



TADASHII~DO GRADING SYLLABUS

ADULT JU JITSU PROGRAM

SECOND EDITION ~ JUNE 2015

SENSEI MALCOLM BALE

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INTRODUCTION

Welcome to Tadashii Do Ju Jitsu, a Self Defence and Personal Development program developed for adults to enjoy. You made a great decision to join our program, there is a great journey ahead of you and the benefits are truly incredible. Take a good read through the syllabus, there is some very valuable information here.

Ju Jitsu is a broad based art forming the basis of karate, Judo and Aikido. It covers many aspects of Martial Arts such as striking, kicking, throwing, take-downs, joint locks and hold-downs, emphasizing using an attackers own force against them.

Tadashii Do Ju Jitsu is primarily for Self Defence so all techniques are simple and effective, consisting only of Gross Motor skills. These are simple body movements virtually all people are capable of performing.

Martial Arts should not be about perfection but excellence, that is to do your best in all you do. Set small, regular goals for yourself to reach and the progress over time will be substantial.

We make a great deal of information available to support the Adult Ju Jitsu Program. If you ever miss a class don't worry as all the information you need to know is contained within the websites. The techniques and information are all in video format so there should be no trouble in understanding exactly what is required.

I consider Personal Fitness as highly important, it helps not only with Ju Jitsu but with all aspects of life. Have respect for your own body, treat it well and it will serve you well. Register at our site www.relative-fitness.com to receive an abundance of Free useful Fitness Tips and advice, regardless of your age, gender or current level or Fitness.

Over the last 30 years, my Martial Arts experience has been gained through competitive Boxing, Karate and Ju Jitsu. I have met some weird and wonderful people through Martial arts and gained some great knowledge, skills and experience along the way. It is an honour and a privilege to pass them on to you.

My Mother practiced Ju Jitsu for many years, even though she has since passed-away it's through teaching Ju Jitsu, I keep the connection alive.

Please do not hesitate to contact me if you have any questions regarding the program. Your feedback is appreciated and a great help in keeping the program moving forwards.

Have Fun and Enjoy the Journey ahead!

Sensei Malcolm Bale
Chief Instructor
Tadashii Do Ju Jitsu

KYU LEVELS

Kyu	
	Little Samurai
19 th	White Belt
18 th	White Belt Yellow Stripe
17 th	White Belt Gold Stripe
16 th	White Belt Orange Stripe
15 th	White Belt Green Stripe
14 th	White Belt Blue Stripe
13 th	White Belt Red Stripe
	Juniors
12 th	Green Belt Gold Stripe
11 th	Blue Belt Gold Stripe
10 th	Purple Belt Gold Stripe
9 th	Red Belt Gold Stripe
8 th	Brown Belt Gold Stripe
	Adults
7 th	Red Belt
6 th	Yellow Belt
5 th	Orange Belt
4 th	Green Belt
3 rd	Blue Belt
2 nd	Purple Belt
1 st	Brown Belt
	1 st Degree Black Belt

JAPANESE TERMINOLOGY

JAPANESE TERM	PHONETICS	MEANING
Tadashii-Do	(Ta-da-shee Doe)	- righteous way
Jujutsu	(Joo-joot-soo)	- the soft/gentle art
Ryu	(Ree-oo)	- school
Dojo	(Doe-joe)	- place to train in the way
Gi	(G-ee)	- uniform
Seiza	(Say-zah)	- kneel
Mokuso	(Mohk-soo)	- meditate
Shomen Ni Rei	(Show-men Nee Ray)	- bow to the front
Sensei Ni Rei	(Sen-say Nee Ray)	- bow to the teacher
O-Tagai-Ni Rei	O Ta-Guy Nee Ray)	- bow to each other
Tate	(Tah-tay)	- stand
Ritsurei	(Ree-tsu-ray)	- standing bow
Hajime	(Ha-jee-may)	- begin, start
Yame	(Yah-may)	- finish, end
Kiai	(Kee-aye)	- shout, yell
Ichi	(Itchee)	- one
Ni	(Nee)	- two
San	(San)	- three
Shi	(Shee)	- four
Go	(Go)	- five
Roku	(Rock Ku)	- six
Shishi	(Shish ee)	- seven
Hachi	(Hatch ee)	- eight
Kyuu	(Kew)	- nine
Ju	(Jew)	- ten

TIME REQUIREMENTS

The following are a recommended Minimum time requirement between belt levels:

WHITE TO RED BELT – 3 months – 18 Sessions

RED TO YELLOW BELT – 3 months – 24 Sessions

YELLOW TO ORANGE BELT – 3 months – 24 Sessions

ORANGE TO GREEN BELT – 3 months – 24 Sessions

GREEN TO BLUE BELT – 3 months – 24 Sessions

BLUE TO PURPLE BELT – 6 months – 36 Sessions

PURPLE TO BROWN BELT – 6 months – 48 Sessions

BROWN TO BLACK BELT – 12 months – 72 Sessions

(Half Belts may be taken instead of a Full Belt)

NOTES

正義道柔術流

RED BELT

STANCES

Ready Stance
Defensive Stance
Forward Stance

6 BREAKFALLS

Back Lying	Supported Side
Side Lying	Front
Back from Sitting	Forward Roll

BLOCKS

Arm Flinch / Leg Flinch
Pressing Block – Front / Rear
Elbow Block to Side of Head – Front / Rear

TARGETING

Radial Nerve
Lateral Femoral
Anterior Femoral
Brachial Plexus Origin

STRIKING TECHNIQUES

Snap Punch	Groin Kick
Reverse Punch	Snap Kick – Front / Rear
Roundhouse Punch	Thigh Kick (Low Round House Kick)
Rising Punch	Foot Stomp
Front Elbow	Shin Kick
Palm Heel Strikes	Combinations: Snap – Reverse Punch

TAKEDOWNS

Ankle & Knee
Finger Lock Takedown
Inner Wristlock Takedown

GROUND DEFENCE

Ankle & Knee Takedown – Lying Using Feet
Ankle & Thigh Takedown – Kneeling
Escape Leg Scissor Hold – Rear
Lying Face Down – Attacker Sitting on Back
Lying on Back – Attacker in Table Position

QUICK ESCAPES (Simple Escapes)

Circular Wrist Escapes – Straight / Across
Two Wrist Grab – Ready Stance / Defensive Stance

NOTES

正義道柔術流

YELLOW BELT

6 BREAKFALLS

Side Standing
Supported Roll
Backward Roll

Forward over Uke
Sitting Backwards on Uke
Back from Standing

BLOCKS AND DEFLECTIONS

Open Hand Deflection – Front / Rear

TARGETING

Occipital Solar Plexus Groin

STRIKING TECHNIQUES

Front Elbow (Front / Rear) Roundhouse Kick
Palm Heel Strikes (Front / Rear) Front Thrust Kick – Rear Leg
Groin Kick

UNIFORM

Tie Your Belt & Fold your Uniform

TAKEDOWNS

Step on Foot – Push Shoulders or Hips
Neck Twist

GROUND DEFENCE

Body Shifting on the Ground
Blocking from the Ground
Escape Leg Scissor Hold – Rear – with Choke

HOLD DOWNS

Knee Drop – Stamping Kick Prone Arm bar
Wristlock and Pin Prone Wrist Lock
Bent Wrist / Brachial Hold Down

ESCAPES (apply - Stance, Distract, Strike, Disable)

Wrist Grab – Straight / Across
Two Wrist Grab – Ready Stance
Two Wrist Grab – Defensive Stance
Two Hands on One Wrist
Two Hands on Throat – Close
Double Arm Pin – Rear
Bear Hug – Over Arms – Rear
Bear Hug – Under Arms – Rear
Bear Hug – Over Arms – Front
Bear Hug – Under Arms – Front
Bear Hug – Over Arms – Side

NOTE –

Student must know and be prepared to demonstrate any techniques from previous levels

NOTES

正義道柔術流

ORANGE BELT

MOVEMENT

Slide Forward / Back
Step Forward / Back
Side Step
Pivot

BLOCKS AND DEFLECTIONS

Inside / Outside Forearm Block
Rising Block
X Block Up / Down
Inside / Outside Knee Block
Downward Inside Deflection
Downward Outside Deflection

Pressing Block – Counter Backfist
Pressing Block – Counter Reverse Punch
Defence Against Straight Punch: Pivot and Counter
Defence Against Straight Kick: Pivot and Counter

TARGETING

Lateral Thoracic Nerve
Tibial Nerve
Median Nerve
Back of Hand & Instep
Musculo-spiral Nerve

STRIKING TECHNIQUES

Combination Punches Using Snap, Reverse, Roundhouse, Rising
Backfist
Finger Strike
Back Kick – Front / Rear
Basic Side Kick (Front Leg)
One Step Front Kick
Jump Front Scissor Kick
Timing Drills: To Snap Punch – Reverse Punch Combination

TAKEDOWNS

Rear Collar Takedown
Outer Wristlock
Arm Bar Takedown

ORANGE BELT

THROWS (FROM GRAB AND ROUND PUNCH)

- Two Knee Pick-up – Side
- Two Knee Pick-up – Front
- Outer Reap
- Hip Throw
- One Arm Shoulder Throw
- Standing Crab
- Body Drop Hip Throw

GROUND DEFENCE

- Leg Scissor Takedown
- Figure Four Takedown (Triangle Takedown)
- Figure Four Takedown (Backwards)
- Side Head Lock – Uke Sitting Beside – Lying on Back
- Side Head Lock – Uke Sitting Beside – Lying Face Down
- Hands on Throat – Two Legs in-Between
- Hands on Throat – Sitting on Top

HOLD DOWNS

- Shoulder Lock & Heel in Solar Plexus
- Arm Bar & Front Shoulder Lock
- Double Arm Lock Hold Down

ESCAPES

- Bear Hug – Over Arms – Front – Lifting
- Bear Hug – Under Arms – Front – Lifting
- Bear Hug – Over Arms – Rear – Lifting
- Bear Hug – Under Arms – Rear – Lifting
- Full Nelson
- Side Nelson
- One Hand on Each Wrist – Rear – Close
- One Hand on Each Wrist – Rear – Far
- Two Hands on Throat – Side – Arms Bent
- Two Hands on Throat – Side – Arms Extended
- Two Hands on Throat – Rear – Arms Bent
- Two Hands on Throat – Rear – Arms Extended
- Rear Mugging – One Arm Around Throat – Kneeling

NOTE –

Student must know and be prepared to demonstrate any techniques from previous level

正義道柔術流

GREEN BELT

STRIKING TECHNIQUES

Ridge Hand Strike
Knife Hand Strike
Hammer Fist
Y Hand Strike
Basic Hook Kick (Front Leg)

TARGETING

Ulnar Nerve	Kidney
Temporal Nerve	Mental Foreman Nerve
Infra-orbital Nerve	Trigeminal Nerve
Greater Sciatic Nerve	Brachial Plexus Tie-in Nerve

KEY CHAIN

Series One
Five Gripping Techniques

THROWS (FROM GRAB AND ROUND PUNCH)

Sacrifice Ankle Knee
Knee Wheel
Inside Hock
Neck Throw
Two Arm Shoulder Throw
Tear Down – Front / Rear
Circle Throw
Side Hip Throw
Two Knee Pick-up – Front
Tactical Jaw Control – Front / Rear / Side

HOLD DOWNS

Double Shoulder Pin with Legs (With Key Lock)
Cross Over Arm Bar
Back Hammer Lock
Back Hammer Lock Using Leg
Turning Arm Lock Using Leg

GREEN BELT

ESCAPES

- One or Two Hand Push – Front
- Rear Mugging – One Arm Around Throat – Standing
- Rear Mugging – Pulling – One Arm Around Throat – Standing
- One Hand on Lapel – Punch Attempt
- Side Headlock – Before Fully Applied
- Side Headlock
- Front Headlock
- Bear Hug – Rushing – Front
- One Hand on Lapel – Front – Arm Extended
- One Hand on Lapel – Front – Arm Bent
- Two Hands on Lapel – Front – Arms Extended
- Two Hands on Lapel – Front – Arms Bent

GROUND ESCAPES

- Two Hands on Throat – Kneeling Beside
- One Hand on Throat – Kneeling Beside – Punch Attempt

NOTE –

Student must know and be prepared to demonstrate any techniques from previous levels

NOTES

正義道柔術流

BLUE BELT

STRIKING TECHNIQUES

Flow Drills – Punches
Flow Drills – Knife Hand Strikes
Jumping Back Kick – Rushing Attacker – Front

THROWS (FROM GRAB AND ROUND PUNCH)

Two Arm Neck Throw
Sweeping Hip Throw
Spring Wheel Hip Throw
Shanghai Throw
Outer Hook

TARGETING

Mandibular Angle
Jugular Notch
Hypoglossal Nerve
Clavicle Nerve
Trachea Nerve

HOLD DOWNS

Hold Down Kata (4 Yellow + 7 Orange + 2 Green)
Double Shoulder Pin with Neck Crank Reversal
Front Leg Lock – Using Legs & Arms

GROUND TECHNIQUES

Bent Arm Lock – Side Control
Arm Bar – Side Control
Kimura – Side Control

CONTROL

Finger Lock – Using Key Chain
Quick Arm Lock – Using Key Chain
Reverse Wristlock
Inside Arm Bar
Outside Arm Bar
Short Arm Bar
Restraint Using Collar – Front / Rear
Restraint Using Collar – Knuckles – Front / Rear

GROUND ESCAPES

Escape Rear Choke – All Fours
Escape from Prone Arm Bar

BLUE BELT

ESCORTS

- Finger Lock
- Arm Bar – Behind Neck / Front Collar
- Quick Arm Lock – Front / Side
- Drunken Escort

ESCAPES

- Hair Grab – Standing – Front / Rear
- Hair Grab – Kneeling – Front / Rear
- Side Shoulder Grab
- Side Shoulder Shove
- Block & Respond – Front Kick – Standing / Kneeling
- Block & Respond – Side Kick
- Block & Respond – Roundhouse Kick

NOTE –

Student must know and be prepared to demonstrate any techniques from previous levels

正義道柔術流

PURPLE BELT

STRIKING TECHNIQUES

Flow Drill – Elbows

Flow Drill – Switching – Reverse Punch / Knife Hand / Elbow

THROWS (FROM GRAB AND ROUND PUNCH)

Front Lifting Throw

Rear Lifting Throw

Rice Bale Throw

Valley Throw

Stomach Throw

Cross Hold Hip Throw

Face Press Hip Throw

Figure Four Lock Hip Throw

HAND TO HAND

Braced Open

Thumb Lock to Inner Wrist

Wrist & Elbow

GROUND TECHNIQUES (Two Legs in-Between)

Bent Arm Lock

Prone Arm Bar

Figure Four with Leg

Triangle Neck Restraint

Arm Bar & Front Shoulder Lock

Triangle Arm Bar – Attacker Standing

ESCORTS

Finger Lock Escort – Push with Shoulder

Bent Wrist

Twisting Wrist

PURPLE BELT

ESCAPES

- One Hand – One Bicep
- One Hand – Each Bicep
- Waist Grab – Rear
- Waist Grab – Front
- Collar Grab – Rear
- Two Hands on Throat – Front – Pushing
- Two Hands on Throat – Front – Pushing Against Wall – Arms Bent
- Two Hands on Throat – Front – Pushing Against Wall – Arms Extended
- Two Hands on Throat – Rear – Pushing
- Elbow & Throat Grab – Rear
- Wrist & Throat Grab – Rear

COMBINATIONS

- Five Defences from Snap Punch Reverse Punch Combination
- Must Employ – Block or Deflection, Distraction, Throw or Take-down, Hold-Down

STICK DEFENCE

- Over Head Blow
- Side Head Blow
- Inside Head Blow

NOTE –

- Student must know and be prepared to demonstrate any techniques from previous levels

NOTES

正義道柔術流

BROWN BELT

TARGETING

Name & Demonstrate 30 Targets

CAROTID CONTROL

(must know theory)

Over Head

Backfist

Roundhouse Punch

Rear Entry

Rear Entry – Ground – Sitting

Rear Entry – Ground – All Fours

GROUND DEFENCE

Achilles Lock Standing

Knee Bar

Heel Hook

COMBINATION HOLD ESCAPES

SHOULDER AND ARM LOCK SERIES

Neck Twist

Ankle & Knee

Step on Foot – Push Shoulders

Standing Crab

Hip Throw

TWO WRIST GRAB ~ REAR

Side Hip Throw

Body Drop Hip Throw

One Arm Shoulder Throw

Double Arm Hip Throw

Double Knee Pick-up

ONE WRIST AND ONE COLLAR GRAB ~ REAR

Outer Reap

Neck Throw

Circle Throw

Sweeping Hip Throw

KNIFE DEFENCE

Straight / Backhand / Over Head

NOTE –

Student must know and be prepared to demonstrate any techniques from previous levels

NOTES

正義道柔術流

BLACK BELT

Minimum Time Requirement 12 Months - - - 60 Sessions + 12 Sessions of Teaching

Students must be actively involved in school activities for a minimum of two years before being considered for promotion. The candidate should have been teaching at least one class per week for proper understanding of all Techniques. Student must perform techniques in flowing manner and posses an understanding of variations.

The above time requirements are based on training a minimum of 2X per week. Students with previous Martial Arts experience or Students who demonstrate extra commitment (4 + Sessions per week) as well as helping with regular Instruction may expedite the process at the Tadashii Do Instructors /examiners discretion.

The Black Belt exam is a test on your knowledge and execution of the Tadashii Do Ju Jitsu syllabus.

APPLICATIONS

Students who wish to be considered for their black belt promotion must be invited to test by their Instructor or apply to the Instructor in writing.

WRITTEN TEST

There will be a written Test given to the Student prior to taking the Practical Exam.

STRIKING TECHNIQUES

All kicks and punches must be performed with power and focus on training equipment.

THROWING

All throws must be performed from a static position – Holding and Punching.

GROUND DEFENCE

The student's basic escapes must demonstrate effective strikes and show good control.

TEACHING

The Student must have a good knowledge and understanding of the Syllabus. The student must also demonstrate how to teach 3 chosen techniques to a class.

BASIC FITNESS TEST Standard varies depending on age

- 50 Push Ups
- 50 Sit Ups
- 5 Chin Ups
- 5 Mile Run or Walk

FIRST AID

Must Possess Standard First Aid Certificate

INSTRUCTORS COURSE

Must Possess – Tadashii Do Ju Jitsu Teaching Certificate.

SELF DEFENCE

Must attend and teach a Fightwise Self Defence Course. (based on Red Belt)

NOTE –

Student must know and be prepared to demonstrate any techniques from Red Belt to Brown Belt.

NOTES

正義道柔術流

MASTERS SYLLABUS

Ju Jitsu is for everyone, it is potentially a life-long Art!

The Masters program is intended for the more mature person or those who have long-term issues or niggling injuries. It is a very slight variation of the regular Ju Jitsu Program to address an individual's requirements.

Many people would never enter a Martial Arts Dojo, believing the techniques and exercise are going to be too strenuous but the fact is far from it. Ju Jitsu classes are more technical based and although practicing the techniques offers great functional exercise, the more intense training is optional and can be performed outside of regular classes.

Tadashii Do Ju Jitsu is primarily for Self Defence so all techniques consist of gross motor skills, these are simple body movements that virtually everyone is capable of performing. Martial Arts is a great form of functional fitness training, helping to increase strength, coordination, fitness, flexibility and structural health. Anyone could reap the multiple benefits of Martial Arts program.

Let's face it, many people who need to learn Self Defence are reluctant to join a Martial Arts Club for one reason or another, assuming their specific needs may not be met, whether they need to learn Self Defence or realise the physical benefits of exercise.

The only real difference with the Masters Program is a few non-essential techniques have been removed, such as the Dynamic Breakfall drills. Although breakfalls have their place, you are tested on performing the techniques and there will always be other students available who enjoy being the Uke (That's having the techniques performed on them). As a Master, you can practice the techniques without being practiced on.

In short, our style is suitable for everyone, regardless of age, gender and size. Everyone is different and just as different techniques need adjusting to suit an individual's size and strength, the Syllabus has been designed to offer a little room for adjustment where necessary. The fact is 99.5% of the Master Syllabus is exactly the same.

We have few, if any injuries in training. Ju Jitsu traini

s intended to enhance body and mind, not to jeopardise health. The overall benefits of Martial Arts Training for adult students (Young and Old) is phenomenal and too many people miss out on these benefits.

See You on the Mat!

Sensei Malcolm Bale
Chief Instructor
Tadashii Do Ju Jitsu

SCHOOL RULES AND ETIQUETTE

General

The Tadashii-Do schools of Jujutsu are not just a place to train in martial arts. They are a place of respect, discipline, and self-improvement. We will help you improve yourself, through discipline and martial arts training, and it is up to you to extend this into all other areas of your life. Therefore, when you enter the dojo you must always exercise self-discipline by showing respect to the school itself, the instructors, and your fellow students. This maintains harmony in the dojo making it a more enjoyable and effective place to train.

1. Students, and spectators alike, must be quiet at all times during instruction in class. To be noisy during instruction is to disrespect the instructor. Turn off the device or mute any electronic devices (cell phones, etc) if present.
2. Parents and other spectators may sit in the supplied chairs around the mats, but can also sit along the edges of the mats if all chairs have been taken up. However, mat space is precious when training, so please take up as little mat space as possible. If you are sitting on the mats, be aware of the students training around you.
3. Always arrive to class **at least** 10 minutes prior to the beginning of class, earlier if you need to change. If for some reason you are late, once changed and ready to train, stay off the mats and wait for the instructor to invite you to join the group. When he/she does, bow to the instructor and step onto the mats.

Dojo

The word "Dojo" means, a place to train in the way. You can train in various aspects of your life, not just in a physical sense. In our Dojo we not only train physically in the martial art of Jujutsu, but we also train mentally, through self-discipline. The dojo is a place of respect and therefore must be treated with respect.

1. Upon entering the dojo, always remove your shoes and leave them neatly by the door. Do not kick them off leaving them wherever they lie. Use the shoe rack whenever possible, or lay them neatly in rows in front of the rack. If they are muddy or very dirty, leave them outside.
2. **Before** stepping onto the mats, and **before** stepping off of the mats, bow to the front of the dojo. This is important to show respect to the dojo. If students need to leave the mats for any reason they must let the Instructor know. Do not just walk off the mats.
3. Do not bring drinks or food onto the mats. Water is allowed in a sealable container, since water should be consumed during physical activity.
4. Do not walk on the mats in shoes or socks, only bare feet, unless special circumstances require you to wear socks. Be sure your feet (or socks) are clean. It takes a fair bit of effort to keep the mats clean.

SCHOOL RULES AND ETIQUETTE

Instruction Time

Once the instructor asks students to "line up", signifying the beginning of class, students must exercise self-discipline and focus. This is a time of learning and self-improvement.

1. Students must remain still and focused during instruction. This ensures a pleasant training environment for everyone, and is respectful to both the instructor, and the other students.
2. Students will also remain silent during class unless instructed otherwise. Do not interrupt the instructor while he/she is speaking. Quietly get their attention, perhaps with a raised hand, and wait for them to acknowledge you.
3. Students must acknowledge the instructor when appropriate, and with the appropriate address. When given an instruction, or asked a question with a "yes" response, the student will respond with **Hai** (pronounced 'high') followed by the instructor's level of seniority.
 - a. Black Belt Instructor – **Sensei** (pronounced 'sen-say')
 - b. Senior Belt Student/Instructor – **Sempai** (pronounced 'sem-pie')

Uniform & Hygiene

Training with other students is essential to martial arts. Students rely on each other to practice their techniques. In order to work together in such close proximity students need to have good hygiene. To respect the school and the instructor you also need to maintain a clean and tidy uniform. These two aspects also reflect your level of self-discipline.

1. Students must be clean with no offensive odours in order to train with the group. It is only natural to perspire during training, but body odours can easily be covered up with deodorants. However, please understand that strong scented perfumes and colognes are also offensive odours that can detract from a training session.
2. Students must keep fingernails and toenails trimmed, clean and neat.
3. If you have long hair, arrange it neatly so it does not interfere with training. (ie. Pony tail, braid)
4. Students must not wear any jewellery or piercing during training. It is not only a danger to yourself, but also to other students.
5. The student's Gi (uniform) must be kept clean and tidy. It should be washed regularly and pressed if wrinkled. It would be wise to have two Gi's for that reason.
6. Keep your uniform clean but Do Not Wash Your Belt.

SCHOOL RULES AND ETIQUETTE

Grading

Show up on time.

Bring water & possibly a towel.

Clean and pressed Gi.

Martial Arts

Never to be used outside of the dojo unless in self-defence.

Health

As with all forms of exercise, you should consult with your GP or Health Advisor before starting a Martial Arts program.