Academy Rules & Expectations

1. **Safety is paramount.** Jiu Jitsu is a very physical activity and both you and your partner will be in positions where severe injury could occur. **If your partner taps, either physically or verbally – LET GO IMMEDIATELY.** All submission holds should be applied in a controlled manner. If you injure your training partner, you won't have anyone to train with and no one will want to train with you. Tap early and often. Tapping is not a sign of weakness; rather it is a part of the learning process. Make sure you and your partners will be able to train tomorrow. **IF WE BELIEVE YOU HAVE INTENTIONALLY INJURED SOMEONE, YOU WILL BE DISCHARGED IMMEDIATELY.**

2. **Check your ego at the door.** It is expected that you will get tapped; you will get stuck on the bottom and not be able to get out. That’s jiu jitsu. Part of the learning process is getting tapped, getting submitted, you will lose – and that’s OK. The training mat is a learning environment. It is not a competition. **This is not the place for people with bad intentions.**

3. **Never walk on the mats in your street shoes.**

4. **Hygiene.** Your Gi must be clean at all times, cut your fingernails and toenails, and brush your teeth before class.

5. **If you have the flu or a cold please stay home and rest.** You will infect the whole academy.

6. **If you have ringworm, please let us know and don’t train.** You are welcome to come to the academy – just stay off the mat. Ringworm is highly contagious. You will infect your training partners.

7. **Don’t brag about tapping an opponent during training.** It’s a great way to make enemies at the gym. If you catch somebody, you catch somebody. It’s no big deal.

8. **Don’t stop drilling a technique until the instructor tells you to stop.** You haven’t mastered the day’s technique – don’t act as though you have – it’s both arrogant and disrespectful.

9. **Always use more technique than brute strength.** Strength is not impressive, clean technique is.

10. **Remove any watches, rings, or jewelry before training.**

11. **No small joint manipulation** (meaning no grabbing fingers or toes).

12. **No checking you phone during class.** This is your break from the outside world – enjoy it!!!

13. **Attendance.** If your attendance is being monitored by an outside agency; it is your responsibility to make sure you have been signed-in for class.

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Student Name                            Instructor Name
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Student Signature                       Instructor Signature