

# **Fist and Foot Martial Arts**

## **Student *Expectations***

Students are to arrive at the facility about 5-10mins early, be in uniform, including hat and belt, and ready to begin class on time.

Students are to come onto the dojang floor and stretch out for a few minutes before class, no need to ask.

Students are to put their shoes and gear onto the dojang floor along the “window wall”.

Students are to have a water-bottle alongside their gear.

Thank You, Sensei Alex