



TACTICAL SURVIVAL KRAV MAGA ACADEMY

Code of Conduct

All students participating in a class, membership, workshop or course conducted by TSKM must agree to be bound by this Code of Conduct. TSKM reserves the right to remove anyone and revoke the membership or grading of any student who fails to comply with this Code of Conduct without refund. The TSKM Code of Conduct is subject to change.

A. Participant Understanding

Krav Maga is a close combat self-defence system, meaning it involves physical contact with one or more other practitioners in ways designed to simulate as closely as possible the self-defence options available to a practitioner when confronted with physical aggression and/or threatening behaviour. As in any other physically demanding recreational activity, there is always a risk of injury. Any student participating in a class conducted by TSKM does so with the full understanding that whilst it is the policy of TSKM to minimize this risk, the nature of contact physical activity prevents its total elimination. Students participating in a class conducted by TSKM do so of their own volition and at their own risk.

B. Safety

All TSKM students are expected to:

1. Demonstrate self-control and respect at all times and maintain all care in the application of any technique. Any student, who, in training, exhibits behaviour that, in the judgment of the instructor, is a danger to other participants, shall not be allowed to continue training until the instructor determines the danger is no longer present.
2. Purchase an approved mouth guard, groin guard, boxing hand wraps and bring it to every training session.
3. Not wear jewelry, watches, necklaces, rings and earrings during training. If they cannot be removed, they must be securely taped over.
4. Not chew gum whilst training.

C. Etiquette

All TSKM students are expected to:

1. Commit to the membership they have chosen and attend classes. Membership cannot be extended into next term unless you were injured in class or cannot attend due to some unforeseen circumstance such as an emergency, sickness or death in the family.
2. Communicate to the instructor via text or email if they cannot make their regular class. (If classes are not used up during the term it cannot be refunded. If instructor is unable to run a class for whatever reason, it will be rescheduled.)
3. Be punctual. Arrive 5-10 minutes before the start of the session, so that they are ready to train when class commences. (If arriving late, wait at the side of the room until the instructor indicates that a student may join in.)
4. Turn off mobile phones during training, as phones are not to be answered during training for safety and courtesy. (Student who is "on-call" for work may seek approval from the instructor to leave phone on.)
5. Not consume food and/or drink (water is ok) whilst in the training area.
6. Not attend training under the influence of alcohol or illegal drugs.
7. Not smoking in the Training Area.

D. Ethics

All TSKM students are expected to:

1. Adhere to a healthy club culture: Be humble. Be teachable. Be disciplined. No egos, no posers, no 'tough guys', no unwarranted showmanship, no over-confidence (which can get you killed on the streets). You are not here to prove yourself better than others. Remember, Krav Maga is non-competitive. You are here to learn to survive and become the best you can be.
2. Be courteous and helpful to each other, showing the utmost respect to all instructors, assistants, visitors and guests.
3. Not act in a disrespectful or undisciplined way that could create a negative club culture, or bring the club into disrepute.
4. Use only appropriate physical contact according to the training situation and necessary for skill development.
5. Not behave in any way that can be interpreted as sexual harassment (defined as being where a student is subjected to unwanted/uninvited physical contact or sexual behavior).
6. Not behave in any way that can be interpreted as discrimination or bullying based on sexuality, ethnicity, language, colour, or other forms of differentiation. It is also strictly not a place for religion, proselytizing or politics.

E. Presentation

All TSKM students are expected to:

1. Display a high level of personal hygiene during every class, course, grading, or other related TSKM event.
2. Give proper attention to hygiene and exhibit clean grooming, wear anti-perspirant deodorant and ensuring that fingernails and toenails are trimmed and clean.
3. Wear clean clothes during all training sessions. Students inappropriately attired will not be allowed to train.
4. Pants: Tracksuit pants, sport shorts, cargos pants, loose fitting pants, sports leggings are allowed.
5. Tops: T-Shirt for Level 1 (TSKM shirt for Level 2+). Each student must bring extra top to class should the first top become too wet from perspiration.
8. Shoes: Clean sport shoes, runners or cross trainers are best. No steel cap work boots.
6. Keep themselves dry and hydrated: Bring a towel and filled water bottle to each training session.
7. Keep all personal protective equipment clean, dry and free of odours and smells.

F. Sickness or Injury

All TSKM students are expected to:

1. Not train if they are suffering from the cold, flu, throat or other viral infection.
2. Tell the instructor if suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training. (e.g. blood pressure problems, cardiac disorders, neck and back injuries, diabetes, asthma, potentially infectious diseases)
3. If requested by the instructor, secure a medical certificate clearly stating that the student is able to participate in classes conducted by TSKM, and whether there are any restrictions or conditions applicable.
4. Stop training immediately if suffering a cut or bleeding injury and receive first aid. Rejoining the training session will not be allowed until the instructor has deemed that is safe to do so.
5. Wear protective gloves if administering first aid to anyone suffering a cut or bleeding injury.

G. Krav Maga 'Sparring'/Full Contact Combative Practice (Level 2 onwards)

All TSKM students are expected to:

1. Purchase a set of boxing mitts of an approved 16oz size, head guard with grill, shin guard, forearm guards, chest guard for sparring.
2. Wear their protective equipment at all times while sparring. If they have not purchased the correct protective equipment or forgot to bring it with them, they will not be able to practice.
3. Wear an extra clean shirt when using the TSKM club's body-armour vests during sparring.
4. Demonstrate control and respect at all times. All contact must be under total control.

H. Grading

All TSKM students are reminded that:

1. Grading days are offered at the Head Instructor's discretion. Instructors can put a student's name forward to the Head Instructor, and the head instructor will decide whether a student is ready for grading or not. This decision is made through careful observation and consideration over several weeks. Sometimes, TSKM will invite students to show an initial interest in grading. TSKM will then let the student know whether they are ready or not.
2. To pass a grade a student must demonstrate full competence in the grading level and show good understanding/memory of all techniques, mind set, physical accuracy, and mental control.
3. In assessing a student, the instructor also takes into consideration such factors as consistency of attendance, attitude, humility, cooperation, commitment, focus and attention during training sessions, as much as a student's knowledge of the Krav Maga syllabus to the level he or she wishes to grade
4. To secure grading a student must be a current financial member of TSKM and have been attending training sessions/courses on a regular basis for a full term or longer.
5. Grading fees must be paid before grading.
6. Grading students are expected to assist in the Grading Examination where required.
7. The decision of the instructor/director is final and to be respected.
8. If not successful in grading, we encourage students to not give up and continue training on regular basis until the next grading, working on areas that need work while offering support and encouragement to others who have been successful.

I. Responsibility

All TSKM students are reminded that:

1. They are not use the skills they are taught against any person, except for the defense of themselves, their family friends or innocent bystanders in the instance of extreme danger or unprovoked attack, or in the support of NZ legislative law and order. Any student found to be terrorizing, bullying or harassing any student or members of the public, faces immediate expulsion from the club.
2. The instructors are not obliged to teach any student that does not show the expected level of respect, attitude or commitment.
3. Failure to comply with this Code of Conduct can result in the full expulsion without refund or compensation.