



Studio Rules

For Studio C & Studio B – All Instructors, Students & Guests

- All Students working out in the School for Insurance Reasons **MUST** fill out a Pil-Sung Waiver, regardless of which program you are with and which class you are taking.
- **NO outside shoes** on the work out floors. Thin-soled shoes that are worn inside only are permitted, or barefoot. Shoe racks are available in the entrance way, or shoes may be kept in the changing rooms. When walking to changing rooms and bathrooms, please stick to the outside perimeter walking areas or remove your shoes. In addition all students must arrive to the studio wearing shoes, and put shoes on if going outside and coming back in. Students will not be allowed on the workout floors if arriving barefoot from outside.
- Please keep the seating areas neat for spectators. Students may place their belongings (coats, bags, etc.) in the changing rooms. Equipment used frequently during class may be kept on the work out floor off to the side. Students should not keep their equipment and clothes on the chairs intended for guests and spectators.
- The work out floor is only for students who are participating in class. No spectators, guests or non-student children should be on the workout floors at anytime.
- Please ask your instructor before using any equipment. If you use something, please make sure it returns to where it came from, in the same condition that it left. Please do not kick or punch the punching bags when they are against the walls, pull them out away from the wall before using. **NO Children** are to use the stretching machines, or climb on the punching bags &/or equipment.
- We have many different programs currently sharing our facility. Each has its own equipment and training materials. Please respect the other instructors and students by not touching equipment that is not yours. Many items are being kept in the changing rooms to save space on the work out floor. If it is not yours and your instructor does not give you permission, please do not touch it. It is the same as you would not want others touching your equipment.
- **PLEASE KEEP NOISE TO A MINIMUM.** Students working out and taking classes need all of their focus on what they are doing, please do not distract them. The only noise in the school should come from the instructors and/or students in class. Please keep this in mind when arriving early for your class and while packing up after your class.
- Please keep the school, changing rooms and bathrooms neat and clean. If you make a mess please clean it up.
- No Roughhousing! At no times should there be any students running around or “roughhousing” in the studios. Activities conducted by instructors requiring running or similar activities should still be handled in a safe manner, refraining from contact with the walls, mirrors and other fixtures of the studios.
- Lastly, our school is very different from many martial art schools; we house many different programs, of very different and distinct styles. Here at Pil-Sung we recognize that all martial arts come from the same family and the same basic philosophies regardless of their origin countries, and regardless of the differences in style. Within these walls I ask that everyone always keeps an open mind, and **leave their ego at the door**. Please respect the instructors and students whom participate in the programs other than your own as equals and martial arts seeking the same goals you are. Hopefully with an open mind, we can except the beauty of all martial arts, especially in their differences and perhaps be open to learn even more from martial arts than we originally intended.