MAT SAFETY

HOW WE ROLL

Ten principles for training hard and safely for years.

01 COOPERATIVE COMPETITION

Rolling is a method for training against resistance for mutual benefit and improvement. It is how we get better together, not a tournament to win.
There are no medals for rolling, but everyone loses when someone gets hurt.

02 LOW INTENSITY BY DEFAULT

Start slow and smooth. Ramp up gradually, if at all.
We are here to learn, not to win.

03 AGREE BEFORE YOU GO

Settle the intensity before the roll starts.
If it rises mid-roll, it should be because both of you chose that.

04 RESPONSIBILITY SCALES WITH ADVANTAGE

The bigger, stronger or more experienced partner sets the intensity ceiling, and carries more of the responsibility for keeping the roll safe.
Don't escalate past where you can personally roll safely.

05 RANK IS NOT A LICENSE

A higher belt is not an invitation to go harder on either side. Intensity can be dangerous at every level: you do not want to discover firsthand how good your senior partners are at jiujitsu by putting them in danger.

06 NO IS A FULL SENTENCE

Anyone may decline any roll, for any reason, at any time, without explanation.

07 EXPECT FORCE PARITY

If your intensity feels dangerous to your partner, expect them to do what they need to stay safe. Don't expect them to stop and tell you why in the moment.
Keep yourself in check first.

08 DEFENSE, NOT RETRIBUTION

Protecting yourself is always allowed. Punishing a training partner never is.

09 ACCIDENTS HAPPEN

Everyone makes mistakes. Intent is irrelevant to effect.
Repeated harmful mistakes will be addressed.

10 LOOK AFTER EACH OTHER

Your training partners are your greatest resource. Their skill builds your skill, as iron sharpens iron. Protect them as you would yourself.

EVERYONE LOSES WHEN SOMEONE GETS HURT