



ZILLA Combat Academy

CODE OF CONDUCT

Respect the Mat. Respect the Art. Respect Each Other.

1. GOLDEN RULES

- **Check Your Ego:** We are here to learn, not to "win" a practice round. There are no trophies for injuring a training partner.
- **The "Tap" is Sacred:** When someone taps, you release **immediately**. No exceptions. No "one last squeeze."
- **No Bullying:** We have zero tolerance for harassment, intimidation, or discriminatory language. This is a safe space for everyone.

2. MAT ETIQUETTE & HYGIENE

- **No Shoes on the Mat:** To keep our training surface clean, shoes stay off. To keep our floors clean, **no bare feet in the restrooms**.
- **Keep it Clean:** Finger and toe nails must be trimmed short to avoid scratches. Gear (Gis, rash guards, gloves) must be washed after **every** session.
- **Health First:** If you have a skin infection (ringworm, staph, etc.), a fever, or an open wound, you stay off the mat until it is cleared.

3. CLASS PROTOCOLS

- **Punctuality:** Arrive 10 minutes early. If you are late, wait at the edge of the mat until the instructor invites you on.
- **Focus:** Minimize "mat-chat" during technique demonstrations. Save the socializing for after class.
- **Safety Gear:** Mouthguards are highly recommended for all. Shinguards are mandatory for live sparring.

4. FOR OUR YOUNGER WARRIORS (KIDS)

- **Listen to the Coach:** Safety starts with following instructions.



- **Control Your Power:** Use your skills only for defense and training, never to bully others.
- **Have Fun:** Work hard, play fair, and help your teammates get better.

"A black belt is a white belt who never quits."

If you ever feel unsafe or uncomfortable, speak to an instructor immediately. please refer to our safe guarding policy / procedures.