

MORUMBI JIU JITSU ACADEMY

RULES & ETIQUETTE

PLEASE FOLLOW THESE RULES AND HELP US MAINTAIN
A FAMILY ENVIRONMENT WHERE EVERYONE
FEELS WELCOME AND INSPIRED.

ACADEMY ETIQUETTE

- No foul language inside the Academy
- We are humble and we do not brag about our training and performance
- Parents, please do not coach your children from the sidelines - the best support you can give your child is an encouraging smile
- No bare feet around the Academy, just on the mat
- Please do not bring outside food or drink into the Academy
- If you are late for class do not enter the mat until the instructor gives you permission to do so
- If you need to leave the mat during the class, ask permission from the instructor
- You must wear a shirt inside the Academy
- Please remove all valuables from your bags and leave your bags inside the changeroom

RESPECT

- Refer to the Black Belt instructors as “Professor” and all other instructors as “Coach”
- Do not speak when the instructor is speaking and practice only those techniques shown by the instructor
- During open match classes, never invite a Black Belt to train (Black Belts may ask you to train, but the reverse is considered impolite)
- Bow to your partner before and after any practice

UNIFORM

- All kimonos must be official Morumbi Academy kimonos
- Wear a shirt or rash guard under your kimono
- Wear a Morumbi Academy rash guard for No Gi training
- Keep your kimono and undergarments clean
- When tying your belt, face away from the masters

SAFETY AND HYGIENE

- Practice good hygiene before training: wash your face, hands and feet and please use deodorant! Your partner will appreciate it
- Don't train when you're sick or when you have any kind of rash
- Keep your fingernails and toenails short
- Do not wear any jewelry, rings, necklaces, piercings, etc.

BEING A GOOD PARTNER

- You are responsible for your partners safety, be careful and thoughtful when training
- Everyone has someone they love training with. Be that partner with everyone YOU train with. Be the partner that other people want to train with!

MORUMBI ACADEMY KIDS RULES EVERYTHING ABOVE, PLUS:

- Answer “Yes, Professor” to Black Belt instructors and “Yes, Coach” to other instructors
- When the instructor is speaking, sit on your knees and listen carefully
- Raise your hand if you have a question
- Stand in line shoulder-to-shoulder, with your hands behind your back, and do not talk when standing in line
- Treat your training partners with respect - treat them the way you want to be treated
- When you shake hands, look your partner in the eye



REMEMBER: JIU JITSU IS FOR SELF-DEFENSE, YOU MUST NEVER BE
THE AGGRESSOR/BULLY! BULLIES HAVE NO PLACE IN THE MORUMBI JIU JITSU ACADEMY.
DO NOT PRACTICE YOUR JIU JITSU OUTSIDE OF THE ACADEMY.

Leave your problems at the door and bring your best positive energy to the
Academy - we appreciate a nice smile! Thank you for helping make our
Academy a great place to train!

“With hard work and good intentions, you can achieve anything.” -Fabio Leopoldo