

# FORMS ETIQUETTE

## Pre-Forms Competition Preparation

- Uniform: Ensure your uniform is clean, pressed, and appropriate for the competition.
- Belt: Tie your belt securely and correctly.
- Hair: Keep your hair neat and out of your face.
- Nails: Trim and clean your fingernails for a hygienic appearance.
- Attitude: Sit up tall, pay attention, and be respectful to other competitors.

## When Your Name is Called

1. Stand up quickly and raise your hand: Acknowledge the call with your hand raised and eyes on the center judge.
2. Enter the ring: Once given permission, bow and run in towards the center judge.
3. Get into a strong Joon Be stance and bow again.
4. Recite the following:
  - "Good morning, judges."
  - "My name is [Your Name]."
  - "Representing [Cutting Edge Krav Maga]."
  - "My instructor is [Master Brandon Kemmer]."
  - "My form is [Form Name]."
  - "With your permission, may I begin?"
  - Position yourself: Back up and give yourself enough room to perform.

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## During the Performance

1. Prepare: Get into a strong Joon Be stance, focus your energy, and visualize your form.
2. Perform: Execute each move with detail, focus, energy, and attitude.
3. Hold the last move: Maintain the final pose for a moment, and then snap back into your Joon Be stance with your eyes forward on the center judge.

## Post-Performance

1. Wait for dismissal: Be patient and wait for the judges to signal the end.
2. Bow and exit: Bow and back up out of the ring.
3. Remain respectful: Sit quietly and maintain a respectful demeanor.