



Rules Of Mugendo Sligo



Dojo Etiquette

1. Bow on entering and leaving the Dojo gym.
2. Register with the instructor nightly and comply with insurance regulations.
3. Remove all jewellery (Plain wedding band excepted)
4. Wear the correct Mugendo suit.
5. Long hair must be tied back. Finger and toe nails must be short and clean.
6. No liability for personal items lost in the gym.
7. Mark your equipment with your full name.
8. No shoes allowed on the mats in the Dojo.
9. No wearing hats, chewing gum or swearing is allowed in the Dojo.
10. Inform an instructor if you will be absent from training for more than 2 weeks.
11. Consult your instructor with any queries about training, katas or techniques.
12. Report any illness or injury to your instructor that may affect your training.
13. Report any injuries sustained while training.
14. Adhere and maintain discipline of your Martial Arts training outside the club as outlined by your instructors.
15. Mobile phones are to be switched off when entering the Dojo.
16. Hard contact while sparring is to be reported to your instructor.
17. Keep your licence safe.
18. In the interest of safety all junior members must wait in the hallway until collected by parents or guardians. Please ensure children are collected promptly after training. Please inform instructors if someone else is collecting them.
19. Please adhere to all Covid regulations when attending the club.

Sensei Michael McDermott