USSD Burlingame Code of Conduct

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1. Remove street shoes before entering the dojo.
2. Bow when entering and leaving the dojo.
3. No food, gum, or drink is allowed in the dojo.
4. Turn off or silence all cell phones and computers.
5. No jewelry should be worn during class or while practicing.
6. Full uniforms are required for all classes and testing procedures.
7. Make sure uniforms are neat, clean and odorless at all times.
8. Black uniforms may be worn at the rank of Purple Belt.
9. Black and white uniforms may not be mixed together by students.
10. All uniforms and T-shirts must display our school logo.
11. Kneel while putting on or removing your belt (Do NOT wash your belt)
12. Kneel while a higher rank is putting on or removing their belt.
13. If a class is kneeling and meditating, you should also kneel and meditate.
14. Available time inside the dojo should be spent on your own material. (Do not watch or disturb someone else's lesson)
15. Do not teach other students your material unless you are asked to do so by your instructor – You will only create confusion.
16. Do not use any of the kick shields while a private lesson is being instructed.
17. Do not walk through a class in progress, walk around and/or behind it.
18. Absolutely no sparring without the supervision of a Black Belt instructor.
19. Full safety equipment is required for all students while sparring. (Headgear, gloves, shin pads, foot protection, and mouthpiece)
20. Groin protectors are required for all male students.
21. Always bow to another student before and after you workout with them.
22. Always refer to your instructor as "Sensei," "Sir," or "Ma'am."
23. Never suggest or inquire about your next rank test.
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