

EASTERN ARTS AND HOLISTIC HEALTH ACADEMY

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Actions and Procedures During Class

- 1.) Clear your mind of all outside thoughts and problems.
- 2.) Open the door quietly, not disturbing other people.
- 3.) Bow to the pictures of Yip Man and Chen Man- Ching
- 4.) Bow to Sifu.
- 5.) Proceed quietly throughout the school, not disrupting other classes.
- 6.) Make sure all cell phones are silenced.
- 7.) Sign in your name, and mark which classes you will be attending.
- 8.) Prepare for class by having an Eastern Arts shirt tucked into black pants with your sash properly tied around your waist.
- 9.) Bow to any black sashes that you see.
- 10.) Always keep eye contact with Sifu or any black sash when talking to you.
- 11.) Bow before and after you train with your partner.
- 12.) Respect and care for all students in our school.