



LUCAS LEPRI

BRAZILIAN JIU-JITSU & FITNESS

Etiquette & Standards

Environment - We have a friendly atmosphere that honors martial arts traditions. We...

- Bow when entering and exiting the mats
- Greet teammates upon entering the mats
- Welcome guests and introduce ourselves
- Use respectful language and behavior, especially around minors
- Do not remove our gi tops or rash guards until class has ended
- Keep bodily functions to ourselves
- Wear a white, blue, or black gi

Health & Safety - We encourage the health and safety of our athletes. We...

- Always use a clean, dry gi
- Keep shoes off the mat
- Wear shoes when off the mat
- Store our bags in designated areas
- Recuperate at home if we are sick or have a skin disease
- Keep fingernails and toenails short and clean

Training – We train honorably to improve ourselves and each other. We...

- Always compliment our sparring partners and shake hands before and after sparring
- Only apply as much force as necessary, never seeking to harm fellow students
- Always give our best in training so that we and our partners can improve skills, conditioning, and fighting spirit

Respect – We respect our sport, the instructor, and each other. We...

- Enter class quietly if we arrive late and let the instructor know that we are there
- Let the instructor know if we leave class early
- Refrain from talking while the instructor is talking
- Keep cell phones quiet during class
- Continue doing the task that has been given if the instructor has not changed the task or position.