

X3 SPORTS MUAY THAI

ETIQUETTE



- Bow to your instructor as a sign of respect:
 - when entering the training area.
 - when exiting the training area.
- Students must:
 - be on time for class and ready.
 - obtain instructor approval to join class if you arrive late.
- Be respectful during class:
 - No foul language.
 - Only appropriately ranked students may provide instructions.
 - Refrain from training if you are sick.
- Items not permitted inside the training area:
 - metal jewelry (such as rings, piercings, necklaces).
 - cellphones, shoes, food or drink.
- When outside the training area, always wear shoes or flip-flops.
- The instructor/teacher has final say on ranking, testing and sparring.
- Remain silent when your instructor is speaking to you or other students.
- At the end of class, all students must line up for instructor comments and dismissal.
- Keep hands and feet manicured for everyone's safety.
- Keep your uniform clean at all times.
- All students are required to have the proper gear:
 - Ranking Kruang.
 - 16 oz. gloves, shin pads, mouth guard & head gear.
 - Muay Thai shorts.
 - Head gear when training without instructor supervision.
- All students should aid in cleaning mats and equipment:
 - Thai gear (gloves, mitts, shin guards, etc.) must be stored away in designated area.
 - All equipment (mitts, Thai pads, etc.) must be cleaned and stored in proper area after use.