

Leeds University Union Code of Good Practice for: LUU Jiu Jitsu Club

This document runs alongside the constitution. If you wish to raise issue with the contents of this code, please contact the committee named beneath in some circumstances it may be necessary to hold an EGM. The club instructor and committee will review this document, constitution and risk assessments on an annual basis.

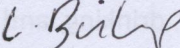
Dojo Etiquette - Code of Practice:

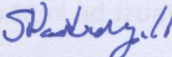
- It is customary to *rei* on entering the *dojo* to signify mental preparation for training.
- Eating, drinking, and smoking are not permitted in the *dojo*.
- Alcohol or any illegal substances must not be consumed before training.
- Your *Gi* must be kept clean and tidy, and the belt tied correctly.
- Fingernails and toenails should be short and clean.
- All jewellery must be removed or covered up before training.
- A *rei* must be made to the highest grade on the mat before stepping onto the mat. Likewise, the highest grade must be asked before anyone leaves the mat.
- The correct way to stand when being taught is with the back of the left hand resting on the knot of the belt and the back of the right hand resting on the palm of the left.
- Before training together, students should *rei* to each other and similarly should *rei* when they finish.
- When training, a student should always be mindful of the safety of his/her partner and the safety of those around him/her.
- Disclose to the club instructor any new medical condition, change in health status or injury that may affect or restrict their training.
- Use only appropriate force when training and exercise restraint where required. Especially when applying locks or strangles.
- Follow the instructions of the instructor. Also follow the advice of other more experienced members where that advice relates to their safety.
- Draw to the attention of the instructor anything which may affect the safety of people training.
- Maintain any personal training equipment or club equipment in a safe condition.
- Maintain the mats so they are safe to train on.
- Members wishing to grade must demonstrate a regular commitment to training.

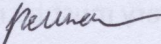
Definitions:

- *Rei* – Bow
- *Dojo* – Training room – Studio 2, The Edge, 2030-2230 for normal training.
- *Gi* – Suit
- *Yame* – Stop
- *Grade* – Refers to a club member with a coloured belt which denotes the level of competence. In ascending order: white, yellow, orange, green, purple, light blue, dark blue, brown, black.

We the undersigned agree to uphold the above code of good practise

Instructor Name: Luke Bishop Signature: 

President Name: Simon Pickersgill Signature: 

Secretary Name: Juniata Bellham Signature: 

Treasurer Name: Giada Suleri Signature: 