

## **Poekoelan Tjimindie Tulen**

In this class students will be learning how to defend themselves using their instincts, their brain, and their bodies. We will be teaching the children how to trust their instincts, be aware of their surroundings, self-defense holds and how to kick and strike. Students are instructed that practicing holds or strikes of any kind, can only be done in our class or with permission from parents in a safe area at home. The students are told that they can never use what they learn in class on other students, friends, parents, siblings, pets, etc.

### **Our Policy**

We ask students to respect themselves and others, on and off the mat.

If a student uses any kind of violence or threat of violence at school or at home, we will excuse him/her from class.

**I have read this and understand:**

Student signature \_\_\_\_\_ Date \_\_\_\_\_

Parent  
signature \_\_\_\_\_ Date \_\_\_\_\_