



Shido-kan Shorin Ryu Karate
at
The CLC @ Birmingham First



Rules The Abbreviated Version

Listen

Pay attention to what you are being told by your instructors. This insures that you understand what to do, how to do it and when to do it. It is one way to keep everyone safe. You can't listen if you are talking!

Be Aware

Always be aware of who and what is around you. You should look and see other people, walls, mirrors, and things on the floor. You should know what activities are happening around you. This keeps you safe

Do Your Best

None of us is perfect. We know that! We only ask that you do the best you can do and to try to do everything. If you listen and practice, you will always be getting better.

Do Not Touch Others

Exactly. No hitting, kicking, pushing or throwing. No elbows, head butts, or slaps. This is the fastest way to get thrown out of class! It is okay to make contact when you are told to do it, under the supervision of an instructor. When you are taught how to do certain things, you will have an opportunity to work as partners. Until then, do not touch!