



TAI CHI CLUB
徐立根
CHUI LAP KAN

Code of conduct

Please respect the following guidelines:

1. Respect

Every student must be treated with respect regardless of how experienced they are. Do not bully other students or provoke aggression.

2. Beginners mind

All new members begin at the beginning, regardless of prior experience.

3. Commitment

It will be assumed that students practice between classes. Those with regular attendance will receive priority with lessons.

4. Composure

Attend classes with calm and relax mind, if you become excitable or upset, step aside, relax and meditate to calm down. Good humour is encouraged.

5. Students are expected to help each other

6. No chewing gum, mobile phones during classes

7. Attire

Wear loose clothes or our club T-shirt for training, DO NOT wear jeans and other tight clothes.

Wear light flat shoes, NO sandals or slippers

8. Ask your teachers if you have any questions