

Samurai Cop Defense Academy

Academy Safety Rules and Protocol

SCA-SOP Order 05-5

Trainees and Recruits training in the Advanced Academy Course or Black Belt Academy Courses are required to follow the Safety Rules and Protocol. All Safety Rules are strictly enforced. Any violation of any Safety Rule(s) may be grounds for Disciplinary Action including but not limited to immediate and permanent removal from the Academy.

Safety Rules:

1. No jewelry and/or watches are to be worn during training.
2. Fingernails and toenails shall be kept short and clean at all times.
3. Appropriate Academy Uniforms shall be worn during training.
4. No talking or disrupting the class.
5. Do not leave or enter the training area without permission from the Sensei.
6. No horseplay of any kind will be tolerated while in the Academy.
7. The use of profane language is strictly forbidden.
8. Recruits are to be free from any illegal drugs or alcohol.

Academy Protocol:

1. If training is done on mats, no shoes are to be worn.
2. Recruits are to address the teacher as "Sensei" (sen-say).
3. Recruits are expected to arrive and be on time for their class.
4. Arriving late to class requires permission to enter the training area by the Sensei.
5. Line up when the senior Recruit gives the command.
6. When seated in a kneeling position sit with your back straight and eyes forward.
7. Give your undivided attention to the Sensei at all times during class.
8. If you have a question, please raise your hand.