



Plus One Defense Systems

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Brazilian Jiu-Jitsu: Standard Etiquette

I'm very proud of the fact that Plus One offers such high quality martial arts programming. We strive to do so in a very fun and pleasant atmosphere, while also upholding the integrity of the martial arts. The points below outline some of the etiquette standards that are expected from those who participate in classes.

- ✓ Please come to class with the appropriate uniform. (Rash guards are preferred.)
- ✓ Uniforms need to be washed and dried thoroughly after each class.
- ✓ If your uniform is torn or tattered, please replace it.
- ✓ Please keep your nails trimmed, hands and feet clean, and always use deodorant.
- ✓ There is to be no jewelry worn during class.
- ✓ There is to be no make-up worn during class. (Make-up causes uniform stains.)
- ✓ If you have any open wounds, they need to be covered.
- ✓ If you are sick, don't come to class.
- ✓ There is to be no vulgarity in the dojo.
- ✓ Salute on and off of the mat. (This is symbolic and represents respect.)
- ✓ If you are late, remain at the edge of the mat until an instructor calls you in to class.
- ✓ If you have to leave early, advise an instructor just prior to leaving.
- ✓ Pay attention in class. Do not lay down on the mats. Keep an attentive posture.
- ✓ If you seek a better viewpoint when a technique is being taught, walk behind people.
- ✓ During practice time, work only on the technique that is being taught.
- ✓ When you fix your uniform, turn away to do so.
- ✓ Do not ask a higher ranked student to roll.
- ✓ When rolling, work with your partner. Training is not about winning; it's about learning.
- ✓ Be aware of your surroundings and where others are on the mats.
- ✓ Always move out of the way of higher ranked students.
- ✓ Use control. Remember, we are practicing the "gentle art."
- ✓ If you hurt somebody, take care of them. Get them ice; help them as needed.
- ✓ If you need a break, that's okay. But make sure to remain in the designated areas.
- ✓ Do your best not to hurt others. Getting a submission is not worth hurting somebody.
- ✓ Always wear shoes when you go into the bathrooms.
- ✓ Videos of the class, rolling, and/or technique instruction are not allowed.

Overall, treat others as you would like to be treated. We really are all part of a martial arts family. We look out for each other, and we care for each other. Participating in the martial arts can be a very rewarding experience that leads to greater health and has many benefits.

We look forward to training with you for years to come! ☺

Peace,
Darin