



Poole Ju jitsu Club

Est 1997



Club Policies and Rules

Welcome to Poole Ju Jitsu Club! By joining us, you're stepping into a community that's all about mastering Ju jitsu in a safe and supportive environment. When you become a member, you agree to follow our club rules, designed to keep training safe and ensure that everyone here is treated with respect and kindness. Let's train hard and look out for each other!"

Any form of physical activity has proven benefits for both the mind and body. The learning of Ju Jitsu as a form of self-defence or just as a sport will also have a positive impact on most person's attitude towards others.

We take very seriously the health and safety of all our students.

Poole Ju Jitsu club provides lessons to juniors and adults alike. For all junior classes we have an adult available who is qualified as a child protection representative.

Ju Jitsu is a contact martial art but at our club it is practised in a controlled and responsible way. This again is a measured response to ensure all students safety.

Advancement and progress in Ju Jitsu is a measured process. At certain steps of the student's progress, they will be "Graded" to ensure that they have reached the appropriate level of knowledge to allow them to progress to the next level. Each level of attainment will be displayed to others by means of a coloured belt.

All regular students who train at Poole Ju Jitsu must be insured and have a licence granted by our governing association Bushido. The Poole Ju-Jitsu club are members of The Bushido Ju Jitsu Academy who in turn are members of the British Ju jitsu Association, the United Nations of Ju jitsu and the International Ju jitsu Federation JJIF The British Ju jitsu Association is officially recognised by "Sport England" (part of the UK Sports Council) For further information, please see www.bjjagb.com

Dojo Rules and Etiquette

1. All students must show respect to all other students.
2. All students must Rai (bow) before going on to or leaving the matted area.
3. All students must wipe their feet prior to stepping on to the mat. Please don't pass your dirt on to others via the mat.
4. Ju Jitsu is a close combat sport; consequently, please ensure you pay attention to your personal hygiene. Make sure your clothing used in training is kept clean and odour free for each session. Also, all nails (toe and finger) should be kept trimmed so as not to hinder or injure others.



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5. No jewellery to be worn on the mat at any time unless covered with a plaster at all times. Jewellery torn from the body will hurt you. Your jewellery could seriously hurt others.
6. If an accident should occur, the incident must be recorded in the Accident Report book. In the event of a wound bleeding, you must remove yourself from the matted area as soon as is reasonably practical and receive medical treatment. You may not return to the mat unless the bleeding has been stemmed.
7. Should you require facilities off the mat please let your instructor know. This is in your own interest. If you have received a blow to the head or other place your instructor will want to keep you under observation.
8. All students must train with all other students. This ensures that all students receive valued experience from training with differing partners. As a student you will benefit from the experience.
9. Every student must show all other students the utmost respect in language and behaviour at all times whilst within the club. If you have an issue with another student, please refer it to your senior instructor.
10. For Ju jitsu training (unless a new student) all students must wear a Gi top with belt and either Gi trousers with a club badge. This protects your normal clothing and also assists others with their training.
11. Your Sensei (instructor) has years of experience in Ju jitsu. It shows respect to call your instructor Sensei and to Rai after instruction.
12. Always have a towel available to wipe off any sweat build up and have plenty of water available.
13. To pay the mat fees on time and any other fees.
14. To uphold the club in its highest integrity at all times.

PERSONAL HYGIENE

Please ensure that you have showered, bathed or washed thoroughly before each class. The class may require direct contact with another classmate, and it is not only unpleasant to train with a partner who has not done this, but it also increases the risk of injury and/or infection if nails are not kept short, filed and clean. Your hair and body should smell clean and fresh: this is a common courtesy for other members of the class.