



United World Muay Thai Association Student Rules Of Conduct and Regulations

Rules and Regulations
School , Gym or Dojo Rules and Etiquette

Remove 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 2000 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 Kru is speaking to the class, unless it is absolutely necessary. Speaking while the 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. Your 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 begriming 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 and is in no way a form of religious significance.



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

Your Kru or Instructor will give the student time at the end of all classes for any questions or concerns the student may have. Early in the training process student 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 KRU 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...



A Favorite Proverb told in many schools and Gyms and one we hold to be very true.

There is the old proverb / story written 3000 years ago about the new student who comes to class and on the first day, he approached his KHRU and ask " Teacher, how long must I train to be the best fighter in all the lands "

Well the Master 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 students.

Well then the Master said " I think 20 years would do it" " WHAT!" the student replied, 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 said" How can that be the student ask? each time I say I will work harder, you tell me that it will take longer to be the best, Why? the student ask.

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



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 Kru Present

Dirty clothes reflects negative on your Kru or instructor your Gym or school and the United World Muay Thai Association. Always wear clean uniforms and or shorts and shirts

A student must never ask his instructor or Kru about his or her next level or rank test date This show a lack of patience, disrespect and humility to your Kru or instructor and there judgment, when your instructor feels you are ready to test for a higher level or rank, he or she will let you know.

CONTROL YOUR EMOTIONS AT ALL TIMES , Gyms or Dojo's, are no place for anger and heated emotion, we have a saying in Muay Thai " you leave your EGO at the door"



The Gym or school is a place of learning and enlightenment, not a place for fighting, (as funny as that may sound) you are there to learn not compete with your other students, unless placed in the ring by your Kru. And then only show the highest amount of respect for your fellow combatant, You are there to sparr and train, not beat on each other. Respect goes a long way in the fight world and Muay Thai is built on it! Remember - RESPECT ALL BUT FEAR NONE! true words to live by...

Students must keep their 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 other students by accident.

Proper Hygiene is a must, when training with your co students 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 and instructors.

Good Luck with all your training and remember to respect all!

*Thank you
Board of directors and the staff at
The United World Muay 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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