



Student Etiquette



Be respectful at all times.

Always show respect to your peers & instructors. Never engage in any discriminatory speech or behavior, whether it be serious or joking.



Pitch in to keep the space clean.

All students share in the responsibility of keeping the gym safe & clean. That means taking turns to help vacuum & mop the mats, & never wearing shoes or street clothes on the mat.



Arrive on time.

Please arrive to class in a timely manner so you can participate in all class activities, including warmups. If you will be late to class, please notify Professor ahead of time.



Be attentive in class.

Students and spectators must remain quiet and attentive in class and not engage in idle chatter — especially when Professor is demonstrating a technique.



Wear proper attire.

Students must wear a Brazilian Jiu-Jitsu gi to all gi classes, preferably displaying our school logo. Proper no-gi attire includes a rashguard or fitted t-shirt and grappling shorts or gi pants. No street clothes, buttons, zippers, tank tops or loose t-shirts.



Keep your uniform clean.

Students should wear a clean, odor-free uniform in good repair. This includes washing your gi and no-gi rashguard and shorts after every use.

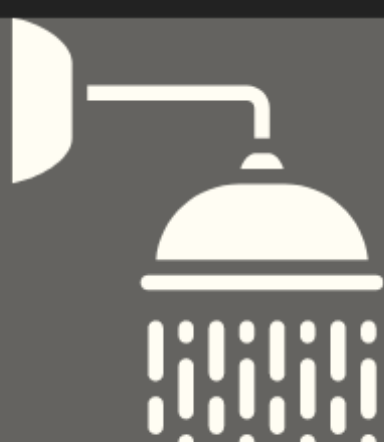


Don't wear jewelry, hats or watches on the mat.

Please keep your valuables at home. Mountain Road Jit-Jitsu is not responsible for lost or stolen items.

“My opponent is my teacher;
my ego is my enemy.”

— Renzo Gracie



Maintain good personal hygiene.

Jiu-jitsu is a close contact martial art. Maintain good personal hygiene & keep your fingernails & toenails clipped short for everyone's safety.



Go fragrance free.

Opt for plant-based, fragrance-free detergents & avoid wearing scented perfumes, colognes & other personal care products. This can trigger rashes & asthma attacks in some of your teammates. Avoid dryer sheets & use 1/4 cup of white vinegar in your rinse cycle instead.



Report health issues immediately.

All students are required to report any injury, health or skin condition to their instructor prior to class. If you or someone you have contact with tests positive for COVID-19, notify your instructor immediately.



Maintain a positive mindset & be a good partner.

No obscene language or ill-tempered behavior is allowed inside the training studio. Control your anger at all times while training.



Do not abuse your knowledge of the martial arts.

Martial arts should only be used to protect yourself and others.

More Tips for Success ...

- Train to the best of your ability — everyone is on their own jiu-jitsu journey!
- Attend class regularly.
- Always demonstrate good behavior & correct etiquette.
- Listen to your instructor.
- Be patient. Keep practicing the skills you have & expand. Thanks for being part of the team!

