



Code of Conduct

1. About Fluid Adaption

Fluid Adaption is an Emergent Martial Art intended for enabling successful adaption to everyday life. It is a method of learning which engages the body and mind in a flow of changing relationships to further a Practitioner's ability in all aspects of life. It is about **valuing** people and **nurturing** positive relationships; learning to **survive, heal** and **recover** from the trauma of violence, abuse, and neglect; **succeed** in study, work, sport, relationships and other spheres of social engagement, and **thrive** by embracing the flow and constant change of everyday life.

Fluid Adaption integrates a wide range of martial arts practices that enable adaption to one or more of the following **contexts**:

1. **Free Fighting** – Sports fighting or club based sparring, including touch contact, semi contact and full contact fighting methods.
2. **Fluid Defence** – Reality based self-defence, responding to a wide range of self defence situations including: hand to hand defence, weapon defence, and defence against multiple attackers (armed and unarmed).
3. **Fluid Combat** – Reality based fighting, learning to adapt and survive against a determined attacker(s) who attempts to engage in an in close and vicious assault.
4. **Everyday Life** – Adaption in action, the ultimate goal of Fluid Adaption is to enhance quality of life, via the two way transfer of learning between the micro of martial arts practice and the macro everyday life.

T.F.N – The Fluid Network Inc. is the governing body overseeing the practice of Fluid Adaption martial arts.

Local Training Groups (LTG's)

Fluid Adaption practice occurs in martial arts clubs known as Local Training Groups or LTGs. Each LTG is coordinated by a qualified instructor(s) approved by T.F.N – The Fluid Network Inc. The aim of each LTG is to realise the purpose of Fluid Adaption (above) and facilitate 'adaption to context' through the teaching of martial arts to its student participants.

Further, each LTG seeks to embrace the following objectives:

1. Providing instruction in a safe environment for the practice of Fluid Adaption.
2. Developing the mental and physical tools for improving personal safety and security.
3. Promotion of good health and vitality.
4. Development of positive self-esteem and self-confidence.
5. Development of a student as a positive role model in the community.
6. Pro-active violence prevention through increased awareness and positive attitudes.
7. Developing healthy community attitudes and values.

Within this Code of Conduct the terms 'members', 'instructors', 'students', 'participants', and 'practitioners' are all terms used to describe any person participating in a class, course, training session, or other sanctioned Fluid Adaption/T.F.N – The Fluid Network Inc. event, and who must agree to be bound by this Code of Conduct. Fluid Adaption reserves the right to make amendments or additions to this Code of Conduct at any time.

Participant Understanding

1. Fluid Adaption is a contact martial art, meaning it involves physical contact with one or more other practitioners in ways designed to simulate as closely as possible the self-defence options available to a practitioner when confronted with physical aggression and/or threatening behaviour. This includes adaption to the range of contexts listed above under point 1. About Fluid Adaption.
2. As in any other physically demanding recreational activity, there is always a risk of injury.
3. Any person participating in a training session (e.g. session, seminar, workshop, demonstration) conducted by LTG does so with the full understanding that whilst it is the policy of LTG to minimise this risk, the nature of contact physical activity prevents its total elimination.
4. Any person participating in a training session conducted by LTG or related event do so of their own volition and at their own risk.

Safety

1. Participants must not wear jewellery or watches during training.
2. All participants in training agree to maintain self-control at all times and maintain all care in the application of a fighting or combative manoeuvre or other interactive movement.
3. Any participant who, in training, exhibits behaviour that, in the judgement of the Instructor, is a danger to other participants, shall not be allowed to continue training until the Instructor determines the danger is no longer present.
4. Any injury must be reported to the Instructor in charge with all details of incident documented.

Training Area Etiquette

1. Participants must be punctual, preferably early, so that they are ready to train when a session commences. If arriving late, a participant must wait at the side of the Training Area until the Instructor indicates that a Practitioner may join the session.
2. Participants must not chew gum whilst training.
3. Food and/or drink (including water) must not be consumed whilst on the training area.
4. Mobile phones must be turned off during training. Mobile phones inadvertently left on during training may not be answered. Any participant who is "on-call" for work may seek approval from the Instructor prior to the commencement of session to leave his or her mobile phone on.

Training Gear

1. All participants must wear appropriate clothing during all training sessions as approved by the Instructor, such as a martial arts uniform, T-shirt and shorts/long pants, and as needed running shoes or special martial arts training footwear.
2. Participants inappropriately attired will not be allowed to train.
3. In addition to the general uniform requirements, it is recommended that participants bring a towel and filled water bottle to each training session.

Free Fighting or Sparring requirements

1. Free Fighting is a sparring drill that involves various levels of contact according to the nature of the free fighting being practiced. Regardless of the type of free fighting each participant is expected to participate in a way that supporting the learning of the other, and all participants to maintain a high level of control for safe practice.
2. Unless otherwise specified, Free Fighting in any LTG training session or grading for rank will be 'Touch Contact'. Touch Contact Free Fighting, also referred to as 'sparring', is defined as follows:
 1. No Contact – to the back of the head, sides and back of the neck, throat, spine, groin, kidney region of the lower back, and breasts of women.
 2. Light Contact - to the face and sides of the head. Light contact is defined as surface contact by one practitioner to the body of another practitioner that touches but does not cause a visible injury (e.g. swelling, bleeding, or bruising).
 3. Semi contact – to the arms, legs, and torso (except in areas as specified about). Semi contact is defined as firm but controlled contact by one practitioner to the body of another practitioner.
3. Fist protectors and Shin/Instep protectors or similar hand and leg protection equipment as approved by a LTG instructor must be worn by all participants during Touch Contact Free Fighting. Personal protection equipment, such as a personal mouth, groin guard, and for women a breast protector, are highly recommended but not mandatory. It is the responsibility of all practitioners participating in sparring to keep their protection equipment clean and maintained in good working order.

Sickness or Injury

1. Participants must not train if they are suffering from the flu or other viral infection that may be passed on to other Participants.

2. Participants must advise the Instructor if suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training. Some examples of this may include blood pressure problems and cardiac disorders, neck and back injuries, diabetes and asthma.
3. If requested by the Instructor, participants with the above or like conditions must show this Code of Conduct to their physician and secure a medical certificate clearly stating that the participant is able to participate in Fluid Adaption Local Training Group sessions and whether there are any restrictions or conditions applicable.

Other Health Issues

1. Participants must not attend training under the influence of alcohol or illegal drugs.
2. Smoking is not allowed in the Training Area.
3. Participants training must give proper attention to personal hygiene and exhibit clean grooming; and ensure that fingernails and toenails are trimmed and clean.
4. Participants with a cut or bleeding injury must cease training immediately and receive appropriate first aid. Rejoining the training session will not be allowed until the Instructor has deemed that is safe to do so.
5. Participants administering first aid to another participant suffering a cut or bleeding injury must wear protective gloves.

Training Area Ethics

1. Participants must always be courteous and helpful to each other.
2. Physical contact between participants who are training must be appropriate to the situation and necessary for the skill development of those participants.
3. Sexual harassment, defined as being where a participant is subjected to unwanted or uninvited sexual behaviour, will not be tolerated.
4. Any form of discrimination based on sex, ethnic origin, language, colour, disability, or other form of differentiation will not be tolerated.

Protocols

1. All grievances must be spoken about behind closed doors with the LTG Instructor, and not be voiced openly with other participants of the training group, and preferably in writing. If the aggrieved participant is a member of T.F.N – The Fluid Network Inc., then the participant may also submit their complaint to the association as detailed in the model rules.

Training Session Restrictions

1. Only Practitioners authorised by the Instructor are allowed to participate in any physical contact drills. This especially applies to Free Fighting and Fluid Combat.