



MARCELO MATTOS BJJ / CARLSON GRACIE PA

Dojo Etiquette: RULES AND REGULATIONS

- 1- Keep a respectful posture in the training area.
- 2- Classes begin with a formal bow to the instructor, with students lining up in descending grade order.
- 3- Classes end with a formal bow to the picture of Master Carlos Gracie Senior, and then, to the instructor.
- 4- All students must line up with the attendance card in hand at the beginning of the classes.
- 5- During class, when the instructor is demonstrating the techniques, every student must sit or stand in good posture in seize.
- 6- For safety reasons, if you are late for class sit or stand by the side of the training area and wait for the permission from the Professor or instructor.
- 7- For safety reason, if you need to leave the mat or leave earlier you must ask permission from the Professor or instructor.
- 8- Bow to your partner before and after practice.
- 9- Talking should be kept to a minimum level and should relate to the class subject.
- 10- Absolutely no foul language inside the school / academy.
- 11- Keep fingernails and toenails short for the everyone's safety.
- 12- All students, instructors, Professors and visitors must wear white, royal / navy blue or black uniform with the logo on the back of the top Gi. The uniform pants and top must be the same color.

- 13- It is mandatory to wear a rashguard or a training shirt underneath the kimono (Gi).
- 14- It is mandatory to have underwear underneath the Gi pants.
- 15- For NOGI classes, students must wear a black compression pants (spats), the Carlson Gracie or our shorts and Carlson Gracie or our rashguard.
- 16- The uniform must be clean at all the times. A dirty uniform is a sign of disrespect.
- 17- The uniform must be worn at all the times.
- 18- When tying the uniform, students must face the edge of the mats.
- 19- The belt represents your progress. Keep it on.
- 20- Refer to black belt instructor as a "Professor" and refer to non black belt instructors as "Coaches".
- 21- All metal objects, jewelry, piercing, necklaces and other items should be removed.
- 22- No shoes, food or drink on the mat.
- 23- No gum chewing during class/training.
- 24- No cellphones in the training area.
- 25- All students and instructors must wear shoes when walking outside of the training areas.
- 26- Never walk around bare chested outside locker room.
- 27- Children not participating in class should be under parent supervision.
- 28- Techniques should only be taught by the instructor.
- 29- Pick up your trash.
- 30- Personal problems left outside.
- 31- Train within your physical limits.
- 32- ALL THE RULES ARE TO BE FOLLOWED.