

SWJA Dojo Rules

Ultimately, we want judo to be an enjoyable and fun experience for all. However, judo is also a physical, full-contact sport. Therefore, rules are needed to keep judo lessons safe for all students and visitors to the *dojo*. These rules provide guidelines on how we can minimize injuries, incidents and issues during classes. Should you have questions regarding the rules, please speak with one of the *Sensei's*. Thank you for your support and understanding.

General - Students will:

- Show respect to *Sensei's*, other students, parents and guests; make eye contact.
- Show respect to higher ranked *judoka* (*judo players*); respect belt rank.
- Show respect to lower ranked, less experienced, or younger *judoka* to promote the principle of "*mutual benefit*".
- Address instructors as *Sensei* (teacher; one who goes before); make eye contact, affirmatively respond loudly with "*Hai, Sensei!*" (Yes, Teacher!).
- Observe all dojo rules; any inappropriate verbal or physical actions or behaviors will not be tolerated and subject to disciplinary action.
- Be warned verbally for infractions or inappropriate behavior, with continued behavior resulting in discipline: additional physical exercise, sitting out class, being removed from class, and discussion with parents.
- Arrive early and change into *judogi* (uniform) prior to class time or entering mat area.
- Not enter mat area until instructed to do so by *Sensei*.
- Bow prior to entering and leaving the mat area by facing toward the mat; *judoka* should be properly wearing *judogi*, including *obi* (belt) properly tied.
- Participate in warm-up and cool-down as part of the actual class.
- Ask permission to leave the mat area for any reason during classes.
- Use bathroom prior to class or during water breaks; please wear footwear.
- Bring own water bottles that can be brought into the mat area and placed in corner near windows.
- Write name on cup if using SWJA water and discard before leaving school; no food nor drinks

in mat area

- Keep dojo and locker rooms clean; pick up after your self; please pick up any seen trash on floor and throw away into trash containers
- Ask a *Sensei* any questions, concerns or complaints; same applies to parents

Hygiene & Health - *Students will:*

- Keep finger and toe nails short and clean; brush teeth; wash hands and feet
- Not wear jewelry, rings, earrings, nose or body pins, bracelets, or clothing with zippers, clips, eyelets, ties, and no socks (*unless due to some skin irritation like athletes foot*).
- Wash judogi's to keep them clean and not smelly, especially from sweat; repair any torn areas.
- Talk to *Sensei* about any cuts or scratches resulting in blood on person, judogi or mat, injuries to body, hard or painful bruises or falls, or bumps to the head. Any time a student gets a hard bump to their head or goes unconscious, students will be removed from class with an examination for a concussion will be advised, along with a release from a doctor to return.
- Refrain from attending classes when sick, contagious, or with a skin infection (*athlete's foot, ring worm, lice, etc.*)
- Wear footwear when not on mat area, especially to the bathroom or outside, and place footwear neatly on rack by entrance

Miscellaneous

- All visiting *judoka* or *jiu-jitsu* students must first check in with a *Sensei*, sign and submit a SWJA Judo liability waiver prior to practicing. SWJA reserves the right to deny any person access to practice on premise.
- During free week of lessons, students can borrow a *judogi* and *obi* (belt) and return them after each class. *Judogi's* can be worn over gym shorts and t-shirts, with no socks nor footwear. Students must purchase a *judogi* when sign up for lessons.
- Competitors or those wishing to be promoted must be join USA Judo and have a current membership, maintain a log of entered tournaments with dates, names, ranks of competitors and match outcomes, and list of other contributions to judo - helping teach, refereeing, scoring table, etc.
- Belt rank promotions are at the discretion of *Sensei's* and based on time in grade, age, attendance, attitude, participation, maturity, knowledge of techniques, vocabulary, general knowledge and competitive record. There is a fee for your new colored belts.

- Class tuition is due monthly (payable at the *dojo* or via PayPal)