparring do so in the spirit of 'fair play' and friendship, and should not do so with the intent of harm or untoward acts upon the opposing student.
8.4 Any student participating in these sparring routines agrees to maintain self-control at all times and maintain all care in the application of any technique.
8.5 Safety eyewear must be worn when using weapons.

9. Sickness or Injury

9.1 Students must not train if they are suffering from the flu or other viral infection that may be passed on to other persons.
9.2 At every lesson students must advise the Instructor if suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training. Some examples of this may include blood pressure problems and cardiac disorders, neck and back injuries, diabetes, asthma, hand injuries, and pregnancy.
9.3 If requested by the Instructor, persons with the above or like conditions must show this Code of Conduct to their physician and secure a medical certificate clearly stating that the person is able to participate in classes conducted by the CKFA/FLMA and whether there are any restrictions or conditions applicable.

10. Other Health Issues

10.1 Persons must not attend training under the influence of alcohol or illegal drugs.
10.2 Smoking is not allowed in the Training Area or surrounding area, where training is being conducted. Do not smoke before entering the Training Area.
10.3 Students training must give proper attention to personal hygiene and exhibit clean grooming; and ensure that fingernails are trimmed and clean.
10.4 Long hair is tied back at all times.
10.5 Students with a cut or bleeding injury must cease training immediately and receive appropriate first aid. Rejoining the training session will not be allowed until the instructor has deemed that is safe to do so.
10.6 Students administering first aid to a person suffering a cut or bleeding injury must wear protective gloves.
10.7 Female participants must notify the Instructor of pregnancy, as this may preclude participation (for safety reasons) of some training techniques or routines.
10.8 If suffering a headache, students may get their own medication from the First Aid kit.

10.9 All injuries and incidents are to be recorded in the appropriate logbook.

11. Grading Conditions

11.1 Opportunity to grade under the CKFA syllabus occurs throughout the calendar year. A person may only grade at these times subject to the final determination of the instructor.
11.2 The Sifu determines the grading dates.
11.3 Students must be a current financial Member of the CKFA. Training fees must be paid up to date before sitting for your grading.
11.4 Membership to the CKFA requires a person to agree to be bound by this Code of Conduct.
11.5 Grading fees must be paid prior to the grading.
11.6 In assessing a person's readiness to grade, the Instructor takes into consideration such factors as consistency of attendance, attitude, focus and attention during training sessions, as much as a person's knowledge of the CKFA syllabus to the point he or she wishes to grade.
11.7 Instructors sitting for the Master Level grading (Red Sash Level 1) will be required to sit a two part grading. Part one consists of an 'interview' with 2 or more current Masters. Part two is the physical grading set before a panel of 3 or more current Masters.
11.8 The CKFA reserves the right to revoke the grading of any person who breaches this Code of Conduct.

12. Conditions of Understanding

12.1 The CKFA reserves the right to revoke the grading and membership of any student who breaches this Code of Conduct or is convicted of any criminal offence.
12.2 Tuition fees are paid in advance of your lessons.
12.3 All students participating in a class, course, seminar, competition, training camps, or tours conducted by the CKFA/FLMA must agree to be bound by this Code of Conduct. The CKFA/FLMA reserves the right to make amendments or additions to this Code of Conduct at any time. Notices of change may be posted on the notice board, emailed or mailed to current students and Instructors.

I have read or had read to me, and understood the above CKFA/FLMA Code of Conduct. Where I have not understood I have sought clarification to come to an understanding of the CKFA/FLMA Code of Conduct requirements.

Executed as a Deed this **day of** **20**

Signed sealed and delivered **)**
)
by…….. **)** …… Signature
(or Parent/Guardian if U 18yrs) **)**

In the presence of ……. Witness

Executed by the CKFA/FLMA **)**
Being signed by those persons **)**
who are authorised to sign for **)**
the company. **)** …… Signature

……

……....
Full name and address