



VITAL POINT  
MARTIAL ARTS

- THE RULES -

*-SIFU TOM MACALUSO*

## Rules of Conduct

1. Arrive on time.
2. Come to class with required equipment: uniform, kali sticks, bag gloves, and sparring equipment (if appropriate).
3. Show respect to your training partners. Bow to your partner at the beginning of each drill, work within your partner's ability and practice safely
4. No talking during demonstration of a technique.
5. Stay within the drill being taught. It's fun to explore the variations of a technique, but if that isn't being taught, it's because I want you to learn the base technique.
6. No sparring without permission of the instructor, proper equipment and proper supervision.
7. Ask questions! That's how you learn and someone else may be thinking about the same question
8. Respect other styles and each other's martial arts.

## Sparring Rules

1. No sparring without permission from the instructor.
2. No sparring without supervision from the instructor.
3. No sparring without the proper equipment: head gear, mouthpiece, protective cup, gloves (16 oz. for kickboxing training), and shin pads.
4. Listen to all instructions and obey rules given.
5. If time is called or the command to stop is given, all action stops **immediately**.
6. Begin each round with a bow and tap gloves.
7. Do not throw any technique that you can not control the speed, power or direction of.
8. Be aware of your environment.
9. No strikes to the knees or groin.
10. **If a student doesn't obey the Sparring Rules, he or she will lose the right to spar until further notice!**

## Grappling Rules

1. Respect your partner.
2. NO EGOS! Train to improve and help your partner improve.
3. If your partner taps - *STOP*.
4. Communicate with your partner. Let him know if you are hurt, or if he is going too hard.
5. No uncontrolled techniques. Apply all holds giving the partner a chance to tap out.
6. Throw partner carefully. Control his fall.
7. Be aware of your environment.
8. Listen to all instructions and obey rules given.
9. If time is called or the command to stop is given, all action stops immediately.

## Recommendations to New Students

1. Bring a notebook and take notes.
2. Practice at home.
3. Research and learn about the arts being taught in class (as well as others). Read books, watch videos and go to seminars if possible.
4. Supplement your training with other fitness activities such as running, stretching, weightlifting, calisthenics and swimming.
5. Ask questions before and after class.
6. Don't compare yourself to others! Just do your best. Compete against yourself, try to do better than you did yesterday and you'll always improve.
7. **ENJOY TRAINING and HAVE FUN.**