

Student Code of Conduct

The Southern Cross Martial Arts is a progressive traditional self defence school that combines modern training methods and a scientific approach, yet still follows and promotes traditional values. Our training sessions are conducted in the spirit of mutual co-operation and friendly competition to enable everyone to develop their personal skills.

Traditional values at our school means acting with the:

- Spirit of Contribution
- Spirit of Respect
- Spirit of Harmony and Unity
- Spirit of Determination
- Spirit of Humanity

We endeavour to promote the positive aspects of martial culture and this is achieved through the use of traditional methods such as belt ranking systems, a school hierarchy and traditional rituals of respect and courtesy which honour the founders and predecessors of the arts we study. As such:

- always bow when entering and leaving the training area. We also bow at the commencement and completion of each class, as well as to our training partners before and after training drills.
- always refer to instructors by their teaching rank or title. If unsure, the title Sensei will suffice.
- appreciate that martial arts, regardless of 'style', is defensive in nature and violence, either in or out of the school, will not be tolerated.
- show respect for each other, and cultivating the virtues of modesty and humility.
- recognise that a martial arts school is not a democracy. Know that your instructors are professionals and have your best interests at heart.

1. Respect the rights, dignity and worth of every human being

- Within the context of the activity, treat everyone equally regardless of sex, ethnic origin or religion
- Respect your parents and elders at all times
- Show respect and humility to all you should meet especially your instructors and senior members

2. Be responsible to ensure that your time spent in training is a positive experience

- You are studying a martial art in a school which promotes traditional values.
- Pay attention to the direction and teaching of your instructor
- Be diligent in your training, concentrate, and remain focused
- Do not disrupt the class in so doing endangering the safety of others, being disrespectful to your instructor and embarrassing yourself
- Practice in your own time and develop your own mental and physical ability

3. Treat each person as an individual

- Respect the talent, desire to learn, and goals of each individual in the class
- Help each person reach their full potential
- Unnecessary roughness, crude language, or a display of ill temper or disrespect is strictly forbidden.

4. Be fair, considerate and honest with fellow students

- Safety comes first
- Control your personal ego
- Remember humility in training
- Out of respect for instructors and class mates, maintain good personal hygiene – this means a clean uniform, clean body, controlled body odour, long hair tied back and fingernails and toenails kept short

5. Be professional in and accept responsibility for your actions

- Language, manner, punctuality, attitude and integrity should display high standards
- Display control, respect, dignity and professionalism to all involved with the martial art/sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators
- Rank is earned, not given

6. Make a commitment to yourself

- Maintain or improve your current skills, ability and develop your personal attitude
- Seek continual improvement through performance appraisal and ongoing training
- You will make a healthy body through unyielding training and perseverance

7. Any physical contact with fellow students should be:

- Appropriate to the situation
- Necessary for training skills development

8. Refrain from any form of personal abuse towards fellow students

- This includes verbal, physical and emotional abuse
- Be alert to any forms of abuse directed towards other members of the Southern Cross Martial Arts Association Inc

9. Refrain from any form of harassment towards fellow students

10. Maintain a safe environment for training and competition

- Ensure that you comply to equipment and facility safety standards
- Always follow our infection control guidelines
- Always demonstrate poise under pressure, adherence to the competition rules and display control, respect, dignity and professionalism

11. Show concern and caution towards sick and injured members

- Support members training using a modified training program as a result of an injury or disability where appropriate

12. Be a positive role model for your martial art

- Treat people with respect and openness
- Train diligently while being considerate of others
- Remember that your actions can affect the reputation of the school and your classmates.

Failure to abide by the student code of conduct will result in consequences ranging from verbal interview/discussion, through to loss of rank, inability to attempt the next grading/graduation or even termination of membership. No form of harassment, bullying or violence will be tolerated.