



Re: Introduction Course

Food Accommodations:

Please let us know if there are any allergies or issues that need to be addressed.

Safety Rules:

1. Be Teachable
2. Maintain respect for instructors and classmates at all times.
3. Protect yourself at all times.
4. Protective equipments such as athletic supporters and mouth pieces are strongly advised. Have nothing in your mouth that could pose a choking hazard.
5. Do not resist your training partner unless directed to do so.
6. Do all techniques at 1/2 speed & 1/2 power unless told otherwise.
7. Do only the techniques assigned by Shockwave Defense Instructors/Trainers.
8. All practice must be supervised by a Shockwave Defense Instructor/Trainer.
9. No horseplay.
10. Advise your training partner, Shockwave Defense Instructors/Trainer, of any pre-existing injuries you might have, and tape that area.
11. If you feel you are injured inform an instructor immediately.
12. When working with your partner BOTH verbalize, and pat your body twice when you feel pain.
13. Remove any and all jewelry before class.
14. Any individual indicating evidence of substance usage of any kind will be dismissed from training.
15. Make known any prescription or over the counter drugs that you may be taking and its effects to main instructor prior to training. If these drugs prohibit safety or the The small framed officer ability to perform correctly in class, student will be dismissed from training.
16. All techniques will be demonstrated by a Shockwave Defense Instructor/Trainer or by video prior to practicing them.
17. Each Student is responsible for their own personal hygiene, make sure nails are clipped, teeth brushed, and bathes prior to working with others in close proximity.
18. Divine Awareness Dialogue
19. Spit out your gum in the appropriate receptacle's.
20. DO NOT TAKE PICTURES OF VIDEOS WITHOUT SDU instructor consent!

Etiquette:



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Our Clients Trust Us To Deliver Quality

Prior to coming on board with Shockwave Defense™ LLC it is important that all potential students understand what we refer to as the Shock Culture and the consequences of training in an adult, reality based training environment. Everything we do at Shockwave Defense™ LLC is about expressing an authenticity of who we are as warriors. We don't speak like the Harvard elite, and as such we are not going to talk in standardized TV English simply for the sake of maintaining a so-called "standard professional environment". In this adult environment staff, and students alike may express themselves in a way that is natural and authentic, as long as it is respectful. If anything is taken to seem offensive or threatening we have an open policy to come and speak with us. We are here to express the warriors perspective of being yourself in a way that is caring and respectful, but strong and staying true to your values of who you are. While training at Shockwave Defense™ LLC we want you to feel comfortable in knowing that we will not force our values on you. In return, and in mutual respect, you will not impose your values on us. If you have any questions in regards to this policy, please feel free to speak with a staff member .

Administrative:

Please make sure that all students fill out health questionnaire and waivers prior to coming to class. You will find this in your dropbox link.

Driving Directions: Click on link below and use the map on the right side of the page.

<http://shockwavedefense.com/contact-us/>

Class Documents: Health Questionnaire, Waiver, Introduction Overview Signed: You can also find the paperwork everyone needs to fill out at the link below.

<http://shockwavedefense.com/congratulations/>

Male & Female Attire:

Please wear loose comfortable non-revealing clothes. It is suggest that men wear brief instead of boxers. Females are encouraged to wear sports bras etc. If you need female hygiene products and forget to bring them, there are some available at the front desk.

Smoking:

Shockwave Defense™ recognizes that smoking is a serious and expensive health hazard.

Therefore to ensure that students and instructors maintain a healthy and pleasant work environment, the following smoking policy shall be followed:

- ↪ Smoking by employees is not allowed in any area of the academy or on the property grounds.
- ↪ Please do not smoke within 30 feet of doorways where wind can bring your smoke into the academy.

Grooming:

Students and instructors are expected to be clean, and of neat appearance and to dress according to the requirements of their positions. Students who show up to class inappropriately dressed will be sent home. Make sure that your body odor is non-offensive: (Wash your face, brush your teeth, trim your nails, wear clean clothes, deodorize yourself, wear socks, and proper undergarments). Keep toe/

finger nails trimmed, breath fresh, and well bathed before class. Do not come to class smelling foul. We all have to work closely together and we appreciate your understanding.

Telephone Usage and Etiquette:

Ringling cell phones are distracting and interrupt the training experience for everyone. If you have to be reached by phone in an emergency we understand. If it's not an emergency please have your family or friends call the front desk of Shockwave Defense. (Law Enforcement on call, those with small children at home, or potential health related issues are exempt from this rule)

General Etiquette:

All students, guest, and family members are required to observe Shockwave Defenses™ etiquette while at Shockwave Defense™. Because Shockwave Defense™ is a reality based tactics academy we have no belts, katas, or ritualistic behaviors found in typical martial arts systems. As such it is important to keep respect on a group and an individual level. As a result we require all students to respond to one another in a yes sir, no sir, yes, ma'am no ma'am manner. We also encourage the use of last names to address one another.

Medical and Legal Considerations

Medical: No suggestions in this training are meant to replace good sound medial advice from a physician. Always check with a physician prior to starting any workout program.

Legal: The suggestions and tools in this training are for educational purposes only. Nothing in this training is meant to contradict your local statutes. Always consult with an attorney prior accepting any knowledge as fact.

I have read and understand all the conditions listed above. I also understand that no-one is forcing me to do this training against my will. I will do my best to contribute to the training experience.

Print Full Name:

Date:

Signature:

Phone Number:

Shockwave Defense™: [FULL SPECTRUM DEFENSE UNIVERSITY](#)

www.ShockwaveDefense.com