



DOJO RULES



1

TIMES & CHECK-IN

- We arrive on time to the trainings.
- We always check-in when entering the tatami.

2

HYGIENE & SAFETY

- Fingernails and toenails must be trimmed short.
- Come to training clean and fresh, w/o strong perfumes or deodorants, with clean feet.
- Wash Gis, rashguards, and training clothes regularly.
- Stay home if you are sick
- Cover cuts or wounds before stepping on the mat.
- Always wear flip-flops when walking around the gym or to the toilets.
- Do not wear necklaces, watches, rings, jewelry or gear that could injure you or your partner

3

RESPECT

- Respect coaches and teammates.
- Training partners are friends, not enemies.
- Tap early and take care of your and each other's limits to prevent injuries.
- Stay quiet and listen when coaches explain techniques

4

ON THE MAT

- Bow when entering and leaving the mat.
- Keep the mat energy calm and focused – no unnecessary chatter.
- No eating on the mats.
- Training time is for learning and improving.

5

ROLE & ATTITUDE

- White belts: listen, learn, and ask questions with curiosity and respect.
- Higher belts: lead by example – with humility, precision, and positivity.
- Leave your ego outside – we build each other up.
- Celebrate progress – your own and others'.

6

SAFETY & WELLBEING

- Tap early, always respect the tap.
- Communicate clearly with your partner – before and during rolling.
- If something feels wrong (physically or emotionally), talk to a coach.

7

ETIQUETTE & RESPONSIBILITY

- Keep locker rooms, showers, and toilets clean. Take your training gear home and wash it.
- Do not leave bottles, cups, or belongings behind – take everything home.
- After training or open mats: help clean the tatami, turn off the lights, and lock the door properly.

8

COACHES' AUTHORITY

- "My tatami – my rules."
- If you don't understand something, ask. We are always here to help and to listen to suggestions.
- As experienced coaches, we expect everyone to follow the dojo rules.

9

PARENTS & VISITORS

- If you do not roll, wait in the shop, buy a coffee or go for a walk.
- No parents allowed on the mat. Exception: First training session, where parents may enter the mat area, in socks or barefoot.
- The coaches are here to teach the kids BJJ, not to educate them how to behave.