

Apply for stop-practice

Member (including new comers) who could be busy or get hurt for 1 month more, should request for time off to our Dojo.

If our Dojo hasn't gotten the contact from the member for 3 months, we will treat to terminate the membership.

Connect to: 13817601711

Please fill your name up, when you send SMG.

★If you stop practice for more than 1 month and when you back to practice;

1. Practice on weekdays—Reviewing class with beginners for 30 minutes instead of taking part in the next half class. And you can back home directly or stay here to watch class for at least one time. (According to the length of rest times)
2. Practice on Sunday—When practice under limited high grade, even if you are in or above the certain grade, please sit and watch with beginners together.

Do not join those kind of practices.

3. Practice on Saturday—There is no restriction in principle.

★Above is not including Black Belt Holder→Please keep your good condition.

In addition, if did not participate in more than one week at practice within a month, or feel bad suddenly, even if not a long-term suspension of the state of practice, please do not practice reluctantly and enhance your self-management.

However, always sitting down to watch and stop exercise when feel tired is not suggested here. It is very important to train the breathing of practice.