



# Berkshire Tai Chi

HALL OF THE SOARING EAGLE

## Traditional Ethical and Moral Values

### **The Teacher & Student Roles and Relationships:**

- More experienced students should always go out of their way to welcome and assist less experienced and newer students.
- However, students should never teach or impart new material to newer students, only teachers may teach (Two reasons: Decreases the likelihood that incorrect material will be passed on, and ensures that newer students will cultivate patience and work on the material at hand.)
- Never ask your teacher to show you new material or “the next move.” Your teacher will determine when it is time to impart new material to you based on the quality you demonstrate of current material, and your demonstrated balance of patience and enthusiasm.
- Every instructor has his or her own style and understanding of forms and techniques. If you were shown something differently from one instructor to another, it would be wrong to automatically assume that one is wrong and one is. Ask the instructor privately, and if there is doubt agree to clarify with the other instructor. Keep in mind that instructors’ style and understanding of forms and techniques evolves and changes over time, too.
- Newer students should demonstrate respect towards more senior students at all times. Examples: Line up behind senior students in class, defer to senior students in all matters related to your training.
- Understand the student-teacher relationship. Accept instruction from your teacher with an open heart and open mind, having faith that your teacher always has your best interest at heart. If your teacher asks for your opinion, give it freely and honestly. If not, better to keep quiet about your opinions.
- Be honest and open with your teacher at all times. If you make an error in wu-de or judgment, acknowledge your error, apologize and move forward with matters.
- You should always greet your head instructor when you see him for the first time each day with a courtesy salutation.

### **Classroom Etiquette and Guidelines:**

- Make every effort to arrive to class on time. If you must be late, quietly enter and bow to your teacher and when acknowledged join in.
- Bow when entering the training studios, and bow to the teachers at the start of each class. This is both a gesture of respect, and a mental trigger to remind you to clear your mind in the sacred space for learning.
- Fill in from front row to back based on seniority
- Give your full effort in every class (this usually comes down to focus)
- Do not leave the classroom during class without notifying your teacher or a senior student first (for safety reasons as well as respect)

- Water bottles are allowed in the classroom, but not food or open containers.
- Leave your coats, jackets, outside shoes, etc. in the hall.
- Turn off cell phones before class. If you must be on call for your job, ask your instructor for permission to keep your phone on.
- Avoid unnecessary chatter during class. A focused mind is a quiet mind. We learn best when we are quiet and focused.
- Safety is always of paramount importance in your training. Make every effort to protect your classmates and training partners from injury at all times
- Martial arts and yoga training obviously have inherent risk of injury, which we all accept as practitioners. However, you have both the right and obligation to excuse yourself from any specific activities in class that you feel you cannot or should not do due to previous injuries or health conditions.

### **Attendance and Practice:**

- Practice daily. A martial artist is someone who does martial arts every day—whether physical, mental or spiritual practice.
- Let your instructors know if you won't be at class for extended periods.
- Wear your tshirt in class. Wear black or dark pants if possible.
- Maintain good personal hygiene (shower, use deodorant, clean uniform, trimmed finger nails, etc.)
- Remove jewelry before class to avoid injuries

### **Promotion of Your School:**

- Actively promote and refer your school to others. The strength of your own training and that of your brothers and sisters is dependent upon the strength of your school.
- Within the school and in public, remain positive and complimentary of your teachers and the school. Of course it is impossible to always like all things about your school or teachers, but remember the adage, "If you don't have anything good to say, don't say anything." If ever you ever become really unhappy with your school, best to part ways rather than poison the environment for others.