



# GENERAL GYM GUIDELINES

- **Take care of your training partners. Do not crank submissions.**  
Always show care for your instructors, training partners and fellow human beings. Do not seek to harm fellow students in any way. When applying a submission, do not crank at the end. Slowly apply the hold and give them time to tap.
- **No shoes on the mats. No bare feet off the mats.**  
The mat is where we roll, so it always has to stay clean. When stepping off the mat (especially to go to the toilet) do not walk around with bare feet, wear sandals or shoes at all times. Never walk on the mat in shoes.
- **Clean equipment at all times. Cut your finger and toe nails.**  
Maintain good hygiene. Wash your gi after every class. Cutting finger and toe nails is important for you (you can bend a toe nail) and for your training partners (scratching). Every time you wash your gi, wash your belt and rashguard too.
- **Don't brag about who you tap in class. Don't be a bad sport.**  
This is not a place for competition, you aren't winning any medals and nobody cares who you tap or who tapped you. We don't keep score, you win or you learn. Train hard, drill hard and have fun.
- **Be an example to lower belts and younger members.**  
However good (or tired) you are, don't be lazy or encourage laziness in others. When learning a technique, you should pay attention to your instructor and follow their instructions. Ask questions. Be respectful of your training partners and instructors and any visitors to our gym. Make people feel welcome and look to help those that you can.
- **If you feel exhausted, don't quit.**  
We only have a short time for training and rolling so we have to make the most out of it. If you feel gassed out and don't feel like you can take on a roll, take it anyway - but spend your time learning to conserve your energy and work on your defense. It's better than just sitting on the sidelines.
- **Show respect to your coaches and training partners.**  
Do not leave the mat during class without the instructor's permission. If you have the flu or a cold please stay home and rest in case you pass it to your training partners. If you come in late, always ask permission before joining the class. Do not talk while the instructor is demonstrating a technique.
- **Do not train with skin infections.**  
If you have ringworm, staph or any kind of weird rash or sore, please don't come to training. Skin infections are highly contagious, you will almost certainly infect your training partners. Please seek medical advice on treatment and follow your doctors advice.
- **Learn to accept takedowns and sweeps.**  
When being take down or swept there is a point of no return - if your opponent lifts you off your feet or knocks you over sideways, the stiffer you are the harder the fall, you need to relax. Never hold out your arm to defend a takedown or sweep, it's a sure way to hurt your shoulder, wrist or elbow.
- **Work on your weaknesses in training.**  
Don't always use your 'A' game. Training is a time for experimentation, testing and learning new things.