

CAMP Guidelines for ALL ATTENDEES

(Texas Kali Association)

1. USE CONTROL

Be courteous toward your partner and use control when executing 2-person drills. This will help avoid any injuries.

2. KNOW YOUR OWN LIMITATIONS

Safety is always a factor. Know your own limitations. Don't push beyond your physical limitations. Drink plenty of fluids to avoid dehydration. Part of knowing your own limitation is also knowing when to dismiss yourself, if needed.

3. DISMISS YOURSELF WHEN NEEDED TO

Only you and nobody else know what's going on with your body. If you are physically hurting, if you are frustrated or mad, or not feeling well, please dismiss yourself to avoid potential injury to yourself or others.

4. STICK TO THE DRILL

Stick to the drill, it is part of a progressive plan to develop your skills. Focus on the objective of the drill, in order to build a foundation for the next phase of the training. Do not surprise your partner with an unexpected move. Aside from developing your skills we also want to avoid any injuries.

5. LEAVE EGOS AT THE FRONT DESK

We will have practitioners at different skill levels. Everyone is talented in one area or another. We are here to train. The only person we are competing against is "ourselves"! We want to be better than the person we were yesterday.

6. NO JEWELRY DURING PRACTICE

Rings can hurt or cut, necklaces can choke you, and body rings can rip off your skin. Sometimes your own personal items can be a weapon not just against your partner but against yourself.