



Student Expectations

- ❖ Student Statement
 - "I will develop myself in a positive manner and use what I learn in class constructively and defensively. And I will show modesty, courtesy, integrity, perseverance, self-control, integrity, and indomitable spirit."
 - Students are expected to learn and exemplify the student statement inside the dojo, at home, and at school.

- ❖ Before their class, students are expected to wait patiently in the lounge for class to begin.

- ❖ Students are not permitted to use the equipment or secondary training area without permission.

- ❖ After their class, students are to wait patiently in the lounge—not outside the dojo—for pick-up.

- ❖ Homework
 - Students are expected to complete the POWERful Word homework each month. Students who turn in the assignment will receive a star for the uniform and a special game time at the end of the month. Make-up chores will be designated to those who do not attempt the work.
 - The homework (as well as monthly newsletter and curricula) can be accessed from the "Log in to MyTeamPlusOne" link at the lower left corner of the [teamplusone.com](http://www.teamplusone.com) homepage (<http://www.teamplusone.com/home/myteamplusone/>). See staff for password.

Required Equipment/Uniforms (regardless of time of year)

Class	Day & Time	Must Wear	Must Bring
Brazilian JiuJitsu	Mon 4:45 & 5:30 Thurs 6:00	*Gi *Groin cup	*Mouthguard *Mouthguard Case
Kung-Fu/Karate	Tues 4:30 & 5:15 Wed 4:00 & 4:45 Fri 3:15 Sat 9:15 & 10:00	*Uniform Pants *Uniform Top or Plus One T-Shirt *Belt (when earned) *Groin Cup	*Mouthguard *Mouthguard Case
Muay Thai	Mon 5:30 Thurs 4:30 & 5:15 Fri 6:30	*Shorts or Uniform Pants *Shirt *Groin Cup	*6 or 12 oz. Boxing Gloves *Headgear *Shin Guards *Mouthguard *Mouthguard Case

- Equipment is necessary for a full martial arts experience and is required for the safety and health of the participant and his or her classmates.
- All required equipment/uniforms are available to purchase or order at the Plus One Pro Shop.
- Students are expected to maintain their uniforms and equipment to ensure hygiene standards. Uniforms and clothing must be washed after each class- prior to use in class another day.
- At the appropriate age, students are required to apply deodorant and other products before class to ensure a pleasant and hygienic training environment for all students.