Apple River Martial Arts Lab
Core Values and Code of Conduct

At the Apple River Martial Arts Lab we are dedicated to exploring the martial arts of many different cultures whether through grappling, striking, or weapons. In doing so, we build our own and each other's confidence, courage and freedom of spirit. We value these things over the expression of dominance over others.

Core Values:

Self-Care: We believe the first step in martial arts is to treat ourselves as something worth defending. This means a committed practice of taking care of our own needs and those of others in our training community.

Self-Defense: We believe martial arts are cultural practices for controlling and shaping the expression of violence. Anyone can express violence—the Art lies in shaping its outcome. We believe that it is not enough to learn about the Art, we must also strive to understand and embody it. This is a space for training, not just study. We believe the harder path is the more meaningful.

Self-Expression: We believe that the goal of martial training is to empower ourselves to truly be ourselves. We care for ourselves and each other so that we can share what makes us unique with the world with confidence and clarity of spirit.

General Guidelines

While training with us, you are encouraged to:

- Communicate your learning needs to the facilitator.
- Test your own limits—we are committed to deliberately improving on our weaknesses, not merely reifying our strengths.
- Tailor exercises to your physical needs and limitations.
- Communicate desired intensity and level of force with your training partners.

As a participant in training, you are also free to:

- Sit out of any exercise for any reason, stated or not.
- Share safety or pedagogical concerns with the facilitator.
- Turn down training with another partner for any reason, stated or not.
- Ask a facilitator to modulate the task to reach the desired level of challenge or intensity.

All members are entitled to a training space that is:

- Free of unnecessary disruptions—please respect others' time and contributions by seeking to minimize interrupting instruction or providing unsolicited feedback to training partners.
- Free of bigotry, discrimination, and harassment of any form. We do not tolerate sexism, homophobia, racism or ableism, etc.

Any actions that infringe on the learning environment of others or reflect poorly on the club will result in conflict mediation including and up to expulsion.

Expectations
During our training sessions:

- Maintain clean and safe training gear in proper condition.
- You may not train while under the influence of drugs or alcohol.
- Check ego at the door and be prepared to work hard.
- Respect facilitators and fellow students.
- Only offer advice with consent and when asked.
- Ensure you are training at the level of intensity that you and your training partner both desire.

The Apple River Martial Arts Lab is a place for joy, curiosity, and the earnest cultivation of hard-won skill. We look forward to training with you!

By signing, I agree to have read and understood this Code of Conduct:

Printed Name:_____

Signature:_____

Date:_____