

## Rules, Etiquette & Culture 2023

- Leave your ego at the door. A person with ego can be offensive to others and can affect the atmosphere of the centre
- NO jewellery to be worn while training, injuries may occur to you or your fellow students if jewellery is worn
- NO Swearing in the Gym, it is offensive and there are children and families who train in the centre
- NO Smoking in the centre, if you need to smoke please do it outside away from the front entrance
- NO shoes or socks are to be worn on the mats unless previously agreed upon and with strict conditions
- NO running in the public areas, including the stairs and reception area of the gym
- Chewing gum is NOT permitted in the centre at any time
- Leave gym bags, shoes and belongings away from walkways and floor entry
- Gym and training equipment cost money please treat all the equipment with care at all times
- Be on time, you may not be properly warmed up or may miss out on valuable techniques if you are continually late
- If you need to leave class early let the instructor know before the class starts
- If you need to leave the floor for any reason let the instructor know before leaving
- When drilling, wrestling and sparring you must **bow** in **HapKiDo** and **shake hands** in **Brazilian Jiu Jitsu**, this is a sign of respect and thanking your partner for training with you.
- When wrestling or sparring a less skilled partner or beginner use your technique, not strength. This will improve your skills at the same time help them learn and not feel intimidated.
- Always demonstrate respect for your partner, never appear arrogant or patronizing
- When an instructor is demonstrating a technique (even if it's a technique you know) stop what you are doing and move to a position where you can best view the technique fully. Take advantage of the instructors knowledge, by watching closely you may see or hear something important not previously known
- DO NOT talk while an instructor is engaging the class, teaching or explaining techniques, this is disrespectful to the instructor and other students trying to focus on the instructors explanation
- Do not slouch around the gym or lean on the walls, it looks tardy and can leave a poor impression to potential students
- When drilling techniques do as many reps as possible, this maximizes your opportunity to gain a better understanding of the technique. Only drilling a technique a few times will make it difficult to execute under pressure
- Please make sure you throw all rubbish and empty drink bottles in the bins provided remember it's your training centre so please leave it clean and tidy
- You are required to have your own training and safety gear for hitting pads and sparring; quality gloves, focus mitts, shin instep, groin guard and mouth guard. These items should be clean and sanitized regularly and brought to every class
- **PARENTS:** NO Sideline coaching or talking to your child while they are training, its distracting for the students and disrespectful to the instructor. If you need to relay a message to a student, do it through an instructor please
- If there are any issues or concerns regarding your child please raise it with an instructor or reception, do not approach other students directly
- If the rules are not obeyed or if an instructors commands are not followed or respected, the student may be asked to leave the floor, they may only return when they are willing to follow the rules and the instructors commands.
- **UNIFORMS & TRAINING ATTIRE:** The UFA Martial Arts Academy uniform is a full gi and must include all the required UFA patches placed in the correct position (left chest & between the shoulder blades on the back) if another patch is in those positions, remove them or place our patches over the top.
- Students are required to wear their full uniform and current rank/belt including any stripes at all times
- NO Gi Jiu Jitsu uniform is black MMA or Lycra shorts and a Rash Guard (no T Shirts or singlets) with the colour of your current rank as per the IBJJF (International Brazilian Jiu Jitsu Federation) requirements..
- HapKiDo when wearing anything under your Gi top, the colour must be black and without a collar
- In BJJ or HapKiDo Females are required to wear a shirt, rash guard or crop top under their Gi during training
- Students should change in the toilets or change rooms, changing behind a wall or in the open is not acceptable.
- **GRADINGS:** Students must perform a grading in a white gi for BJJ and a black gi for HapKiDo. All uniforms must include the UFA Martial Arts Academy patches in place (as described)
- **END OF CLASSES:** The instructor will call all students to circle up in BJJ or line up in HapKiDo, you need to adjust your uniform making sure it is straight and your belt is done up correctly. The BJJ circle and HapKiDo lines are formed in order of rank. **HapKiDo** students will first bow to the flags, then to the instructor and finally to the black belts. **BJJ** the instructor will ask everyone to bow, this is to thank each other for training. As we bow we say Obrigardo (Portuguese for Thank you). Students will then circle shaking hands of the instructor and each other.

Always be polite and respectful to others, the UFA Martial Arts Academy guidelines (rules, etiquette & mat culture) was created with all students in mind. We are all here to learn and have a positive experience, so have consideration and respect for your instructors and fellow students at all times please.

## Hygiene 2023

Hygiene is one of the most important components to the health and safety of every student. The sheer nature of HapKiDo & Brazilian Jiu Jitsu with its unavoidable contact between students (who are usually hot and sweaty) make the hygiene of the student extremely important. Many gyms have had issues with infectious diseases such as ring worm and staff, we want to keep these and any other diseases out of the gym and make close quarters training with each other as comfortable as possible.

The Hygiene set by UFA Martial Arts Academy is a condition of training;

- Students may not enter the training mat if they have any uncovered sores or contagious rashes, itchiness or diseases until cleared by a doctor. If in doubt or if unsure of a similar condition then take the responsibility and consult your doctor before showing up for training.
- The above rule applies if a student is sick with a contagious illness such as Covid, Flu, Cold or similar. There is an extremely high risk of infecting other student in the centre, who may in turn infect their family members and work colleagues.
- Students are to be clean, this include feet and hands before entering the mat for training. Coming straight from work especially if working in an un-sanitized environment is not acceptable, if you are in this situation please go home and shower before training
- Students must wear shoes into the gym, arriving barefoot and expecting to walk straight onto the mats is not sanitary and could be a health risk.
- Students must wear footwear to the toilets, this will not only stop the spreading of germs to the mat but also protect the students from potential diseases.
- Nails are to be kept short and clean, training is hard enough without getting scratched or cut by someone's dirty finger or toe nail.
- The training floor is to be mopped after every session, this is an expectation for all students including black belts & instructors, NO exceptions
- Gym equipment, bags, kick shields, weights, etc must be wiped down with anti-bacterial wipes after use
- Students are to use deodorant, it is very offensive for a students to train with someone who has bad body odour
- Uniforms are to be kept clean, wash it after every session, we can't help sweating but using the same sweaty uniform is unsanitary and offensive.
- Long hair is to be kept clean and tied up while training
- Uniforms are not to be torn or have any holes in them
- If you discover you are bleeding, stop training and leave the floor immediately. As soon as the bleeding has stopped clean up any blood spills with disinfectant. If your gi has blood on it then you are not permitted to continue training
- Be aware of your strapping or any band aids you have, if the strapping or band aid comes off during training, dispose of it as soon as possible, DO NOT leave it till the end of training or on the training floor
- If you feel sick and need to vomit, please leave the floor immediately, don't wait till it's too late