



Academy of Arms Orientation Info

WHAT TO WEAR

- Please remove all jewelry, watches etc. before coming to class. Avoid tight-fitting clothes that restrict your movement and choose fabrics that breathe. Long hair should be tied back to prevent snagging in the gear. Avoid black-soled shoes or any shoes that will scuff the floor. Shoes should be stable (no heels) and have enough traction to avoid slipping, but not so much traction that it's difficult to pivot. Additional safety gear may be required depending on the activity but it's always wise for men to wear a cup.

FOOD AND DRINK

- Bring water to every class and make a habit of drinking during the break. Water bottles are allowed on the studio floor. However, if you want to drink a soda or eat a snack, you should do so off the studio floor.

HOW TO BEHAVE

- Safety first. This isn't a medieval fight club; we're here to learn an *art*. All students are to cease action when they hear a safety call of "HOLD", and are not to continue until they hear "RESUME".
- Safety requires alertness and judgment. Do not participate in class if you are sleepy or under the influence of any substance that affects your alertness and judgment. Do not participate if you have an injury that could be exacerbated or could compromise your control. You are, however, encouraged to attend and *observe* even if you are unable to participate due to injury.
- Classes start on time. Please *email* your instructor in advance if you intend to be absent. If on occasion you are unexpectedly delayed at work or caught in gridlock, please attend even if you will be late. It's better to attend part of the class than none at all.
- If you are expecting an important call, you can keep a cell phone on your person as long as it's in vibrate mode. Unless it's an emergency, return calls during the breaks, not during class. However, the instructor will always keep a cell phone in ring mode in case a student or visitor is trying to reach the school.
- Do not talk while your instructor is speaking. Show respect for your instructor, fellow students and your weapons at all times.
- Be certain that you have weapon parity with your training partner. Wood against wood, aluminum against aluminum etc.
- Keep your hands and fingers off the mirrors along the edge of the studio. Give the mirrors and the overhead lights a wide berth with your weapons.
- Any time you are at the school or on the training field, avoid discussing controversial topics such as politics and religion, and focus on our common passion; swordsmanship!
- During class, avoid all conversation not directly related to the technique being taught.
- Please avoid practicing other martial art forms during class.
- Classes will open and end with a sword salute. Also, whenever you first start a weapon drill with a new partner or with an instructor, you should salute each other. It is not necessary to salute again if working with the same person later.
- You are encouraged to bring visitors to class. If they elect to participate, be sure they sign the liability waiver that our insurer requires of all students and visitors. Please remember that all participants must be 18 years of age or older.
- Please log into the student forum at least once a week. It is the central communications center for the school.
- Try to attend as many Saturday practices as possible. You are also expected to practice outside of class. Take the material seriously. Whether martial arts are new to you, or you already have a Black Belt in another discipline, you must show progress over time. Please speak to the instructor if you feel something is slowing your progress.