



VALHALLA
ACADEMY
FRANKFORT, KY



STUDENT CODE OF CONDUCT

Know and follow all gym rules.

Practice often.

Attend class more than once a week if at all possible.

NEVER use your jiu-jitsu to be a bully or intentionally harm others.

Treat everyone you meet with respect.

Give your best effort in everything you do.

Never blame others for your choices. YOU make decisions for you.

Be honest, but kind. Tell the truth, even when it's not easy.

Be humble.

Be helpful.

Stand up for others. Don't be a bystander when someone needs help.

Be thankful.

Be a good sport. You either win or you learn.

Be alert, always. Don't let trouble catch you by surprise!

Love yourself; you won't succeed unless you take care of yourself first.

Student Signature _____

Parent/Guardian Signature _____

Program Director/Representative Signature _____

Date _____