



Updated 2/2/21



## **The United World Muay Thai Association Student Rules And Regulations**

Rules and Regulations  
School , Gym or Dojo Rules and Etiquette

### General Guidelines

***Please remove your shoes and Bow before entering the mat and Also When Leaving the Mat. The reason we remove our footwear is two fold, one this is a ancient custom going back more than 1000 years and a sign of our humility as a visitor to remove our footwear. The second reason is the obvious one of hygiene and germs from our shoes getting on the mats. Remember good health and avoiding germs are a stepping stone to peak fitness.***

***Always walk to the rear of a class when the class is in session***

***Do not speak when the class is in progress or when your Khru is speaking to the class, unless it is absolutely necessary. Speaking while your instructor or teacher is talking is very disrespectful.***



**No eating, drinking, smoking or chewing of gum or tobacco in the class**

**Refrain from the use of foul or vulgar language while in or near the Class, Gym or Dojo , it shows great disrespect to curse in the school or class.**

**Cursing at the Khru or any instructor is cause for immediate dismissal from training and removal or termination of membership from The United World Muay Thai Association. The instructor may choose to let the student stay or return to his class, but the UWMTA will not reinstate the student as a UWMTA fighter or member. Without a written apology to their teacher and the United World Muay Thai Association.**

**Always Bow to your instructor at the beginning of the class and at the end of the class. Always Bow to your workout or sparring partner when sparring and working out. This is a showing of mutual respect to other students, your Khru and the Gym.**



***Please Do not Disrupt the class with questions to your Khru or instructor whether in Private class or group classes.***

***The Khru or Instructor will give each of the students time at the end of all classes for any questions or concerns the student may have. Early in the training process, students may have many questions, but to many question to early in your training will only slow down or impede your learning process and in the end will result in you spending more time and hours training than would be necessary.***

***TRUST YOUR KHRU OR INSTRUCTOR THAT HE OR SHE KNOWS WHAT THEY ARE DOING AND BE PATIENT, DO NOT LOSE SIGHT OF YOUR CURRENT OBJECTIVES, DO NOT WORRY ABOUT WHAT YOU WILL LEARN TOMORROW, IT IS IMPORTANT TO STAY MINDFUL AND IN THE NOW...***



### **Our Favorite Proverb:**

**Told in many schools and Gyms and one we hold to be very true.**

**There is the old proverb / story written 1000 years ago about a new student who comes to class and on the first day, they approached the KHRU and asked " Teacher, how long must I train to be the best fighter in the land "**

**Well the Teacher said to the student " 10 Years at least I would think ".**

**10 years is a very long time said the young student". What if I train and study twice as hard as all the rest of the students.**

**Well then the Master said " I think 20 years would do it" " WHAT!" the student replied, how can that be? Then what if I train Day and Night with all my Heart and all my Soul " How long then would it take to be the best fighter in the lands?**

**30 years then, the Master replied" I don't understand? "How can that be the student ask?" every time I say, I will work harder, you tell me that it will take longer to be the best fighter, Why? the student ask.**

**The answer is obvious the Master replied " when you have one eye fixed upon your destination, it only leaves you with one eye to find your way".**



**More on Etiquette and member conduct:**

**Possession of drugs or alcohol in the Gym or studio will be grounds for immediate termination or dismissal from the United World Muay Thai Association.**

**No sparring in the Gym or class without a Senior instructor or Khru Present**

**Dirty clothes reflects negatively on your Khru or instructor, as well as your Gym or school and the United World Muay Thai Association. Always wear clean shorts and or uniforms and shirts.**

**A member must never ask his instructor or Khru about his or her next level or rank test date, This shows a lack of patience, and is disrespectful to your Khru or instructor, and their judgment, when your instructor feels you are ready to test for a higher level or rank, he or she will let you know.**

**YOU MUST ALWAYS CONTROL YOUR EMOTIONS AT ALL TIMES , your Gym or school is no place for anger and heated emotion, we have a saying in Muay Thai "You leave your EGO at the door"**



**Your Gym or school is a place of learning and enlightenment, it is not a place for fighting, ( as funny as that may sound) you are there to learn, not to compete with the other students, unless placed in the ring by your Khru, And then only show the highest amount of respect for your fellow combatant. You are there to spar and train, not beat on each other. Respect goes a long way in the fighting world and Muay Thai is built on it!**

**Remember - RESPECT ALL BUT FEAR NONE!  
true words to live by...**

**Members and Students please keep your finger nails cut short at all times, one scratch from someone's long fingernails on your face can leave a permanent scar, and though we know as Muay Thai fighters scars make character, we do not want to be scratching our fellow students by accident. Proper Hygiene is a must, when training with your co-students, in close quarters for hours at a time, no one wants someone else's bad breath in there face or when doing ground work like BJJ - Brazilian Jujitsu, and rolling around on the mat, keep yourself clean for your fellow combatants. your class and fellow students are truly your brothers and sisters in arms and you should respect them at all times, not just your Khru or instructor.**



***To all Members and Students:***

***Good Luck with all your training and in life,  
work and train hard!***

***And remember to respect all! But Fear None***

***Thank you***

***Board of directors the staff and everyone at  
the-United World Muay Thai Association***

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Thai Association**



***Our Mission:***

***United World  
Muay Thai Association  
was formed in 1993 by Vut kamnark  
who saw the need for a better  
governing body over Muay Thai fighting  
regulations in Thai land and in the  
United States.  
Promote sanctioned fights worldwide!  
We are a no profit organization  
dedicated to the Study and  
Enlightenment of all Martial Arts and  
Martial Artist's Worldwide. Thank you for  
your interest.***

***Muay Thai Fighters Respect All and Fear  
None!***



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