

NAKMAS CODE OF CONDUCT FOR YOUNG STUDENTS



- I will have fun, act in a safe manner and encourage everyone around me to do the same
- I will always respect those around me including other students, opponents, instructors, officials and parents
- I will be honest and be fair in everything I do and never deliberately be dishonest
- I will accept instructors' and officials' decisions without question or complaint
- I will arrive for training and other events on time and will inform someone if I am unable to attend or will be late
- I will listen carefully when spoken to and act as directed where appropriate
- I will make sure I have my correct uniform with me and will look after it to the best of my ability. This includes suit, belt and pads
- I will make sure my hair is off my face, my finger and toenails are short and I have no jewellery on during training or other events
- I will never upset those around me or keep quiet if someone else is being upset
- I will congratulate all students on their performance regardless of the fight or grading outcome
- I will give other students a hand if they need it and accept apologies from them if they are offered
- I will always do my best and give 100% effort in whatever I do
- As a young person taking part in martial arts I recognise that I am an ambassador for my discipline and others taking part in martial arts
- I will never post any photos or words on a social network site which could put myself in danger, or embarrass myself, my family, my club or anyone in martial arts.
- I will never use my martial arts outside the training environment except for the defence of myself, family or friends in the instance of extreme danger or unprovoked attack.