Welcome to Krav Maga Dallas™

The instructors and staff at KMD™ will do our very best to make your Krav Maga training an enjoyable experience. Here are a few tips to help get you started.

- Safety in training is our primary objective!
  Work hard but use precautions to avoid injury.
- Protective gear is highly recommended to decrease the risk of injury. A mouth guard and striking gloves are **required** for every class. Groin protection is highly recommended for males.
- We warm up and stretch before the beginning of each class. Exercising cold muscles can lead to injury so, please plan to arrive early enough to participate in the warm-up before every class.
- Dehydration is always a danger when working out, especially in the Texas summer. We provide fresh cool water in the studio, but recommend bringing a spillproof bottle into class with you.
- Krav Maga does not require students to wear a martial arts gi to train. However, a Krav Maga T-shirt must be worn to every class. Additionally, students should also wear workout pants or shorts and clean, dedicated training shoes. Please do not wear halter tops, short shorts, or any other clothing that would be inappropriate for the rigorous training we do.
- Stay connected! Follow us on Facebook, Instagram, and our Members Only Page! Check the website regularly for news on upcoming belt tests, special seminars, and fun events. You can always communicate with us directly via email at: customerservice@kravmagadallas.com

Training Center Policies:

Equipment Requirements: *Required for every class*

- Krav Maga T-shirt
- Clean, dedicated training shoes when training on mats (barefoot is also acceptable)
- Striking gloves
- Mouthguard

Class Etiquette:

- Arrive 10-15 minutes prior to the start of class. Warm-up is an important part of the class to avoid injury. All students must warm up prior to engaging in any activity. Students arriving more than 10 minutes late will not be permitted to participate in class.
- Students ONLY on the training mat. All others must remain in the waiting area and keep noise levels to a minimum to avoid disrupting class.
- All students must pre-register for classes before attending. Parents of youth members are responsible for pre-registering their children. Students are responsible for signing in at the front desk before taking class in order to track class attendance.
- A parent/guardian must be physically present inside the studio when picking up or dropping off youth students. Youth students will not be allowed to leave the building without an adult present.
- If you cannot attend a class that you signed up for, cancel your visit to open up a slot for another student. Cancellations within 40 minutes of the start of class qualify as “late cancels” and do not allow other students to take advantage of the open slot. Repeated late cancellations or absentee visits can result in a temporary suspension of the membership.
- Clean equipment and personal hygiene are a must. There should be no offensive odors from your training equipment or person. Long hair must be in a ponytail and in a hair tie.

- Footwear (e.g. training shoes, slides, flip flops) must be worn into and out of the restroom. Any footwear worn into the restroom (i.e. training shoes) must be sanitized in the cleaning stations before entering into the training rooms.
- No training on the mat (including heavy bag work) without an instructor present or without prior permission from an instructor.
- Do not coach other students while training unless specifically asked to do so by an instructor.
- While we do our best to minimize the risk of injury for all of our students, just as in any sport, accidents happen and injuries may occur. If a student sustains an injury during class, they must report it to a member of KMD staff so that an incident report can be taken.
- Refrain from using abusive language and maintain discipline during all classes.
- Please leave valuables in your car. The training center is not responsible for lost items.

Membership Policy:

All communication regarding membership changes or holds must be in writing to customerservice@kravmagadallas.com. Instructors or staff are not responsible for remembering verbal requests for changes to member accounts. The minimum duration for a membership hold is 30 days.

Student Referral Program:

At Krav Maga Dallas™ we know it is always more enjoyable to train with someone you know. Whether you promote us in your communities, your place of employment, or virtually anywhere else, we believe you should be rewarded! Students who refer a family member or friend who signs up for an annual membership can receive exclusive merchandise and membership discounts! See the Front Desk for details.

Train Hard! Get Fit! Walk in Peace!