



RULES

1. 'No Shows'

If you have a pack of classes, sign up to a class and then don't come this is considered a "no show" and you will be charged the class. Avoid this by signing out of the morning classes at 22 pm of the previous day and the evening classes at 11 am..

If you do a "no show" when paying a monthly subscription for unlimited classes you will be fined €5.

We have to do this for quite a few reasons. We organise the classes hours before, to offer the best class possible, this includes planning the class according to who is coming, collecting and bringing equipment to the beach, we often have to bring and obviously pay other instructors to come help (if a certain number of attendees are exceeded), sometimes we even make a concerted effort for others to come and make the group even, when a "no show" occurs all of this planning, effort and expenditure goes to waste.

Those were the practical reasons. We also want to instil Everest values and reinforce and reflect our core beliefs with these rules, respect for yourself and others is part of those and a big thing in Martial Arts and life.

2. Tardiness

If you arrive late, you or possibly the whole class will be punished by performing 20 burpees. If you arrive really late the instructor reserves the right to deny you access to the class. Early is on time, on time is late.

This practice coincides again with the general etiquette of Martial Arts (and life), as well as the relationship with the instructor and student, and the inter-student relationships. If everyone has arrived and is ready to start and a tardy Everester is holding the class up its disrespectful to the instructor (who has a time restricted plan) and the other students (who have obviously dedicated this time for their training).

3. Bring your own Equipment

At the beginning the very minimum you must have is your own towel and water. Anyone can forget one day, but if you are repeatedly drinking other peoples water and sharing their towel it gets annoying. The same for the gloves, coming to train without your own gloves and wraps after you have a pack or are coming regularly is like going to play tennis without a racquet, like going for a picnic without sandwiches etc.

4. Respect The Instructor

Aside from the fact that they could really hurt you, why else must we listen to the instructors? People come to learn in the class, respect this and be silent when explanations are made, if you have a question put your hand up.

Even if you are suffering a lot in an intense moment in the class, no negative or abusive talk should be voiced towards the instructor.