



Rules and Academy Etiquette

- 1. Bow before entering and when leaving the mat space.**
- 2. Address the instructor appropriately. Coach is acceptable for all instructors. Professor and Sensei are also acceptable for black belt instructors.**
- 3. Keep talking to a minimum level during class; conversation should relate to the class subject. Stay focused on the instructor and the techniques being taught even if you are already familiar with techniques.**
- 4. If late to class, enter the mat area and address the instructor first then quickly and quietly join the class.**
- 5. Do not leave the mat space while the instructor is teaching a technique, unless in an emergency situation. During warmup, drilling or sparring use your best judgement to determine if it is appropriate to leave the mat.**
- 6. Leave all teaching to the instructor during class. If you have something related to the lesson you'd like to share or ask about, ask the instructor at an appropriate time and he or she would be glad to incorporate it into the lesson or at the end of class.**
- 7. Respect everyone in class. Be careful what you say around others. Not everyone comes from the same background but deserves the same respect.**
- 8. No leg locks until permission is granted. Leg locks will be taught for knowledge and defense purposes as well as competition. Leg locks will be allowed for certain skill levels with the instructor's permission but may only be performed on those that are also allowed to perform the techniques as well. If you do not feel comfortable rolling with leg locks let your teammates know before the roll starts.**
- 9. NO SLAMS. Once again, the goal of the academy is to learn technique and not hurt each other.**
- 10. Leave your EGO at the edge of the mat, we are a team and the instructor will not tolerate any student that maliciously tries to hurt another student.**
- 11. Hygiene; wash your uniform after each class, trim your finger nails and toe nails, and help keep the gym sanitary. Everyone should also try to shower immediately after class. I cannot express this enough. If you have a rash please do not come to class and notify the instructor so he can inform the other students. Skin issues happen in martial arts and when they do, we just need to take care of them and ensure we don't spread them to other people in the gym.**
- 12. No bare feet off the mats. Bring flip flops or shoes to wear when you leave that mat space.**
- 13. No shoes on the mats. Dedicated wrestling shoes are an exception as long as they are not worn off the mat.**
- 14. Change clothes in the private designated changing rooms, where you cannot be seen by others.**
- 15. Do not leave personal belongings at the academy.**
- 16. No cell phone use during class. Of course, emergencies or extremely important calls are acceptable.**

- 17. Stay home if you are sick, have a fever, rash, open sore or injury, or any type of skin infection.**
- 18. Remember you come to class to train. Martial arts are fun but involves a lot of hard work.**
- 19. Be an ambassador of the academy. Present yourself with a professional and positive attitude among the public. You never know who may be interested in learning a life skill and you represent, Elevated Martial Arts, LLC.**
- 20. Rolling should be a mutual benefit. You may be able to submit someone twenty times in a roll but that doesn't mean you should. Work on things like escapes and sweeps when you are working with novice members. Help and guide them when needed. Remember, we were all there at one point. Keep mindful when rolling to not smash into others and be aware of your surroundings. No armbar is worth injuring a teammate! Also, upper belts have the right away. If you bump into them, stop and move before you continue rolling. Never reject a higher rank that asks you to roll unless you are not rolling at all due to injury. Don't ask black belts to roll, let them ask you.**
- 21. Wear appropriate outfits for jiu-jitsu. Everyone must wear an undergarment under their Gi pants, i.e., grappling shorts. Males may wear rash guards or tight-fitting shirt under the Gi top but it is acceptable to wear nothing under the Gi top. For No Gi, a rash guard or tight-fitting shirt is required. Women must wear rash guards or a tight-fitting shirt or sport top, i.e., sports bra. In a grappling art clothes can really shift around so let's all wear appropriate outfits to class that will save us from baring our goods to the world.**
- 22. Absolutely NO inappropriate apparel will be allowed to be worn in the academy.**
- 23. DO NOT BE A BULLY, IN OR OUTSIDE OF THE ACADEMY!!!**

Final words:

Look left and then right, everyone you see is as important as the next. Regardless of the belt rank we need everyone to be a successful team. If you have any concerns, by all means talk with the instructor/coach or the ranking individual leading the class. Our goal is to help everyone reach their goals in martial arts. We are very passionate about what we teach and coach. Whether it be tournament success or just more self-confidence there is always a place for you on the Elevated Martial Arts Team. Thank you and welcome to the team!