

Hapkido Attendance Policy

The benefits of practicing a martial art can only be attained through regular practice. To encourage regular attendance, we have a formal Attendance Policy. Attendance (also known as dedication) is “the great leveler” and makes Hapkido inherently fair. This is because the amount we choose to participate in an activity is a factor we largely control ourselves, unlike other factors such as body size, age or natural athletic ability. “Ninety percent of success is just showing up” wholly applies to the martial arts.

Poor attendance:

- Shows lack of courtesy to classmates
- Shows lack of respect for instructors
- Makes it difficult for instructors to plan lessons
- Increases risk of injury to yourself and others
- Shows poor self-discipline and time-management skills
- Slows or halts your progress in learning Hapkido

The Attendance Policy is as follows:

1. We realize that practicing Hapkido is not for everyone. If you sign up for the class and later decide that you are not interested in participating, please have the courtesy to let the instructor know. No refunds of class fees will be given.
2. Attendance records will be the major factor used to determine who is ready to test for the next rank. The minimum attendance requirements for testing are as follows:
 - To test as a white belt, you must attend at least 20 classes.
 - To test as an orange or green belt, you must attend at least 25 classes.
 - To test as a blue, brown or red belt, you must attend at least 30 classes.

These are the minimum standards, which dedicated students will strive to exceed. Students are encouraged to attend the optional Saturday classes, which count toward the minimum requirements. Also, advanced students will receive one-half of a class credit for helping out with the beginner class.

You are responsible for making sure that you sign the attendance sheet at the end of class, to receive credit for attending class. No retroactive credit will be given if you forget to sign the sheet. If there is no attendance sheet available, be sure to tell an instructor – we sometimes forget.

3. If you are late for class or leave early from class, you will only receive credit for one-half of a class. “Late” is defined as coming in after the rest of the class has bowed in. If you know that you must arrive late or leave early for a particular reason, and

discuss the reason with the instructor before the class in question, this policy will not necessarily apply, depending upon the discretion of the instructor.

4. Occasional attendance is strongly discouraged. Showing up for class a few times, then taking a few weeks off, and alternating between the two is not acceptable. It shows that Hapkido is low on your list of priorities and it affects the morale of the club as a whole. If you must miss class for an extended period of time (due to injury, illness or chronic work/class conflicts) please inform the instructors, so that we do not think that you have quit.

If you cannot make a real commitment to learning Hapkido, you will not be permitted to participate. The risk of injury is too serious to allow intermittent participation.

5. Instructors understand that everyone must miss class occasionally, that is why we have instituted the minimum attendance policy. The reasons that you miss class are your own business. You are not required to inform us of the reasons that you occasionally miss class.

That being said, guidelines for acceptable (and inevitable) reasons to occasionally miss class are:

- injury
- illness
- family commitments
- exams scheduled during Hapkido class time
- occasional work conflicts
- weather-related travel hazards

You should not feel guilty if you must occasionally miss class for one of the aforementioned reasons – it does not reflect badly upon your dedication to Hapkido. However, if you are missing class more than once or twice a semester for the following reasons, then you should question whether you really wish to continue your practice of Hapkido:

- you think you need to study for an upcoming exam or finish a paper, because you didn't plan ahead to allocate time for Hapkido
- you'd rather go out with friends
- you simply don't feel like working out, not due to illness (not feeling like working out doesn't indicate poor self-discipline – skipping class because you don't feel like working out does)

Successful people aren't committed to their goals only some of the time, they are committed even in the face of obstacles. See you all in class!