



BUSHIDO JU-JITSU ACADEMY INTERNATIONAL



Club Policies and Routes

The Bushido Academy is for students who wish to learn a form of martial arts. When joining the club, you are agreeing to abide by the rules of the club which are designed to ensure that all members of the club can train in safety and also ensure that everyone belonging to the club is treated with respect and consideration in all matters.

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.

The Bushido Academy 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 a Bushido Academy club must be insured and have a licence granted by our governing association Bushido.

The Bushido Academy 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

To help all new students your first lesson is free of charge. All other lessons must be paid for. And not in arrears.

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. See Rule 1
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 See Rule 1



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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. See Rule 1
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. See Rule 1
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. See Rule 1
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. See Rule 1
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. See Rule 1
10. For Ju-jitsu training (unless a new student) all students must wear a Gee top with belt and either Gee trousers or shorts. This protects your normal clothing and also assists others with their training. See Rule 1
11. Your Sensei (instructor) has years of experience of Ju-jitsu. It shows respect to call your instructor Sensei and to Rai after instruction. See Rule 1
12. Always have a towel available to wipe off any sweat build up and have plenty of water available.