



JIU JITSU • MMA • WRESTLING

"Creating a positive culture and environment for youth and adults to succeed in life."

TRAINING ETIQUETTE

1. The Student must bow before entering the mats.
2. The Instructor and Student must be respectful in the gym.
3. Keep a respectful posture in the training area.
4. Refer to non black-belt instructors as "Coaches".
5. Refer to black-belt instructors as "Professors".
6. Classes end with Students lining up in descending grade order.
7. For safety reasons, if a Student is late he or she must wait by the side of the mat for permission from the Instructor to join the class.
8. For safety reasons, if a Student needs to leave the mat or leave early he or she must ask the Instructor for permission.
9. Partners must bow or shake hands with each other before or after practice.
10. During class, when the Instructor is demonstrating the techniques, every Student must pay attention.
11. Talking should be kept to a minimum level and should relate to the class subject.
12. Absolutely no foul language inside the academy.
13. Keep fingernails and toenails short for everyone's safety.
14. All Students, Instructors, Professors, and visitors must wear a Gi / Uniform to Gi Classes. Gi Pants and Top must match in colour.
15. It is mandatory to have underwear underneath the Gi pants.
16. For No-Gi Classes, students must wear Gi pants or a boardshort (or black short) along with a training shirt.
17. The uniform must be clean at all times. A dirty uniform is a sign of disrespect.
18. The uniform must be worn at all times.
19. When tying the uniform, Students must face the edge of the mats.
20. The belt represents your progress. Keep it on.
21. All metal objects, jewellery, piercing, necklaces and other items should be removed.
22. No shoes, food or drink on the mat.
23. No cell phones in the training area.
24. All Students and Instructors must wear shoes when walking outside of the training area.
25. You must wear shoes when entering or using the bathroom.
26. Never challenge a senior belt.
27. Make way to senior belts when rolling.