

School Orientation for IATC

What to Expect

IATC is a vibrant and exciting weekend of training, testing and socializing. If you've never been before, it will likely become your favorite weekend of the year. There are people of all ages and backgrounds exploring the martial arts with teachers and masters that they rarely have the opportunity to see. Evenings include music, socializing and the reunions of old friends, sometimes late into the night. The different floors of the dorm have different age and noise restrictions to be sure everyone is getting the version of IATC they want. Food will be served from the university's cafeteria with a wide variety and as much food as you require.

What to Bring

Aside from normal travel gear, consider these things:

- Rooms have a small fridge and you can purchase small items from nearby stores if you like.
- Rooms have a light sheet and blanket (twin), pillow, and small towel, but many people prefer their own items. Consider an extra towel (especially if you'll be using the pool), a thicker blanket, and a fitted sheet.
- Bathrooms/showers are shared between two rooms. There are hotel style soaps provided but you may want your own toiletries (particular soap, shampoo, hair dryer, etc.)
- There is a swimming pool, laundry, volleyball, gym, and grilling area at the dorm. There are no extra fees for their use. If you plan on playing volleyball, you'll need to bring the ball.
- Most people want at least two uniforms since sweat will build up. At bow-in and promotions you need to wear all white.
- If you're not used to working out on hard wood for 6-8 hours for three days in a row, you'll want some gym shoes. "Barefoot" shoes like Vibrams will allow you to show toe and foot position. You will need to walk back and forth from the gym in another pair of shoes or sandals.
- Weapons and sparring gear for any sparring and weapon classes you take (No live blades are permitted on NC State campus).
- People testing who do not want to bring boards to break must arrange their boards ahead of time. Info at <https://www.cuongnhu.com/special-events>
- Minors not traveling with parents must be sure their chaperone has their medical release for registration.
- Also consider, your favorite anti-inflammatory medicine, athletic tape, alarm clock, and notebook.

Respect – *Some of the ways we show respect for the university, style, attendees, and instructors.*

Choose the Right Floor

On the registration page you can sign up for the floor that matches your preference:

Party Floor - Must be 18 or older to stay on this floor. Socializing will go late into the night and noise levels vary (but rarely cease).

Chill Floor - Anyone can stay on this floor but must quiet down by 11pm.

Family Floor - Minors on this floor must return here by 10pm and quiet down by 11pm. There will be a special game room and activities for kids on this floor.

Master Floor - Must be a master to stay on this ultra-quiet floor.

Chaperones

- All minors have parents or assigned chaperones who must know where they are at all times.
- It is up to parents and chaperones to let kids know where they can be and what behaviors are acceptable. We'll all be looking out for them, but ***they need clear instructions from guardians.***
- If minors are housed on the Family floor, the ***parents or chaperones must make sure they are on the floor by 10pm and stay there.***
- Be sure the chaperones and the minors they're looking after have contact info for each other and also for a dojo leader or IATC coordinator that can help them get any help they need.

Etiquette

- You are a representative of your dojo AT ALL TIMES. You carry our good reputation as credit in every interaction but also are responsible for its safe keeping.

- Take care of the dorms, cafeteria, gym and other facilities like they belong to your best friend. Leave them as good or better than you found them. Prove to the university that we're the best guests of all time.

- When in class, refrain from contradicting or interrupting the teacher. Raise your hand to ask questions, but if you think something isn't correct, ask for more information after class. If they're wearing a black belt or higher, it is formal to answer questions with "yes, Sensei" or "no, sensei". Many people prefer less formality, but like with meeting anyone out in the world, begin with respect and let them give you the lead on their preferences.

- Many people don't use the pronouns that you first expect. They will likely have their preferred pronouns printed on their uniforms. Please don't be dismissive of their request to address them respectfully. Handled with respect and love on both sides, it's not complicated.

- IATC is your chance to meet your Cuong Nhu family from all over the country and the world. Don't just hang out with your dojo friends – MEET NEW PEOPLE. They're great! And if your senseis seem to be spending lots of time with people from other schools, it's not because they don't like you, it's because they're building and maintaining lifelong relationships. Try it!

- It's probably ok to try a class that you're not the rank for, but you should ask the teacher. It's also ok to leave a class that you realize isn't what you wanted. Just bow to the sensei and excuse yourself. Kids must, however, notify their chaperone that they're changing locations.

- You should try to buy weapons ahead of time for weapons classes you want to take, but if you don't have the weapon, ask the teacher, they may have spares or an alternate stand in for the weapon.

Remember – Respect, Ask, Enjoy, Respect – This will likely become your favorite event of every year!