



Rules and Regulations

- NO shoes are to be worn on the mats & NO barefeet off the mats.
- Do not leave the mat without notifying the instructor.
- If you arrive late to class, greet the instructor with a hand shake upon entering the mat.
- Do not call instructor out to spar; it is disrespectful.
- No foul language.
- Shirts must be left on underneath your gi. Do not walk around without a shirt on outside the changing rooms.