

Delaware Combat Sports and Self Defense Academy

Jiu-Jitsu, Judo class etiquette

1. The mat
 - a. Never walk on the mat with street shoes
2. Hygiene
 - a. Tape any cuts you have
 - b. Do not join class if you have a contagious illness, wound, etc.
 - c. Keep your finger and toe nails clipped and short
 - d. No jewelry is permitted
 - e. Shower before class if you are dirty
 - f. Do not smell like smoke (Gi, breathe, hair, etc.)
3. Uniforms
 - a. Clean White kimonos (Gi) only (Academy only when required)
 - b. Navy Blue, crew neck Rash Guard (compressions shirt) only under Top
 - c. Rash guards (compression shirt) must be tucked into the pants
 - d. Always keep your top tucked in and belt on
 - e. When fixing your top and / or belt, turn facing the wall to fix it before facing the instructor.
 - f. If you forget your uniform, You may attend class; although, you line up as lowest rank
4. Lining up in class
 - a. Always line up in rank order (highest to lowest)
 - b. Always stand straight up with good posture
 - c. Never lean or relax against the wall
 - d. Never rest a foot on the wall
5. Addressing the instructors
 - a. Always greet the instructor before class and shake hands with after
 - b. Black Belts with Professor Stripes are referred to as "Professor"
 - c. Black Belts with White Bar and Brown Belts are referred to as "Coach".
6. If you are late to class
 - a. Do not enter the class (step on the mat) until the instructor recognizes you and invites you
 - b. Always walk behind the instructor, never walk in front of the instructor or between the instructor and the students
 - c. Line up at in the lowest rank position
7. Stepping on and off the mat
 - a. Judo – Always bow on and off
 - b. Wipe your feet
 - c. Never leave the class without asking the instructor first
8. Language and conversations
 - a. Never use what most people would consider "foul" language
 - b. Never speak negatively about anyone
 - c. Never discuss religion, politics or any topic that can make another student feel uncomfortable
9. When the instructor is speaking / teaching
 - a. Always be respectful
 - b. Always look up and pay attention
 - c. Never pick your fingernails, toenails, etc.
 - d. Never play with your belt, gi, etc.
 - e. Never laugh, giggle, or talk with anyone
 - f. Never argue with or debate with the instructor during class, wait until after class
 - g. Please ask questions only regarding the topic and / or technique being taught
10. When the instructor asks the students to drill a technique
 - a. Never "teach" anyone anything
 - b. Never give an negative opinion or a personal option on the technique being taught
 - c. Never try to "defeat", "prove wrong" or "resist" a technique being taught
11. If you have a question
 - a. Always ask the instructor or someone designated by the instructor