

Authentic Jiu Jitsu Rules & Etiquette

Be Prepared For Class.

Proper attire for training is a clean uniform with a belt that displays your current rank in the art; wearing a freshly laundered rash guard underneath the uniform is also required. Please tie up long hair and remove any jewelry and/or piercings before entering the mat space. Use changing rooms to get ready before and after class (do not change in the hall or on the mats).

Rolling Safely.

Remember, you are responsible in part for your own safety and for the safety of your training partner. If your partner is not willing to tap to a choke or a joint lock, move on to another technique; a hurt training partner is one you and other teammates can't train with anymore.

Tapping and/or Submitting.

If you are caught in a submission, you should tap or submit when you know you are trapped, not when you are fairly certain a joint is going to snap or you are completely unconscious. Please leave your ego at the door and learn to train safely.

Being a Good Training Partner.

Being a good training partner is a valuable asset at Authentic Jiu Jitsu. Remember, the academy is a testing ground for leveling up your skills and helping others do the same; focus on improving your technique. Be adaptable to what your training partner may need and roll accordingly.

Cleanliness & Personal Hygiene.

Training Equipment: Your uniform (kimono/gi/belt) and any other training equipment (rash guards, shirts, shorts, spats, knee pads, etc.) must be freshly laundered and completely dried before every training session.

Nails: Ensure you have trimmed your finger and toe nails. This protects your training partners from cuts and scratches as well as protecting yourself from unnecessary pulls, bending, and breaking off of your nails.

Proper Footwear: Do not wear any street shoes on the mats. It is mandatory to wear flips/sandals when using the washroom facilities and/or walking around the academy.

The cleaner we can keep the academy, the more likely we can reduce the risk of skin infections and ensure training is an enjoyable experience for everyone. If you have a skin infection (ringworm, staph infection, impetigo, nail fungus, strep infection, cold sores, etc.) or a contagious illness **DO NOT** come to the gym - this will infect others. Stay home until the infection and/or sickness is completely treated.

Being Respectful.

Instructor(s): In Jiu Jitsu, it is customary to address black belts as "professor" and assistant instructors as "coach" but this will depend on the instructor and vary between different schools; if you aren't sure, just ask.

Mat Movement: Anyone who is ranked higher than you has the "right of way" while grappling, however, it is critical to use common sense and make way for those who are in a more involved sparring session. Please keep in mind, the whole mat is a shared space with many people training, it is critically important to be aware of your surroundings.

Class Instruction: Please do not talk and be sure to sit or stand in respectful posture when an instructor is teaching a technique. Save additional questions for after the technique has been shown.

Coaching Others: Please refrain from coaching other members during training sessions unless you are an instructor or have been specifically asked to provide support during a session.

End of Class Traditions: Classes are concluded via members lining up by rank and thanking each other for the training session.

General Note:

At Authentic Jiu Jitsu all members will adhere to a zero-tolerance policy regarding abusive, discriminatory, illegal, and/or predatory behaviour in all of its forms. If this type of behaviour is reported, it will lead to an immediate expulsion from the premises and permanent cancellation of membership.