**Relson Gracie Jiu Jitsu of WV**

**Academy Rules and Regulations**

1. ALL students should be on time for class. Students and visitors **MUST** check in at the front desk or with the Instructor each time you enter the Academy **BEFORE** training. If you come in late, quietly let the Instructor know and join the class without disrupting. **ALWAYS** respect the mat while stepping on/off.

2. Please dress/undress in the appropriate area **ONLY**. Remember to take all of your personal items including clothes, towels, Gis and all gear with you when you leave the Academy. The Academy WILL NOT be responsible for ANY items left in the facility. Please place bags in the appropriate areas and never in the walkways or on the mats.

3. No food or drinks on the mats at **ANY TIME**!!! Please do not step on the mats with **ANY** type of footwear.

4. Always warm up/stretch prior to class to avoid injuries.

5. **ALWAYS** show respect to higher ranking students and those that are senior in age to you. If you and your partner are training and bump into another set of students, the lower ranking students must move, allowing the higher ranking students to continue training.

6. When the Instructor is demonstrating techniques, please be respectful of that Instructor **AND** fellow students by refraining from talking or laying down. The only way to get good at Jiu Jitsu is to do Jiu Jitsu, be an active participant, practice as many repetitions of the techniques as possible.

7. It is expected for you to work together with your training partner so that a mutual benefit of training is achieved.

8. 90% of Jiu Jitsu training focus is on technique acquisition. This requires students to be methodical and vigilant in their training.

9. Absolutely no sparring or rapid display of technique is allowed without prior approval.

10. **ALWAYS** introduce yourself and shake hands with your partner before AND after training. This is a sign of respect and it helps you get to know your fellow students. During sparring, all new students are advised to sit and observe OR practice with a higher ranking student.

11. If at **ANY TIME** during training you are in danger of being injured through an applied technique **FIRMLY** tap your partner at least three times or say "**TAP**". This will prompt your partner to **IMMEDIATELY** stop applying the technique.

12. If a throw or take down is being practiced, ask your partner if they are confident in break falling prior to executing the technique. If not, practice the technique without releasing your partner or pay special attention to placing them on the ground safely.

13. Safety and technical practice are the #1 concern when training in Gracie Jiu Jitsu.

14. The following techniques are **PROHIBITED for ALL RANKS** during normal in-class sparring:

* + Straight cervical neck cranks
  + Small joint manipulations (fingers and toes)
  + Fingers/Hands in the Mouth/Ears
  + Hair pulling/grabbing
  + High velocity slams from the Guard
  + Pinching/crushing the trachea
  + Face crushing (choking over the face)
  + Striking
  + Dropping of uncontrolled body weight of **ANY** kind

15. The following are **PROHIBITED** for White through Blue Belt

* + Heel Hooks
  + Twisting Foot Locks
  + Knee Bars
  + Toe Holds
  + Wrist Locks

16. If you wish to use **ANY** of the above techniques above on Purple, Brown and/or Black Belt students, you **MUST** ask them prior to the technique being executed.

17. Self-control and good sportsmanship are a **MUST** in class. Mutual benefit is a major theme in training and sparring and allows for strong TEAM concept to be developed.

18. Gracie Jiu Jitsu is to be used in daily practice, competitions (Regional, National and International) and in **LAST RESORT** self-defense situations. Inappropriate behavior that leads to street fights, challenge matches, and/or bullying will not be tolerated and will result in **IMMEDIATE** **Suspension** or even **EXPULSION** of **ANY** student involved.

19. Any activity or behavior not in accordance with the guiding principles of the Academy can result in the **TERMINATION** as a student.

20. Gracie Jiu Jitsu Belt Rank:

* + White
  + Blue
  + Purple
  + Brown
  + Black
  + Black/Red
  + Red
  + **GRANDMASTER** - There is ONLY ONE Grandmaster!!!

21. The black bar on your belt differentiates a Gracie Jiu Jitsu belt from other Martial Arts styles. The black bar is 10cm long and 2cm from the bottom of the belt on the opposite side from the belt label.

A degree or stripe is signified by a 1cm wide strip of athletic tape on the black bar. Degrees are only awarded to students who consistently train and meet the criteria for improved rank. The black bar is to be worn on the left side of your body after tying it. Once you have been promoted to the next belt, you may put on a black bar immediately, if one is not on the belt already. Instructor approval is not required for this.

22. Ranking is based off of three criteria:

**Technical Ability**: This is the measure of how well you perform or repeat techniques under low stress. (i.e. show me how to do an arm bar)

**Practical Application**: This is a measure of how well you perform techniques under a high stress or a dynamic environment (sparring). (i.e. completing a successful escape from a common headlock during sparring)

**Personal Character & Loyalty**: This is a measure of how well you follow the guiding principles of the Academy, attend class and remain a part of the team.

23. Students are expected to attend Seminars with Grand Master Relson Gracie and other professional guest instructors. These experiences allow for additional learning opportunities and student evaluation.

**UNIFORM:** Every studentmust come to class in a **WHITE GI ONLY**! Gis will be required to have the RGBJJ patch. If competing, your Gi MUST have the Relson Gracie Team patch prominently displayed in the center on the back of your Gi. We would prefer that you have a RGBJJ patch on every Gi you own. The Relson Gracie Team is proud of each of its students and wants its students to be proud of their team.

A Rash Guard is a **REQUIRED** part of your Uniform, this includes No Gi Instruction time. This is for the Hygienic Protection of both you and your Team. T-shirts, Tank Tops or Muscle Shirts are not acceptable Uniform apparel and will not be permitted.

**OPEN MAT**: Open Mat is a scheduled time when the Academy is available to be used by students to train without instruction. All students of the Academy, that qualify, can come in during this time to train. Students are only permitted to Free Train during Scheduled Open Mat times.

**PRIVATE LESSONS**: Private Lessons are one-on-one classes with an Instructor. Semi-Private Lessons are small groups of 6-8. These are available by appointment only and must have the approval of the Head Instructor. Times and Prices may vary depending on availability.

**MONTHLY TUITION**: Tuition **MUST** be paid by Automatic Draft via PayPal. Cash, Checks and Money Orders are not accepted. There will be a $35 Charge for **EACH** Declined Payment occurrence.

ADULT: $75 Month

YOUTH: $65 Month

FAMILY Rates depend on the number of Adults/Children attending; however, there will be a MAX FEE of $175 Month.

**PERSONAL CARE**:

Hygiene: Attention to personal hygiene is a **MUST**! In order for the Academy to maintain the highest standards of Hygiene the following rules are **MUST** be followed:

* + - Fingernails and Toenails will be trimmed short
    - Long hair will be pulled up/back and secured
    - DEODERANT will be worn at all times in the Academy
    - NO lubricants, analgesic creams, and/or skin creams may be worn that may place inconvenience to the opponent or allow an unfair advantage to the wearer of such products.
    - Gis and other training attire will be washed prior to each use and must be free of tears. **The Gi Belt is NOT to be washed**!
    - **NO** jewelry is to be worn on the mat. This includes but is not limited to rings, earrings, bracelets, necklaces and other body piercings. (i.e. Visible or not) **Exception**: Wedding rings may be worn on the mat if they are covered with Athletic Tape.
    - Corrective Eye Wear/Glasses may **NOT** be worn on the mat, with the exception of soft contact lenses.

**HEALTH/DISEASE RISK**:

RGBJJ-WV Academy recommends that ALL students and Staff undergo an Annual Sports Physical prior to attending class. Students and/or Staff diagnosed with any of the following conditions are **STRICTLY PROHIBITED** from ANY class participation:

Chronic Infectious Diseases, including but not limited to:

* + - * HIV/AIDS
      * Hepatitis B and/or C
      * Mononucleosis
      * Active Herpes

Open cuts:

ALL wounds including cuts, scrapes, abrasions, lacerations and burns must be covered with appropriate dressing.

Transferable Fungus and Bacterial Infections:

* + - * + Ringworm
        + Staphylococcus
        + Streptococcus

Heart Disease and/or risk factors of Heart Disease

Additional contraindications to class/competition shall include vertigo, chronic obstructive lung disease, significant emotional distress (psychosis), and advanced musculoskeletal disorders.

**DRUG AND ALCOHOL TESTING CONSENT FORM**

**STUDENT/STAFF AGREEMENT AND CONSENT TO DRUG AND/OR ALCOHOL TESTING**

I hereby agree, upon request made under the drug/alcohol testing policy of RGBJJ-WV, to submit to a drug or alcohol test and to furnish a sample of my urine, breath, and/or blood for analysis. I understand and agree that if I at anytime refuse to submit to a drug or alcohol test under Academy Policy, or if I otherwise fail to cooperate with the testing procedures, I will be subject to **IMMEDIATE TERMINATION** from the RGBJJ-WV Academy. I further authorize and give full permission to have the Academy and/or a physician of the Academies choice send the specimen or specimens so collected to a laboratory for a screening test for the presence of ANY Prohibited substances under the Academy Policy,(i.e. ANY Illegal Substance) and for the laboratory or other testing facility to release any and all documentation relating to such test to the Academy.

I understand that ONLY the Owner/Head Administrator of RGBJJ-WV, John E Arthur, will have access to information furnished or obtained in connection with the test; that he will maintain and protect the confidentiality of such information to the greatest extent; and he will share such information only to the extent necessary to make Academy decisions. This information will NEVER be shared with any other Academy student/staff with the EXCEPTION of RGBJJ Association Administration at a level higher than his, John E. Arthur, owner.

I will hold harmless the RGBJJ-WV Academy, its staff, and any testing laboratory the Academy may use, meaning that I will not sue or hold responsible such parties for any alleged harm to me that might result from such testing, including loss of employment or any other kind of adverse job action that might arise as a result of the drug or alcohol test.

This policy and authorization have been explained to me in a language that I understand, and I have been told that if I have any questions about ANY of the above stated policy, they will be answered.

----------------------------------------------------- -------------------

Signature of Student/Staff Member Date

---------------------------------------------------- -------------------

Printed Name of Student/Staff Member Date

--------------------------------------------------- --------------------

John E. Arthur Date

RGBJJ-WV Owner/Head Administrator

**I have read and agree to all RGBJJ-WV Academy Rules and Regulations and have been provided a copy of all such documents.**

**------------------------------------------------------- ------------------------**

Signature of Student/Staff Member Date