

# Case Kung Fu



## Some Basic Rules of Conduct

*"What one does not wish for oneself, one ought not to do to anyone else; what one recognizes as desirable for oneself, one ought to be willing to grant to others."*

*"The superior man seeks for it in himself. The petty man seeks for it in others."*

*"Respect yourself and others will respect you."*

– Confucius

**Welcome to Case Kung Fu.** We are serious about training and developing ourselves to the best of our abilities – but we are also here to have fun. This is a university sports club, so while we do understand that this is a secondary activity, we still expect everyone to do their best. This is a safe environment – for everyone. It is important that we have some ground rules for conduct, so that everyone is able to get the most out of the experience as possible. These rules are here to help us create a unique space where we can best achieve all of our individual and team goals. Please review the bullets below and feel free to ask the instructor, advisor, or any of your officers for clarification.

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**#1** – Please be ready to start at the beginning of class. We will line up and bow in at the beginning (and ending) of each class. At the end of class, please thank the instructor at the end of the bow and stay bowed until the instructor rises. For example –

“Mr. Van Doren, xie xie.” (Pronounced “shay shay”)

**#2** - If you are late, please bow and ask for permission to join class. For example -

“May I join class?”

Chances are we will be in the middle of stretching or the warm up – so please, go ahead and don’t be shy to call out loudly if necessary! Once you are acknowledged, quickly get yourself settled and in line or into the activity.

**#3** – If you find it necessary to leave class for some reason, during the warm up, please walk around to the back of the class and leave that way. If it is not during warm up, unless you are leaving to use the restroom, please ask permission to exit – and do so with the minimum disruption.

**#4** - There is no use of profanity during this class. Additionally, loud obnoxious outbursts because of minor injuries, or scrapes, etc are completely unnecessary. Always try and exercise some level of self-control. If you just broke your leg during class, that is another story – and we can probably be a bit more understanding.

**#5 – NO HUNTING!** We try to have fun in this class, and we do joke around some. However, joking/teasing should ALWAYS be respectful and not deliberately malicious. If anyone is being rude, disrespectful and/or malicious they will be warned the first time and ejected from class if the behavior continues. This is a SAFE and accepting environment for EVERYONE. Everyone is welcome regardless of (perceived or actual) physical abilities, talent, nerdiness/coolness, age, race, ethnicity, religion, gender, sexual orientation, gender identity, etc. Just like in a traditional family, you do not get to pick who your Kung Fu brothers and sisters are.

**#6** – Please be open with your questions and concerns. But also pick the appropriate time. We try and pack in as much training as possible in the short time we have, so keep questions during class time relevant to what we are doing then. Other questions are always welcome before or after class. Concerns will be answered/resolved respectfully and privately. So again, please be open.

**#7** – Case Kung Fu is not a dating service. We do become a close knit group and often hang out outside of class. If you make friends and want to see if something more can come of it, please do so on your time – NOT during class time. And always be respectful of the other person.

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Respect and courteousness are obviously paramount. We can not have a good class and a good learning environment where there is a lot of negative energy. Playful teasing is harmless, only as long as it is harmless. A smile goes a long way in keeping it that way. If someone is made uncomfortable, the whole group becomes uncomfortable – and the situation must be resolved.

We are a team. You are Shaolin brothers and sisters. Treat each other with kindness, compassion, confidence, friendliness and support. You are only as strong as the weakest of you. Sometimes those who appear weakest or the least capable become the strongest and the most proficient.

We have had VERY FEW troubles to date and we’d like to keep it that way. Again, welcome to

**Case Kung Fu!**

Date:

Name:

**Have a good year!**

Signature: