



# DOJO ETIQUETTE

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1. Arrive to class on time. If you are late for class, wait by the side of the mat until the instructor gives permission to enter.
2. Bow to the center of the mat when you enter and exit. Always greet the Professor upon entering the mat.
3. Classes begin with students lining up in belt rank order. Classes begin and end with a formal bow to the instructor(s).
4. If you need to leave early, please inform the Professor.
5. Refer to Black Belt instructors as "Professor."
6. Leave your ego off the mats. Respect your instructors and your training partners.
7. While training, move if you are too close to higher ranked individuals.
8. Shoes or flip flops must always be worn outside the mat.
9. Talking should be kept to a minimum level and should relate to the class subject. No foul language inside the dojo.
10. Practice good personal hygiene. Keep your fingernails and toenails trimmed for everyone's safety. Please keep your Gi clean and wash after every class.
11. All metal objects, including jewelry and piercings, should be removed while training. Long hair should be tied back.
12. No shoes, food, or drink on the mat.
13. HAVE FUN :-)



# PARENT AGREEMENT

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1. **Make sure to read Dojo Etiquette with your child(ren).**
2. **Keep volume level low, so students can have a distraction-free environment.**

If you are having a conversation, please keep it low, especially during the instruction. Keep your phones on vibrate, and if you must take a phone call please do so outside.

3. **No coaching from the sidelines.**

It is natural to want to help your child(ren). However, this is distracting and potentially dangerous. Watching jiu-jitsu from the sidelines and spending years on the mats like our instructors are two completely different experiences.

Children can be easily distracted, and one of the benefits of jiu-jitsu is that it helps students focus on what they're doing - if they don't, they might get submitted or taken down. In class, children should be focused on themselves, their training partner, their coach's voice, and their surroundings. Adding their parent's voice into the mix can make a child miss an important cue from their coach.

Extra instruction from parents can also make a child anxious as they feel like they have to listen (and impress) both their coach and their mom or dad. The only people children should be listening to in class are their coaches, and sometimes a more experienced teammate.

Beyond all this, it's simply good etiquette to sit quietly while your child trains. Jiu-jitsu may be a sport, but it's still a class. Just as your child's elementary school teacher wouldn't be okay with a parent giving additional instructions in the middle of class, your child's BJJ coaches aren't in the wrong for putting their foot down about coaching from the sidelines.