

**Macabee Martial Arts Seattle**  
Shaolin White Dragon Kung Fu & Self Defense

## **SCHOOL RULES**

The following is a list of rules which are to be honored at all times.

**1. General Behavior**

Respect your parents, Sifu, teachers, and everyone.  
Always do your best.

**2. Conduct in Class**

Students should arrive prior to the beginning of class and be ready when class begins.  
Salute upon entering and exiting the school, to show respect to Sifu and the class.  
Salute Sifu and any other black belt when they enter or exit the room.  
Follow your instructor's directions without hesitation and with a positive attitude.  
No talking or horseplay during class.  
Hands off weapons that do not belong to you.  
No leaving class without permission.  
Students are expected to help clean up after class and put away equipment.  
No foul language is to be used at any time.

**3. Conduct outside of class**

No teaching anyone, in or outside of class, unless given permission by Sifu.  
No Sumo or any other fighting techniques may be used outside of class time or events unless required in necessary self-defense.

**4. Dress Code**

Proper uniforms are to be worn while in the school, during class, and at all Macabee Martial Arts functions. Uniforms consist of gi pants, gi top or school t-shirt, and sash. No jewelry.  
Gi top must be worn for testing.  
Bring running shoes to each class for outdoor running (except at BASE).

**5. Equipment to Bring to Each Class**

Bring water, running shoes, and weapons to all classes.  
Bring sparring gear on combat day (Wed or Thur) and to Black Belt Club.

**6. Tuition**

Tuition must be paid prior to the beginning of each quarter or before the first of the month for monthly classes. Payments may be made online at [www.macabeeseattle.com](http://www.macabeeseattle.com), or in person by check or cash. There is a \$10.00 fee for late payments.

**7. Testing**

Test fees and tuition must be paid prior to testing day.

**8. Communication**

Communication is primarily through email and class announcements. If you do not currently receive school emails, or if you need to change your email address, please notify via email to [sifu@macabeeseattle.com](mailto:sifu@macabeeseattle.com) .