

Leicester Ju Jitsu Mat Etiquette / Student Charter

Ju Jitsu is not just about learning how to do techniques. It is about learning to respect your environment and the people around you, therefore our club has rules in place to help people to understand what is expected from them. As a student, you are expected to follow these rules and be able to show an understanding of why these rules are in place. The rules are as follows:

- Show respect to your Sensei, Uke (training partner) and dojo (training hall). Because any martial art comes with a risk of injury, treating others and equipment with respect is essential to minimise these risks. Students who fail to meet the expectations will have these rules explained to them on an individual basis to ensure understanding, those who continue to fail to meet the expectations will be disciplined and in extreme cases asked to leave Leicester Ju Jitsu.

- You are expected to rei (bow) whenever you enter or leave the dojo, before you step on or step off the mats, when greeting another student, when preparing to train and when requested to do so by your sensei. By performing a rei, you are making a promise to treat your fellow students and Sensei with respect and not to willfully injure them. You are also making a promise to treat the room and equipment with respect and not to miss-treat the environment as this may result in the equipment becoming broken, dangerous or unusable. Should anyone find something of danger then it is their responsibility to inform the coach, it is then the coaches responsibility to deal with that issue in the best way possible.

- Before stepping onto the mats, you must ensure that you have removed any footwear. Not doing this may result in dirty mats which could pose a health + safety risk and you will be asked to clean the area you have stood on if you fail to do this.

- Before you step onto the mats you should also ensure that **ALL** jewelry, rings and watches are removed as these are a health and safety risk and LJJ is not liable for any lost or damaged items. If you unintentionally start training and are still wearing a prohibited item, try not to disturb the lesson and remove at the earliest possibility - assuming that you will not be putting any other student or equipment at risk of injury or damage. (e.g. remove after a non-contact warm up, not during).

- Keep your toes and finger nails trimmed and clean because long nails can cause small cuts and injuries. When cutting your nails, please do so the day before training whenever possible as sharp edges can be formed when cutting a nail. Cutting the day before gives any sharp edges time to become blunt before training. If you cut your nails on the same day that you plan to train, it is advisable to use a nail file to take the edge off.

- Pay close attention to your personal hygiene. Yourself and your gi should be kept clean and odour free for each session.

- Students should be at the dojo at least 5 minutes before the lesson start time to help to reduce delays in starting. If a student turns up after the lesson has started, they should stand patiently at the edge of the mat (or at a safe distance) and wait to be called on by the Sensei.

- If you miss any part of the warm up it is your own responsibility to ensure you are properly warmed up before you train. If you join a warm up a few minutes late, always ensure that you have got your body moving and warm before stretching as cold stretching poses an increased risk of injury.

- Training cards should be kept in a suitable place that will not cause a slipping hazard when training – ask your instructor if you are unsure. Please ensure that all training cards are returned back to the instructor at the end of the lesson.

- If you need to move across the mat during training, either Rei and leave the mat and walk

around, or move towards the edge of the mat and walk around the outside of the mat when it is safe to do so. Never run unless a Sensei has asked you to do so.

- Keep noise levels to a minimum, doing so helps to ensure that the whole class can hear a command given by a Sensei. It is also respectful for other people that may be using the same building at the time.

- Do not step onto the mats at the beginning of a lesson or leave the mats at the end until your Sensei has given you permission to do so.

- Please be diverse and understand that your training partners may be of different builds, age and abilities. If you are unsure whether it is safe to perform a technique on a particular student, ask your Sensei who will determine this before you try.

- If you have an injury either before you start the lesson or obtain one during the lesson you must make your Sensei aware as soon as possible. It is also your own responsibility to ensure that any training partners you have during the lesson know about the injury if there is a possibility of them doing a technique that may cause further harm.

-NEVER TEACH A TECHNIQUE - unless you are qualified as a club coach **and** have authorisation by the LJJ head coach to do so. It can be particularly tempting after a grading to show new students starting your belt (or previous belt) some of the new moves that they will get to do, however showing a student a move that they have not done before will encourage them to try it themselves and this is a potentially very dangerous practice - you will also not be insured by your member to member liability insurance to do this.

- When you perform a technique you must always check that you have sufficient space to perform the move without putting yourself or others at risk. If you notice another student about to throw someone into an occupied area, shout for them to stop or move. NEVER put yourself at direct risk of injury in an attempt to stop them from having an accident as this could just create further injuries.

- All students must have member to member liability insurance that is in date. Your insurance certificate can usually be found in your budo pass which you receive after your first grading. If you notice that your insurance is out of date - let us know. See club pricing information for any applicable fees relating to insurance and membership.

- Keep cosmetics to a minimum. Remember that Ju Jitsu is a close combat sport, particularly when ground fighting and this can be sweaty. Makeup running onto someone else's gi is not acceptable!

- Female students should wear a crew neck t-shirt underneath their gi (not crop tops). Male students can also wear a t-shirt underneath their gi if they wish to do so, however any t-shirts worn in the dojo (both male and females) must be either plain white, or a club branded t-shirt.

- No drinks or food is to be consumed on the mat. You should also take care not to place your drink on any tables that are used to hold paperwork.

- When shoes are removed they should be placed in a designated area in a neat and safe position so as not to obstruct walkways.

Juniors

- If you enter the building / dojo with your parent or carer, you are expected to hold the door open whilst your parent walks in and out. This shows that you are respectful towards them and that you appreciate the fact that they have made the effort to bring you to the dojo to train.

- Never leave the mats or dojo without asking for permission unless under instruction to do so by a Sensei. This shows respect towards your Sensei and helps to ensure that you are safe at all times.

- At the end of your lesson after you have left the mats, you should wait quietly inside the dojo to be collected by your parent. You must not wait in the car park for a parent to arrive or make your own way back. If your parent or carer does or cannot turn up, speak to your Sensei for guidance.

Terminology

Students should have a good knowledge of the basic Japanese terminology listed below. If a command is given (such as yami) it is your own responsibility to understand the term and adhere to it.

Basic Terms:

<u>English:</u>	<u>Japanese</u>	<u>Pronunciation</u>
Bow	Rei	Ree
No	Lie	EE-eh
Yes	Hai	High
Stop	Yami	Yam eye
Teacher / Instructor / Coach	Sensei	Sen say
Training Hall	Dojo	doe joe
Training Partner	Uke	Oo-kee
Uniform	Gi	Gee ("G" as in goat)
Belt	Obi	Oh-bee

(please tear on the above line and hand back to your instructor)

I confirm that I have read the student charter and will abide by the rules laid out by Leicester Ju Jitsu. If I do not understand any points herein I have asked an instructor or parent / guardian to clarify this.

Student Signature: _____

(print name) _____

Parent / Guardian _____

(If student under 18)