



VIRTUES JIU-JITSU

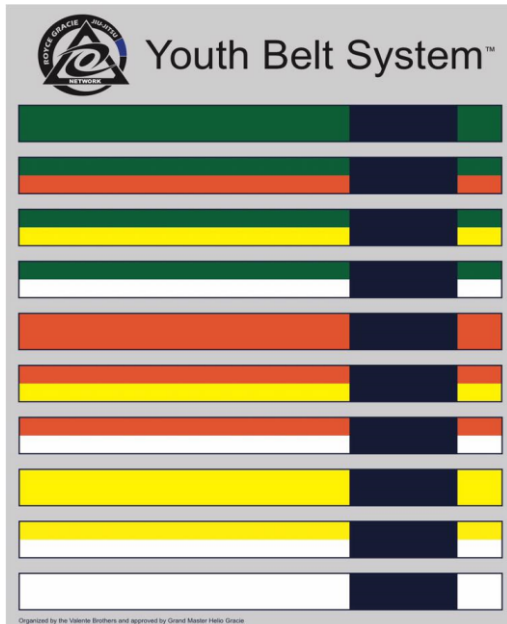
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ACADEMY RULES

1. HYGIENE IS TOP PRIORITY. SHOW UP TO CLASS WITH CLEAN GI, CLEAN HANDS, FRESH BREATH, AND WEAR DEODORANT. NAILS MUST BE SHORT AND CLEAN FOR SAFETY REASONS.
2. MUST WEAR SANDALS OR FLIP FLOPS IF GOING TO RESTROOM. ABSOLUTELY NO SHOES ON MAT INCLUDING SPECTATORS.
3. NO BLACK GIS FOR CHILDREN. ONLY WHITE OR BLUE IS ALLOWED.
4. ALWAYS WIPE OFF FEET ON RUG BEFORE GETTING ON MATS. MUST BOW ON AND OFF MATS FACING THE MATS AS A SIGN OF RESPECT FOR THE ART.
5. NO VIDEO RECORDING OR PICTURES OF ANY KIND DURING CLASSES. THERE WILL BE A TIME AND PLACE FOR IT SUCH AS PROMOTIONS, SEMINARS, AND TOURNAMENTS.
6. SOCIAL MEDIA POSTS ASSOCIATED WITH VIRTUES JIU-JITSU BY OUR MEMBERS, VISITORS, AND/OR PARENTS/GUARDIANS WE ASK THAT YOU KEEP LANGUAGE CLEAN, AND BE RESPECTFUL TO OTHER MEMBERS AND VISITORS.
7. DO NOT LEAVE PERSONAL POSSESSIONS AT THE ACADEMY FOR WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS AS AGREED IN LIABILITY WAIVER. THIS INCLUDES GIS, BELTS, SHOES, CLOTHING, CUPS/SPORTS BOTTLES, ECT.
8. ABSOLUTELY NO COACHING CHILDREN DURING INSTRUCTION. YOUR CHILD HAS TO LEARN TO LISTEN TO THEIR INSTRUCTOR.
9. IF YOUR CHILD BECOMES DISRUPTIVE AND UNMANAGEABLE WE WILL ASK THAT THEY SIT OUT OF CLASS OR LEAVE THE ACADEMY IF BEHAVIOR DOES NOT IMPROVE AFTER BEING CORRECTED
10. WE WILL PROVIDE A GI DURING TRIAL PERIOD. AFTER THAT IT IS THE MEMBERS REponsibility TO PURCHASE A GI OR BRING THEIR OWN. IF NOT, THEY MAY RENT A GI FOR \$3.00 A DAY.
11. MUST GREET INSTRUCTOR APON BEGINNING OF CLASS. MAY ADDRESS AS COACH, SIR, INSTRUCTOR. NEVER BY FIRST NAME.
12. WE ASK THAT VISITORS DO NOT SMOKE OR VAPE DIRECTLY INFRONT OF OUR ACADEMY



ROYCE GRACIE YOUTH BELT SYSTEM

AGES 7-15

ALL BELTS MAY RECEIVE 4 STRIPES

SOME BELTS MAY NOT BE AWARDED UNTIL A CERTAIN AGE

PROGRESSION IS BASED ON SEVERAL FACTORS LISTED BELOW:

ATTENDANCE: MUST ATTEND 50% OF AVAILABLE CLASSES DURING CURRENT QUARTER TO RECEIVE STRIPE. MUST ATTEND 75% OF CLASSES DURING CURRENT QUARTER TO BE ELIGIBLE TO RECEIVE NEXT BELT. TOURNAMENTS AND SEMINARS COUNT TOWARD ATTENDANCE.

ATTITUDE: ONES WILLINGNESS TO LEARN, FOLLOW RULES, WILLINGNESS TO HELP OTHERS, AND POSITIVE ATTITUDE.

RETENTION: APPLICATION OF TECHNIQUE, AND UNDERSTANDING

7-5-3 CODE: MUST LEARN AND HAVE UNDERSTANDING

THERE IS A BASIC SCHEDULE FOR PROGRESSION HOWEVER SOME WILL PROGRESS FASTER THAN OTHERS. PROMOTIONS ARE NOT A GUARANTEE. IF AT SOME POINT YOUR CHILD IS PASSED, IT WOULD BE PART OF THE 7-5-3 CODE. EMOTIONAL BALANCE AND RESPECT.


WE PROVIDE STUDENTS WITH ALL BELTS FOR PROMOTIONS, IF BELT GETS LOST YOU MAY PURCHASE A REPLACEMENT FOR \$15

SPIRIT BODY MIND

753CODE™

THE CODE TO HAPPINESS

| | | |
|-------------|------------|-----------|
| RECTITUDE | EXERCISE | AWARENESS |
| COURAGE | NUTRITION | BALANCE |
| BENEVOLENCE | REST | FLOW |
| RESPECT | HYGIENE | |
| HONESTY | POSITIVITY | |
| HONOUR | | |
| LOYALTY | | |



7 VIRTUES:

RECTITUDE: MORALLY CORRECT THINKING OR BEHAVIOR; RIGHTEOUSNESS

COURAGE: THE STRENGTH TO FACE PAIN OR GRIEF; THE ABILITY TO FACE ONES FEARS

BENEVOLENCE: THE QUALITY OF BEING WELL MEANING; KINDNESS

RESPECT: A FEELING OF DEEP ADMIRATION FOR SOMEONE OR SOMETHING ELICITED BY THEIR ABILITIES, QUALITIES, OR ACHEIVMENTS

HONESTY: THE QUALITY OF BEING HONEST

HONOR: HIGH RESPECT; GREAT ESTEEM

LOYALTY: THE QUALITY OF BEING LOYAL

5 KEYS TO HEALTH:

SENSIBLE EXERCISE, RATIONAL NUTRITION, EFFICIENT REST, PROPER HYGIENE, AND POSITIVE ATTITUDE

3 STATES OF MIND:

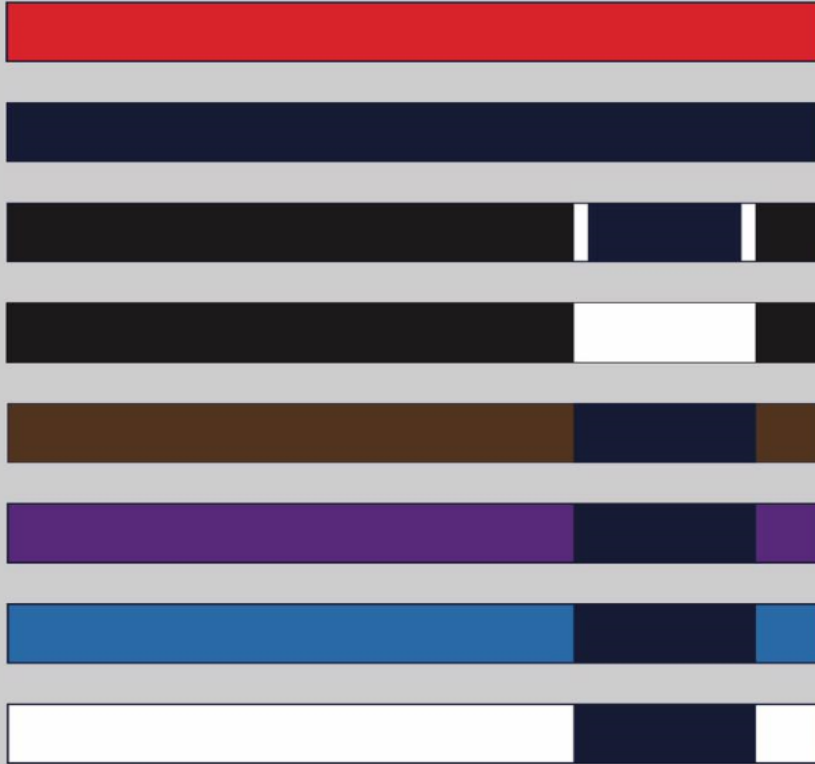
FUDOSHIN: EMOTIONAL BALANCE

MUSHIN: CLEAR MIND

ZANSHIN: ALERTNESS; AWARENESS



Adult Belt System™



Organized by the Valente Brothers and approved by Master Royce Gracie

ROYCE GRACIE ADULT BELT SYSTEM

AGES 16 & UP

ALL BELTS MAY RECEIVE 4 STRIPES

PROMOTIONS HAVE SIMILAR CRITERIA AS YOUTH SYSTEM STATED ABOVE.