

# SEVEN STAR ETIQUETTE

<b>Formal courtesies</b>	<p>Bow to the space whenever you enter or leave the training floor, as a sign of respect and thankfulness that we have a space to train.</p> <p>Salute your partner at the start and finish of your training with her to acknowledge your intention to train seriously, respectfully, and safely.</p> <p>When you must arrive to class late, enter quietly and salute the teacher as you join the class.</p> <p>If you need to leave the floor for any reason, please let the teacher know.</p>
<b>Attire</b>	<p>At Seven Star we follow the Kajukenbo tradition of always kneeling to put on, retie, or remove our belts. This is a time to reflect on the responsibilities and privileges that the rank affords.</p> <p>Wear loose-fitting clothing you can move freely in. Knees must be covered. Remove street shoes whenever walking on the training floor. When removing sweatshirts in class please keep them off the floor so no one slips on them.</p> <p>Remove all jewelry including rings and piercings, and keep your nails (including toenails) short so you don't accidentally cut your partners.</p>
<b>Communication</b>	<p>Do not give feedback to your partners unless directed to in a particular exercise. Leave it to the teachers, as they are more aware of when a student may or may not be able to hear feedback. If you feel the urge to comment on your partner's performance, instead use your observation to check in on yourself and your own training.</p> <p>Don't ask fellow students to teach you something they learned when you weren't in class.</p> <p>If you have a conflict with a classmate and can't find a resolution to it, please ask a teacher for help.</p> <p>In the closing circle at the end of class, feedback and questions are welcome. This is a time to comment on the exercises and also to any partners you had. We encourage you to comment using "I" statements. We want to hear what worked well for you, as well as what you found difficult or confusing.</p>
<b>Teachers</b>	<p>At Seven Star we address our teachers by their first names. Guest instructors may expect to be addressed more formally, as this is considered an important sign of respect in many schools and styles. Before a workshop, ask a Seven Star teacher how to address the instructor.</p> <p>The teachers keep track of your progress through the art, and decide when it is useful for you to learn new information. Although you may feel impatient to learn something new, it is considered inappropriate to ask a teacher to teach you new material. Take questions about your training progress to your mentor.</p>
<b>Advanced Students</b>	<p>When sparring with lower-ranking classmates it is the responsibility of advanced students to monitor contact and intention level on both sides. Advanced students are encouraged to use the many strategies they know to deal with speed or hard contact from a white belt before asking her to change, unless she is being unsafe. We don't want to instill fear of hitting in new students but rather to cultivate awareness of their speed, contact level, and overall impact on their partners.</p> <p>Advanced students should encourage lower-ranking students to attend training camps, open sparring, workshops, and tests, check in with them during such events.</p>
<b>Tests</b>	<p>Tests in Kajukenbo are by tradition physically and mentally challenging. As teachers we are pushing you to go farther than you thought you could, while making sure the test is safe. You should be trying your best throughout the test.</p> <p>As a tester you should stand in set and not fidget while you and any other testers are answering the questions that each test begins with. You should not ask for clarification of instructions, but should begin immediately after hearing instructions. The teachers will clarify if it appears you have misunderstood. It is inappropriate to talk back to the teachers.</p>
<b>Weapons</b>	<p>When working with weapons, treat wood- or rubber-bladed practice weapons as though they were "live" (sharp), not picking them up by the blade or handing them to your partner blade-first. This is so that proper handling is instilled by the time you work with real blades.</p> <p>Whether you are in the weapons class or not, do not pick up or use another person's weapons without asking first.</p>