



CODE OF CONDUCT



1

HEALTH

Come to train with your health on point. Students suffering from any kind of illnesses are not allowed on the mat.

2

FEET AND HANDS

Clean Feet and Hands, free of any kind of dirt, grease or odours.

3

UNIFORM

Must be washed after every training session. Uniform must be clean and free of any odours.

4

BODY

Preferably have shower before training. Always wear deodorant during the classes.

5

NAILS

Short and clean nails are a major requirement both for your and the others safety. Finger and Toe Nails!

6

GREETINGS

We use an international Greeting System called "Hand Shake".

Basically offer you right hand to the other person and hold it firmly. Look into their eyes and say hello. In case you never met before, you should also say your name followed by "Nice to meet you". Remember to Greet Everyone on your way in and on your way out.

7

REFERRING TO OTHERS

Don't mistake the Jiu-jitsu's lack of formality with disrespectful and unruly place.

It is quite the opposite. At all times, refer to others in a respectful and polite manner.

8

BEHAVING ON THE MATS

Bow in when you arrive, Bow out when you leave. Observe what others are doing and just follow them.

Sit quietly, back to the wall, legs crossed or knees bend while waiting or observing



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HIERARCHY

It keeps the group united.
Understand your position (time in the house and belt rank) and do not try to be more important than others.

10

SPARRING

Watch over for your training partners. You are responsible for them.

Bear in mind they are not your punching bag.
Be respectful when invite anyone to roll.
Also don't insist if they decline.

11

VISITING OTHER SCHOOLS

As soon as you are welcome, there is nothing wrong with it.

Always inform your teacher beforehand.
Always wear your official Uniform. Never hide who you are. If you are welcome, very well, if not. It is ok too.

12

TRAINING IN 2 OR MORE ACADEMIES

That is seen as an unethical attitude.

That means: "IT IS NOT ALLOWED".

Loyalty is a great quality on a human being.
While visiting other schools is ok, you should belong to an academy and follow one master (teacher) only. You should only leave if anything major occur.

13

PARENTS & EXPECTATORS

While it is ok to watch, it is not ok to take part.

Whoever is on the sidelines, should just watch and not interfere during the classes.

14

TRAVELLING

Your should always take your go (or kimono, uniform) with you when you travel.

You will make friends and learn different things.
Always consult your teacher to see if he can advise you where to go training.

15

BELT PROMOTIONS

Rank is achievement. While each school holds its own criteria, we follow a strict program.

Ranks will never be element of business or motivation.

In the end of the day, you should "Be" and not only to "Have" the rank you display.