

# Get Ready to Train

## SAFETY AND ETIQUETTE

Welcome to Impact Jiu Jitsu! The following is a brief guide to assist you as you begin your training. Please talk to your coach or our desk staff if you have any questions.

### ON THE MAT

**Communicate:** If you see behavior or equipment that seems unsafe, please tell a staff member immediately. Communicate with your training partners and stop if things become too demanding or there is concern of injury.

**Tapping:** You can physically tap your partner or the floor with your hand or foot, or say “tap”. Tap if you are caught in a submission – even if you feel you could find a way out. Over time you will learn counters and get a better understanding of escapes. Be slow and controlled when applying submissions. The moment your partner taps or you get an uncomfortable feeling about how deep the submission is, let go.

**Spacial Awareness:** Confirm safe landing zone for sweeps and takedowns. Leave plenty of distance from any hard surfaces and other students. Yield to upper belts.

**No Slamming:** Never slam or drop your partner to the floor.

**No Full Contact Striking:** Care and safety is required at all times when practicing boxing, kickboxing, MMA, etc. We are not fighting, we are learning.

**Protective Gear:** A mouth guard is highly recommended when sparring Jiu Jitsu. Protective gear is required in all striking classes, including but not limited to mouth guard, boxing gloves, groin protector, and shin guards.

**Allowed and Disallowed Moves:** We generally follow the International Brazilian Jiu Jitsu Federation (IBJJF.org) when it comes to which moves are allowed and by which belt or skill level. We recommend reading the IBJJF rules and talk to your coach about what is allowed.

**Hand Fighting:** When defending a grip or submission, try to grab your partner's full hand. If you end up grabbing fingers, grab at least three.

**Avoid the Face:** Your hands will frequently be in contact with your partner's head. You should avoid putting your hands directly on the eye, nose or mouth area of the face.

**Hygiene:** Take precautions to prevent skin infections. Our mats are disinfected multiple times a day, and we ask students to:

- Keep fingernails and toenails trimmed
- Never wear street-shoes on the mats
- Cover any cuts or scrapes
- Remove all jewelry when training
- Shower as soon after training as possible
- Prevent unpleasant body odors and avoid heavy perfumes while training
- Wash training clothes after every use to remove bacteria and unpleasant odors
- Do not train if you are sick or have a potentially contagious skin condition
- Use flip-flops provided when using the restroom (do not go barefoot)

**Training Attire:** Represent your team with Impact gear or a patch. For gi classes, wear a clean Jiu Jitsu uniform and belt, along with a rashguard. For no-gi and striking classes, fight shorts and/or tights are recommended along with a rashguard. No buttons, zippers, pockets or anything that could scratch partner are allowed. Brief-type undergarments must be worn; thong-type undergarments are not permitted.

**Appropriate Behavior:** Impact Jiu Jitsu is a family-oriented academy. Please watch your language and music choices. Keep physical contact appropriate to the martial art.

**Bowing:** Some people bow before getting on or off the mats. This optional gesture reminds us we are entering a training area and doing so requires focus and respect.

**Shaking Hands:** We typically shake hands before a competition match. With training partners, instead we often slap hands and bump fists before each grapple. This is a sign of respect and recognizing that we are training, not fighting.

### AT THE ACADEMY

No climbing, hanging, or jumping on walls, shelving, handrails, etc.

Do not push, lean on, or play with railing. Do not touch cables. (HQ)

Keep equipment and water bottles away from training floor, railings and stairs.

No bare feet in restrooms; use shower sandals provided.

Showers are for adult use only; Bring your own towel or rent a towel; place hand towel provided on floor at shower entry; use towel to wipe floor dry after showering. Do not soak floors.

Clean and put away equipment immediately after use.

Report any broken, unsafe, or unclean equipment to a staff member.

Lockers are for day use only. Do not leave training gear in academy. Lost and found items are donated to charity.

### PARENTS/CHILDREN

Please park and enter building to pick up children immediately after class.

Children must be accompanied by parent while in lower level of academy (HQ).

Empty mats are not play areas. Students must wait for coach before entering training space.

Children must be supervised by parent at all times when child is not participating in class. Please insure children sit in waiting area, voices remain quiet, and academy rules are followed at all times.