

## **WEST END JIU-JITSU CLUB RULES**

1. No shoes, rings, watches or other jewelry will be worn during class.
2. No profanity is permitted.
3. No sparring or grappling without the permission of an instructor.
4. Members must bow before entering or leaving the mats, after instructions are given, and before and after partnering off.
5. The head instructor is known as Shihan, other black belt instructors will be known as Sensei, and senior belts as Sempai.
6. Members will conduct themselves with courtesy both inside and outside the Dojo.
7. Members will not provoke violence or allow themselves to be provoked into violence.
8. Do not, under any circumstance, criticize other members of the club.
9. Members must maintain a reasonable standard of personal cleanliness. Finger and toe nails must be clipped short.
10. Only clean black uniforms are permitted.
11. Chewing gum and eating candy during class is forbidden.
12. Under no circumstance will any form of Jiu-Jitsu be taught by any member to a non-member.
13. Students must maintain a passing grade in school.
14. For adult students, no intoxicants will be taken before class.

### **CLUB CREED** (for junior members)

I will only use Jiu Jitsu in self-defence, or the defence of another person, when using my words or walking away are impossible. I will not use Jiu Jitsu to bully, intimidate, or provoke violence against others.