

# Rules of the *Dojo*

## Participant Understanding

Any person participating in our classes or courses does so with the full understanding that while it is our policy to minimise risk, the nature of martial arts prevents its total elimination.

As a participant in a class or course in this *dojo*, you agree to be bound by the Rules of the *Dojo*.

Gendai Jujutsu Instructors are bound by the Rules of the *Dojo*.

## Code of Conduct

- You agree to maintain self-control at all times and all care in the application of any technique.
- You may choose to abstain from any activity that you feel uncomfortable doing.
- You agree to observe conditions under Health & Safety, *Dojo* Etiquette, Member of the *Dojo*, Drug and Alcohol policy and Conditions of Grading.
- No student may train under the influence of alcohol or drugs (prescribed or otherwise).
- The Instructor shall be the final arbiter in regard to breaches in this code of conduct.

## Health & Safety

- Be clean and have a clean & tidy uniform.
- Fingernails and toenails are to be clean and trimmed short.
- Long hair is to be neatly tied back.
- Cover any cuts or abrasions with a sticking plaster strip (e.g. Band-Aid)
- Remove all jewellery (including watches) before training.
- Dressing, i.e. removing shoes, tying belt and putting on sparring gear, is done outside the training area.
- Training is barefoot; however, footwear is to be worn to and from the toilet.
- Pay attention to instructions to maximise the safety of self and others.
- Wear a mouth guard, fist and shin/instep protectors while sparring. Males are advised to wear groin guard and females may choose to wear a chest guard. Protective headgear is optional.
- Consume all food and/or drink (including water) outside the training area.
- The supervising instructor is responsible to ensure that the training area is clear of any dangerous objects that may provide a risk of injury.

## First Aid and Medical Conditions

- If you have an infection that may be passed on to others during the course of a training session, remain absent from training until recovered.
- All unsupervised Instructors are required to have a current First Aid certification.
- The dojo will provide a fully-equipped first aid kit.
- Students with a bleeding injury must cease training immediately and receive appropriate first aid. The instructor will determine when it is safe to re-join training.
- Protective gloves must be worn when administering first aid to a person suffering a bleeding injury.
- Any injury or condition, either permanent or temporary, which may be adversely affected by certain types of training, e.g. joint injury, high or low blood pressure, cardiac disorders, diabetes, asthma, pregnancy, etc, must be advised to the Instructor prior to training.
- If you have any injuries or conditions as in the last point above, you must obtain a medical certificate from a physician clearly stating that you are able to participate in classes and whether there are any restrictions or conditions applicable.

## **Dojo Etiquette**

Be on time for start of class and make sure you are dressed appropriately, including having your belt tied (see Appendix I), before coming onto the mats.

### **Bowing**

Bow when entering/leaving the training area at start/finish of training.

Thank a training partner by bowing or shaking their hand.

### **Start of Class**

Line up in *seiza* and bow in.

### **During the Class**

Instructors are addressed by their respective teaching titles.

Notify the instructor -

- When late to class
- When you have to leave the class during training.

Refer any questions relating to training to the instructor/s.

Thank your training partner. As well as bowing, thanks may also be offered by way of shaking their hand.

### **End of Class**

Line up in front of the instructor/s, as at beginning of class, to bow out.

## **Member of the Dojo**

You are considered a member of the *dojo* upon payment of fees, which are due at commencement of each month or semester (depending on type of membership).

## **Drug & Alcohol Policy**

Gendai Jujutsu acknowledges that all students have a right to exercise private judgement in matters relating to their personal lives, however we encourage personal responsibility in relation to the consumption of alcohol, and responsible and lawful use of prescribed and over-the-counter medication.

## **Conditions of Grading**

To be graded under the Gendai Jujutsu syllabus, a person must be a member of a Gendai Jujutsu *Dojo*, attending and training in classes on a regular basis.

Gendai Jujutsu reserves the right to revoke the grading of any person who breaches the Code of Conduct.