Vaughan Jiu-Jitsu Academy

DOJO RULES

CLASS CULTURE & ETIQUETTE

1. Bow when you enter and exit the mats.
2. Classes begin and end with a formal bow to the professor(s) with students lining up in descending order by rank.
3. If you are late, wait by the side of the mat and wait for permission to join.
4. Let us know ahead of time if you're going to be late or absent.
5. If you need to leave the mat or leave class earlier, you must ask permission from the instructor.
6. During class, when the professor is demonstrating the technique, students should sit, stand or kneel attentively and not slouch or drop themselves.
7. When practicing, talking should be kept to a minimum and related to the class subject.
8. It is ok to ask questions as long as it pertains to the lesson being taught. 90% of the focus in Jiu-jitsu training is on technique acquisition. This requires students to be methodical and vigilant in their training.
9. No foul language in the academy especially on the mats.
10. You are to work together with your training partners so that mutual benefit of training is achieved.
11. Bow and shake hands with you training partners before and after training.
12. The gi top and bottom must be of the same color.
13. Avoid unnecessary aggressive behavior towards anyone. This is always counterproductive.
14. If at any time during training you are in danger of being injured through an applied technique or approaching another groups training space, firmly tap your partner two or more times and say "tap". This will indicate to your partner to immediately stop applying the technique.
15. Keep cell phones off during class. They distract those who are trying to learn.
16. Don't brag about taping people out. It's disrespectful and unsportsmanlike. The academy is a lab for experimenting and it's not a fair representation.
17. No jumping-guard, body slams, or Kami-Basami Takedowns (ONLY high ranked belts and under direct supervision of an instructor)
18. Break your toys (training partners) with intent, you will be banned from the school.
19. Leave your Ego at the door.
20. Respect the class format and its instructors.
21. If you see someone do something inappropriate on the mats or in change rooms. Please speak to one of the instructors immediately. There is zero tolerance for abuse.
22. LADIES CHOICE RULE- It's ladies choice to pick whom they want to train technique and or roll with. Men please refrain from asking.

HEALTH & HYGENE ETIQUETTE

1. Keep finger and toe nails short for everyone's safety.
2. Come with a clean Gi, breath / body smelling fresh, and nails trimmed.
3. The gi must be thoroughly cleaned with no stains, rips or foul odours. Students will not be allowed in class if this rule is not followed. Please try to keep your belt on at all times
4. Hair if long must be pulled back and secured
5. It is mandatory to wear a shirt or a rashguard underneath the gi top unless competition training
6. Gi must be worn all times during gi classes
7. When fixing your gi or belt please face the wall or away from Instructors.
8. All accessories must be removed before training. (necklaces, rings, piercings, etc)
9. No shoes, socks, food or drink (except for water bottles) allowed in the mat area. No street attire allowed on the mat during class. Shoes or sandals MUST be worn when entering the restroom for any reason. Students will NOT be allowed in class if found violating this rule.
10. Protective ear wear must be sports specific.
11. Do not attend class if you are sick, or have a skin disease.
12. You will be asked to leave class if you are found to have any of the aforementioned ailments. Clear all issues through your doctor FIRST, then come and train.