

# Shaolin Academy Guides



1. Safety or Risk Management in Martial Arts is the art of training interesting exercises, in an enjoyable and fun atmosphere whilst minimising your risk by considering your ability, personality, fitness, health, state of mind and the like. Following are some hard guides for smart-safe training.
  - a. If you have not graded an item with credit or better, you should not be practicing it hard or fast.
  - b. If you feel you can hurt yourself or someone else, STOP.
  - c. If you believe a member is behaving unsafely, speak to the instructor.
  - d. If you feel a member is training with you too strongly or aggressively, speak to your instructor or to Master Robert Z.
  - e. If you are unwell, are on any form of drugs that impede your judgement, consider sitting out or at least inform your instructor.
2. Legal means that you do not knowingly break the law while training, in a Shaolin Academy venue, or when wearing the Shaolin Academy Uniform.
3. Equal means that everyone in training is equal, except the designated instructor(s), who are legally and morally tasked to keep you and the environment safe. Everyone else is a member.

4. Honourable asks you to be truthful and honest to yourself and others during training, in a Shaolin Academy Venue and/or when wearing a Shaolin Academy uniform.

- a. Truth with Compassion
- b. Honour with Flexibility
- c. Justice with Understanding
- d. Loyal within Reason
- e. Cooperative & Helpful with Dignity

5. Fun. You learn more if what you are doing is enjoyable. Remember all the benefits you achieve from Shaolin Kung Fu training, including improved health, fitness, confidence, agility, flexibility, mental and physical growth, increased concentration, improved sleep, et al. This allows you to enjoy life more than you would without all these benefits. So, sometimes, you need to make an effort to enjoy your training. Following are some guides to help enjoy training.

- a. Speak Impeccably of Others.
- b. Let Go of Judgement.
- c. Take Nothing Personally.
- d. Do Everything with Passion.
- e. Find enjoyment in what you are doing; or move on.

## Some Hard Guides

We ask you to follow these guides as closely as possible.

1. You may not be under the influence of alcohol or illicit drugs. Please let us know if you are on any medication that may influence your cognition, balance, and/or judgement.
2. If you have to sit or lean at any time, it means that you can no longer continue the current sessions. If the training has exhausted you, then you need to stop and rest.
3. Switch of pages, mobile phones, or any other device that could distract members from focusing on their learning and training. It is rude. If you need to have an emergency contact than use the Shaolin Academy number 0458 742 654, that is 0458 SHAOLIn.
4. Please, in uniform and sash five-minutes before training start. If you are running late, that can happen, but when it happens regularly, adjust your timing please. Also, always be in full uniform, if possible.
5. Be supportive and involved. Involvement means better understanding and learning for all.