Prof. Bob Karnes / Prof. Alicia Karnes Golden Sage Martial Arts <u>www.bobasan.net</u> 5-3-2024

Why there are rules and protocol required to learn the martial arts

As in other potentially dangerous activities like shooting at a firing range or even just driving a motor vehicle and taking martial art classes the following is required for the safety for you and others. PBK

At a firing range

Safety first!

The Range Master is in charge and responsible for the safety of the firing range. Every member must have their weapons in good condition and maintain safe control of them.

Be aware of your surroundings.

No impaired person will be allowed on the range.

Maintain a calm aware attitude and be courteous to others.

Driving a motor vehicle

Same as above and

You are the master in care and control of your vehicle.

You must maintain your vehicle's safe operation.

You must maintain a distraction free environment.

Martial Arts Classes

Same as above and

Sensei or their designate Sempai is in care and control of what and how the arts are taught and practiced.

Each student is personally responsible for notifying the instructors of any concern over their safety or their partners' safety.

Each student will report any injuries immediately to an instructor.

You are never all that! Your art and school are one of very many. You will never know it all!

As a student or as a teacher be humble and soft spoken while encouraging others and yourself to continuously create and explore. (Thanks, PHL) You will slow with age and pay for the injuries along the way.

Bowing, turn signals and the military salute Propper Bowing

Intention and awareness are demonstrated with a bow. Talk less on the mat! Look, listen and absorb the moment. This will catch the attention of other more skillful teachers and you will receive more to learn and to practice as you are a serious student showing self-respect and respect for all others.

Turn signals

Intention and awareness. More than just showing where you want to go, you show that you care, and you are responsible and respectable.

Military Salute

A Salute shows that I know we are all in this together and everyone matters. It is my opportunity to thank you for your dedication.