



**Little
Dragons**
3 - 4 years old



**Mini
Ninjas**
5 - 7 years old



**Junior
Martial Arts**
8 - 11 years old



**Teen
Martial Arts**
12 years old plus

Taijutsu - Karate - Muay Thai - Brazilian Jiu Jitsu - Self defence

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ZKS Martial Arts uniform and equipment policy 2023.

ZKS Martial Arts have a specific uniform policy for all students to follow. Here are the key points of the uniform policy for students and staff:

1. Uniforms must be clean and in good condition. Students and staff are expected to keep their uniforms clean and in good repair, with no rips or tears.
2. New members will need to have a uniform after a maximum of 2 months of attendance and are required for assessments and gradings.
3. Uniforms must be worn to all classes and events. Students are expected to wear their uniforms to all classes and events, as it is part of the discipline and respect required in martial arts training. It is important to note that different classes require different uniforms and staff will explain the appropriate uniform required.
4. Uniforms must be worn properly. Students must wear their uniforms properly, with the top worn and the belt tied correctly.
5. White uniforms are preferred for students. Students are encouraged to wear ZKS MA white uniforms, as it is the traditional colour for martial arts uniforms. Staff and leadership team members can also wear black uniforms to help students and parents identify those in the class that are staff or volunteers.
6. Coloured belts indicate rank. Students and staff wear coloured belts to indicate their rank, based on the class type. Belts should be worn properly and at all times in the class.
7. Socks are optional. Students may choose to wear socks with their uniforms, but they are not required and barefoot is acceptable. Only "ZKS MA" grip socks are only allowed in classes.
8. Non-uniform clothing is not allowed. Students and staff are not allowed to wear non-uniform clothing during class, except in special circumstances approved by staff.

Overall, the ZKS Martial Arts uniform policy is designed to promote discipline, respect, and tradition within the training environment.

Personal belongings and lost property policy

ZKS Martial Arts have a policy on personal belongings and lost property to ensure the safety and security of all students' belongings. Here are the key points of the policy:

1. Personal belongings are the responsibility of the student. ZKS Martial Arts is not responsible for any lost, stolen, or damaged personal belongings brought onto the premises.
2. Personal belongings should be labelled. Students are encouraged to label all their personal belongings, including uniforms, bags, and water bottles, to prevent loss or confusion.
3. Personal belongings should be stored in designated areas. Students should store their personal belongings in designated areas provided by the dojo, such as cubbies or lockers.
4. Valuable items should not be brought to class. Students are discouraged from bringing valuable items to class, as they may get lost or damaged during training.
5. Lost property will be kept for a limited time. ZKS Martial Arts will make every effort to locate lost property and return it to its rightful owner. However, lost property that remains unclaimed after a certain period of time will be donated or discarded.
6. ZKS Martial Arts is not liable for lost property. ZKS Martial Arts is not liable for any lost or stolen personal belongings, and students assume all risks associated with bringing their belongings onto the premises.

Overall, ZKS Martial Arts take the safety and security of personal belongings seriously and encourage students to take responsibility for their own belongings while training.