

Delaware Self-Defense Academy Open Mat Policies and Rules

“Student safety, education and experience are our top priorities”

1. Open mats are a privilege, they are not a right.
 - a. All students are initially permitted to attend any Level open mat they qualify for with no prior permission.
 - b. If a student does not respect the purpose or level of the open mat and / or the other students, he/she will no longer be permitted to attend open mats.
 - c. If students become too aggressive or rough, they will no longer be permitted to attend open mats.
2. Open mat uniform policies:
 - a. GI - White kimono (any brand)
 - i. This way not to ruin / wear out class kimonos
 - b. GI - Rash guard (any brand)
 - i. This way not to ruin / wear out class rash guards
 - c. NOGI - Any NOGI shorts, rash guards, etc. mat be worn.
3. Open mat purpose
 - a. Open mats are a time specifically designated for students to come into the academy, drill techniques at their own pace and with appropriate, chosen partners.
 - b. Depending on a student's skill set, experience or permission he / she is to only be drilling the techniques appropriate for them.
 - c. Students are responsible to ensure they have partners of similar levels to train with. If a student attends an open mat without making prior arrangements with a partner or partners, they may not have someone to train with.
 - d. Open mats are a time for students to train with those partners they enjoy training with. If someone doesn't ask you to train or tells you no if you ask, that's their right. No one has to train with anyone they don't want to.
 - e. Only Gracie Jiu-Jitsu, Judo, Wrestling or light standing sparring (striking) is permitted during our open mats unless otherwise approved.
4. Open mats are not instructional.
 - a. Open mats are for all students, including instructors, to train and drill techniques on their own.
 - b. Open mats are not a time for students to ask for or expect instruction of any kind from the more experienced students.
 - c. Many experienced students do not mind helping newer students, but this is not to taken granted of and expected.
5. Open mats are not a competition / tournament.
 - a. Depending on the student's level, they and their partners may train harder than others. This is ok if safety, etiquettes and respect are always maintained.

6. Student levels and permissions

a. Student levels are in place to categorize student skill sets to better group students in open mats.

i. Level 1

1. All Youth students
2. All Adult students of any belt rank beginning at White belt with no stripes
3. May train all standing Self-Defense and ground positions and transitions (all slow speed only).
4. May only spar live with Purple, Brown and Black belts.

ii. Level 2

1. Adult two stripe White belt and above.
2. May train all standing Self-Defense, ground positions and transitions, Judo / Wrestling and Light standing sparring. (Light training only)
3. All 2 stripe White belts and above may only train with other 2 stripe White belts and above

iii. Level 3

1. All Purple, Brown and Black Belts (other ranks are by invitation only)
2. All forms of training and intensity levels permitted.

7. Youth students (15 yrs old and younger).

- a. Youth students are permitted to attend any Level 1 open mat
- b. Youth students are not permitted to be dropped off. Parents must be at the open mat with the student the entire time.
- c. Youth students must ensure they have other youth students to train with. Adults are not obligated to train with any youth student.

8. Walk-ins

- a. No unapproved walk-ins or non-current students are permitted to attend open mats.
- b. All unapproved walk-ins or non-current students must contact and be approved by management prior to attending an open mat.
- c. All guests of current students must be pre-approved prior to attending any open mat.