

20 Children's Rules

All visitors must remain seated & quiet before & during class and stay in the designated seating area.

1. Come to class dressed in a clean uniform & wear flip flops for ease of removal
2. No **food or drink** in the dojo, keep it clean.
3. Line up when the teacher instructs . Go on the floor only when an instructor tells you to- follow all instructions of the instructors
4. For respect bow before going in & leaving the dojo and to the teachers
5. Be responsible
6. Be respectful to everyone
7. Be ready to learn-no horseplay
8. Be positive and have a good attitude
9. Be kind and loving to everyone
10. If you have questions, raise your hand to get answers
11. Do not break or tear up anything that does not belong to you or throw fits
12. Do not steal or cheat
13. Tell the truth - Do not lie or tattle tail-No talking in class unless asked a question
14. Make sure all your gear is in your bag & take it with you
15. Honor & obey your father & mother & those who care for you
16. Never use your karate outside of the dojo
17. Do your homework and don't skip school
18. Always do your best-you represent yourself, your family and your karate family
19. Be a good friend and don't start rumors or gossips about anyone
- 20.No bad language, screaming, hitting, or making fun of or throw things at anyone

The Meaning of UPKUDO

UP - To ***upwardly increase*** and improve

K - ***Karate*** is the art of fighting using all means of the body for self defense open hand, no weapon

U - ***Unique*** , being the only one

DO - To ***do over***

Founder of UPKUDO: Grand Master Gary L. Baker
Chief Instructor of Alpha UPKUDO: Master Anne Radke

My Teachers are Mr. Brandon and Mr. Chris

Alpha
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Martial Arts & Fitness
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