

## OUKbC Club Rules

1. All those training at club sessions must be members of the club, and hence through this be licensed.
2. All members shall adhere to the relevant section of the club code of conduct concerning club members.
3. No training shall take place in the absence of the instructor.
4. Appropriate equipment should be used at all times, most notably:
  - a) Bag gloves and hand wraps for pad work
  - b) Full sparring equipment for sparring, to include: 16 oz boxing gloves, gum shield, head guard, groin box and chest guard where appropriate, shin guards, foot pads.
5. Any prior injuries should be reported to the instructor prior to the commencement of training.
6. A good sense of personal hygiene is to be maintained at all times especially with regard to feet and lengths of toe and finger nails.
7. Kickboxing has evolved from traditional martial arts, and as such the following rules of etiquette should be adhered to during training:
  - a) All members must bow upon entering and leaving the dojo, and at the end of each training session.
  - b) Swearing and obscene language is not permitted within the dojo.
  - c) Other members and the instructor must be treated with the upmost respect at all times.
  - d) Kickboxing is a contact sport, but members should exert control at all times, particularly if there is a mismatch in size between training partners.
8. Rings, bracelets, watches and other loose jewellery should be removed prior to training.