



Gracie Jiu-Jitsu® Rules and Regulations

- Arrive 10-15 minutes prior to any scheduled class.
- Check-in at front desk prior to each class.
- When entering the mat, always greet the instructor.
- Don't leave the mat without notifying the instructor.
- Please refrain from training without instructor supervision.
- Personal cleanliness is essential. Long hair must be tied back. Nails must be clipped, hands and feet clean.
- When entering the mat area, always wear kimono that is clean, with no rips, tears, holes or stains.
- Have respect and be courteous to everyone, no loud talking while class is in session.
- Put pagers and cell phones on vibrate.
- Children not participating in class should be under parental supervision.
- Techniques should only be taught by the instructor.
- During a session, only talk about the issues that pertain to the subject of the matter of the class.
- No foul language will be tolerated.
- Never walk around bear chested outside the locker room.
- Please take your kimono and workout clothes home at the end of the class and wash them after each use.
- No shoes allowed on the training floor.
- No gum chewing during training sessions.
- No jewelry of any kinds should be worn to class.

Teton Training Center

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