



myBJJ | NEW ZEALAND  JIU-JITSU TEAM

School Etiquette

 For our New Zealand Jiu-Jitsu Academies

Within the School

1. Always be respectful of others, *including* those of lower rank. Make guests and visitors feel welcome. Remember, your example represents your instructors, your club, the organisation, and the martial art!
2. Never wear shoes on any of the mats.
3. No food on any of the mats at any time.
4. Foul language is not permitted inside the school.
5. Mobile phones should be switched off or set to silent during class times.
6. Ask the instructor for permission *before* coaching your children or other students from the sideline.
7. Don't train unless you are in the right headspace and physically able. i.e. "cool, calm, and collected"; free of serious injury; neither sick nor infectious; and never under the influence of drugs or alcohol.
8. Keep your facilities tidy. If you make a mess, clean it up. Don't leave dirty cups in the kitchen for others to wash!

Safety and Uniform

9. Keep your feet clean. Dirty, smelly feet are not allowed on the mat!
10. For hygiene and safety reasons, keep fingernails and toenails short.
11. Remove all metal objects, jewellery, piercings and necklaces.
12. Keep your uniform clean and in good repair at all times. A dirty uniform is a sign of disrespect.
13. Wear your uniform or a shirt at all times whilst in the school. Get changed in the allocated areas.
14. Wear your belt at all times – it represents your progress.

On the Mat

15. Aim to be changed and ready on the mat *before* the scheduled start time. The gym is opened at least 15 minutes before class starts.
16. If you arrive late, wait on the sideline for permission from the instructor before joining the class.
17. Bow towards the centre of the mat whenever you join or leave the mat.
18. Black-belt instructors are to be addressed as "Professor". Non-black belt instructors are to be referred to as "Coaches".
19. Classes begin and end with a formal bow to the Instructor. Students should line up in ranks of descending grades. If you aren't in a gi, or the ranks have already formed, go to the back of the class.
20. Bow or "touch up" with your training partner before and after practice.
21. Keep it safe and friendly. Bullying will not be tolerated.
22. Students should stand or sit attentively and with good posture whenever the instructor is demonstrating techniques.
23. Talking should be kept to a minimum level and should be related to the subject of the lesson. Never disrupt the class by causing a disturbance.
24. If you need to leave the mat, or finish class early, you must ask permission from the instructor.
25. After class, take all of your belongings home with you or store them in a locker. And don't forget to take your drink bottle with you!