

Muay Thai Kickboxing Gym Rules

Inside the Gym

1. **Welcome Everyone**

We welcome everyone into our gym and encourage you to leave your ego at the door. Come prepared to learn and grow as both a martial artist and person.

2. **Self-Control**

Exercise self-control at all times, both on and off the mat. Losing your temper is never acceptable.

3. **Punctuality**

Always aim to arrive early with an open mind. If you are late, please ask the coach where to join.

4. **Phone Etiquette**

Refrain from using your phone during class. If you need to take a call, please step off the mat.

5. **Respect and Cleanliness**

This is your gym. Help keep it clean, including the facility and parking lot. Respect others' beliefs and opinions by avoiding conversations about politics or religion inside the gym.

6. **Equipment**

Do not touch equipment on the mat without permission. If you have an issue on the mat, report it to a coach immediately.

7. **Required Equipment for Class**

- Academy T-Shirt
- Boxing Gloves, Shin Guards, Headgear
- Mouthpiece
- Groin Protection (required for gentlemen, though it will not be checked)
- Please maintain clean gear. If it has an odor, it may be time for a replacement.

8. **Personal Hygiene**

- Keep fingernails and toenails trimmed.
- Wear flip-flops or shoes when going to the restroom.
- Stay home if you are sick.

9. **No Jewelry**

For safety, please remove all jewelry when training on the mat.



10. Moral Character

Your actions outside the gym reflect our Academy's character. You are an ambassador of our school; act appropriately and with good manners at all times.

On the Mat

1. Mat Etiquette

Bow on and off the mat. Line up according to rank, and wear your sash to class.

2. Focus During Instruction

Do not talk while the instructor is leading warm-ups or teaching techniques. Listen intently, and raise your hand if you have questions.

3. Spatial Awareness

Be mindful of others around you to avoid running into others while training.

4. Sparring Etiquette

- Lower ranks should yield to higher ranks during sparring.
- Sparring is for skill development, not fighting. Maintain light, controlled contact and prioritize protecting your partner. Use your words if your partner's intensity is too high; if issues persist, notify a coach.

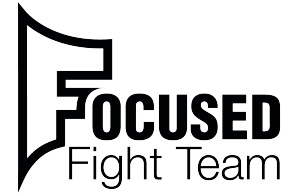
5. Controlled Contact

All contact should be light and controlled. Legal target areas include:

- **Punches:** Allowed to the head and body, but not to the back of the head or spine.
- **Kicks:** Allowed to the body, inside and outside of the legs (above the knee), and light contact to the head. No kicks directly to the knee or below the waistline. Front, side, and spinning side kicks are permitted above the waistline.
- **Knees:** Allowed to the body and legs (above the knee); knees to the head are not permitted.
- **Clinching:** Students may clinch in sparring and use knees above the opponent's knee level. Pushing, pulling, and twisting are allowed to set up strikes.

6. Prohibited Techniques

- **Head Control:** Do not pull an opponent's head down past the hip to apply a knee strike.
- **Sweeps and Throws:** Only allowed with a coach's permission and presence.
- **Groin Strikes:** No strikes to the groin area.



7. Injury Protocol

If an injury occurs, notify an instructor immediately. Coaches will determine the appropriate level of contact during sparring and sparring drills to maintain safety.

Conclusion

These guidelines are designed to ensure safety and foster a positive environment for all students. Enjoy your training journey, take care of each other, and remember that you are part of an extended family.