



DOJO ETIQUETTE

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 :-)



SPARRING RULES

1. No finger pulling or small joint manipulation.
2. No grinding any part of your training partner's body with the points of your elbows, knees, knuckles, etc.
3. No "jumping guard" – "sitting"/"pulling" is permitted.
4. No slamming your training partner on the mat or against the walls.
5. No takedowns that would threaten direct injury to your training partner's knees or neck (i.e., Kani Basami, Front/Back Suplex, etc.)
6. No neck cranks or cervical locks.
7. When applying a submission, always allow your training partner a fair opportunity to tap out. This helps to prevent injuries.
8. No striking of any kind.
9. Techniques allowed for gi training: Follow the IBJJF rules for the belt level above your current rank (i.e., purple belts can practice knee bars with other purple belts and above).
10. Techniques allowed for no gi training: Follow the Grappling Industries Rules + Heel Hooks allowed by blue belts and above.
11. No jumping/stepping onto any part of your training partner.
12. Be aware of your surroundings. We do not want to run into fellow teammates or the window.
13. No dirty techniques (i.e., biting, hair pulling, fish hooking, groin attacks, etc.)
14. During sparring you always have a choice to rest or practice repetitions. Roll, Rest, or Reps.