

Academy Rules:

The study of any martial art is inherently dangerous. As with the practice of any physical activity or sport, accidents can happen. You must adhere to the school rules, Training Time Out policy, and instructor's commands to help reduce the possibility of an accident. Instructor refers to the teacher or his representative.

- Follow the directions of the instructor
- Arrive on time for class
- Present yourself with a positive attitude in a clean uniform
- Bow when moving onto and off the training floor.
- Shoes – approved martial arts shoes may be worn on the training floor. However, they must not be worn outside the dojo.
- Hygiene – martial arts training requires close personal contact. Come to class with a clean uniform and body. Use deodorant as appropriate.
- Remove your jewelry and watches before training. Secure your valuables. The academy is not responsible for losses.
- Keep finger and toe nails trimmed to avoid cutting others. Do not use pins/safety pins on clothes.
- The following are not permitted on the training floor: gum, food, smoking, profanity, or arguing (control your temper)
- Appropriate personal protective gear is required for sparring and exercises that involve contact
- It is the students' responsibility to make the instructor aware of any lack of protective gear, injuries or other problems
- Students may not spar or grapple without supervision
- If there are any questions, ask them. Don't be shy.
- If you have nothing positive to say about others, refrain from talking
- If training weapons are present, never touch them without permission from the teacher.
- Real weapons are not permitted in the Academy without special permission and supervision of the head instructor.
- All will pitch in to keep the training area safe and clean
- Know and follow the Training Time Out policy
- Seek confirmation from a doctor that you may engage in the martial arts and exercise safely
- The teacher has final authority on who is safe to train
- Keep the academy clean. Pick up after yourself!

Training Time Out Policy

- ◆ Call for a TTO by saying "stop," "time out," or making a "T" with your hands (if you are involved with sparring/grappling or an exercise that could result in contact, ensure that you are protected and clear of the situation)
- ◆ No stigma will be attached when calling a TTO
- ◆ Signal a TTO if you are worried that you or someone else is in danger, if you see anything unsafe or unsupervised, or if you are unsure of what is happening
- ◆ When a TTO is indicated, everyone will sit down and ensure that the instructor is aware of the situation

Sparring Guidelines

Sparring involves the uses of strikes that make light contact. The nature of sparring makes it impossible to ensure all strikes make light contact. For example, if you should step forward at the same time your opponent initiates a punch, it is possible that the punch might contact with more energy than desired. This leads to the most important of the sparring guidelines:

◆ Protect yourself at all times

Additional guidelines:

- ◆ The instructor chooses participants and begins and ends all sessions/matches.
- ◆ Participants must follow the directions of the instructor. When told to stop, participants must immediately stop and back away while protecting themselves.
- ◆ Approved personal protective equipment must be worn as required for the type of sparring.
 - Mouth guard, gloves and headgear required at all times
 - If kicks are to be used, then sparring boots are required
 - While the groin is not a target, a protective cup is highly recommended
- ◆ Light contact (think "tap") may be directed to only the targets designated. Never to the eyes, temples, throat, neck, joints, spine, groin, or other vital areas of the body.
 - Targets include face, chest, stomach, ribs and when allowed by the head instructor the outer thigh
- ◆ Never exceed the protective capability of the equipment or exceed your ability to control the force of your strike to a make light contact.
- ◆ Use only designated skills from the curriculum.
- ◆ Guidelines can not cover all situations. You must be dedicated to your and your opponent's safety. Safety first. Performance second. Ego last!

Grappling Guidelines

Grappling is to focus on clinching, takedowns, positions, locks, escapes, disengagement, and chokes. Basic guidelines:

- ◆ The instructor chooses participants and begins and ends all sessions/matches.
- ◆ Participants must follow the directions of the instructor. When told to stop, participants must immediately stop and back away while protecting themselves.
- ◆ Locks are to be applied slowly. No ballistic movements! Be prepared to release pressure when the opponent taps the mat, taps your body, or calls "stop," the instructor calls stop, or you are concerned about injury.
- ◆ "Choking" techniques may be used only when the instructor allows it; however, once in position, only apply enough pressure to obtain a submission. Never apply heavy pressure or hold long enough to cause your opponent to pass out. Tap immediately if caught in this type of technique.
- ◆ Grapple on mats.
- ◆ Signal to you partner to stop applying a technique by tapping the mat, your opponent or saying "stop."
- ◆ Once again, guidelines can not cover all situations. You must be dedicated to your and your opponent's safety. Safety first. Performance second. Ego last!

Addition to the grappling guidelines –

Since grappling requires contact that exceeds what is need for sparring, students (and parents) can chose to practice with only students of the same gender or either gender.

The decision is up to the parent/student and will not affect the student's ability to progress in rank. With that said, it must also be noted that a student will develop the best skills and the most self-confidence by engaging in progressively harder matches with more skilled opponents.

To help instructors that are pairing students for matches, a student will use a code word to let instructors know if they wish to grapple only the same sex or either sex. The school floor has two colors, red & blue. **Blue** stands for **both** genders. Red means grappling should only take place with students of the same gender.

Grappling Code Words:

Blue – grappling is OK with either males or females

Red – grappling is OK with only students of the same gender

Please note, that instructors will often show students techniques by performing them on the student or working together in a match. This often requires practice between opposite genders. Should this be an issue, please speak with the head instructor.

Academy Uniform – We want to look and feel sharp. We want a professional environment.

- Jiu-jitsu class – Gi (traditional uniform- required for tests) or Gi pants/academy T-shirt/belt
- Sparring /Grappling class, Cage Fitness or open mat - Gi pants/academy T-shirt, MMA shorts/martial arts T-shirt
- Patches – All Gi tops are to have an academy patch on the left side over the heart. Other patches as authorized by Professor. Academy patch may be added to MMA shorts in an appropriate location.
- **Note:** clothing must not have zippers or metal fasteners (can cut partners or mats). Pockets are not recommended. Do not use pins/safety pins.
- **2nd note:** Men and women will wear a shirt under their uniform top