



Tora-Judo-Kai  
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## **CLUB RULES**

### **APPEARANCE**

All Judoka (students) shall wear correctly fitting, clean outfits (Judogi) with no rips or tears.

Females must wear a plain white short sleeved t-shirt under their jacket and tucked into the trousers.

All badges or tags should be correctly and securely attached to the Judogi and should only be worn with the specific permission of the Club Sensei.

All Judoka shall be of clean appearance with short finger and toenails.

No watches, jewellery, metallic hairgrips or hair bands or any other object that may be a danger to any Judoka should be worn on the mat (tatami).

No sweatbands or friendship bracelets shall be worn on the tatami.

All Judoka shall wear suitable footwear while off of the tatami and will remove them on entry to the tatami.

Padding, supports or other similar attire may only be worn with the express permission of the Mat Sensei.

## **BEHAVIOUR**

All Judoka will arrive on time for the beginning of the class and will, where possible, use the toilet before the class starts. Failure to arrive on time may result in not being allowed to participate in the class.

All Judoka will bow into and out of the practice hall (Dojo).

All persons shall keep noise to a minimum whilst in the Dojo.

**All** Mobile Telephones must be switched off during the class.

There will be no eating in the Dojo.

There will be no smoking in the Dojo.

Drinking will only be allowed with the permission of the Mat Sensei and will only be allowed off of the mat area (tatami).

All Judoka shall seek permission to leave or enter the tatami. The Mat Sensei must be aware of anyone entering or leaving the tatami.

All Judoka shall bow on and off of the tatami.

While on the tatami all Judoka shall behave in an orderly and polite manner and will listen to and act upon instructions as soon as required.

At the beginning and end of each class a bow will be made to the Sensei, Instructors and also the students.

While on the tatami all Judoka should be aware of the surroundings and should ensure that their actions do not endanger others as well as themselves.

If a Judoka wishes to train at another Dojo not run by the Club Sensei, permission must be sought to ensure Judoka attend only clubs with sound reputations for instruction and safety.

Judoka from other clubs may train with us and must adhere to the club rules.

## **SAFETY**

All students must ensure they are properly warmed up before training commences. Typically this will form a part of any class.

The Mat Sensei must be notified of any illness or injury suffered by a Judoka before each session and a decision will be made as to whether he/she is fit to train. In some cases a Doctors note will be required.

As soon as an injury occurs during training (however trivial) the Mat Sensei must be notified and a decision will be made as to whether he/she is fit to continue.

No person shall enter the tatami during training without the specific permission of the Mat Sensei.

No technique will be practiced which is not recognised as a legitimate Judo technique unless with the specific permission of the Mat Sensei.

Under no circumstances should any technique be practiced or executed outside of the Dojo.

All Judoka and Instructors should ensure that sufficient space exists for a technique to be executed in a safe and proper manner.

The Mat Sensei will ensure that the tatami is safe and will point out any danger areas.

In any event the word of the Club Sensei is final. Any disputes should take place off of the tatami. Suggestions and comments are always welcome to improve safety and enjoyment for all.

## GRADINGS & INSTRUCTORS

The Club Sensei will arrange grading sessions approximately once every six months but no less than once per year subject to the following points.

Gradings will only be arranged if the number of Judoka able to participate makes it viable based on the requirements of the grade being sought.

If a student is unable to participate in an arranged grading session for whatever reason then they will have to await the next one in order to be graded.

If a student is unhappy with a grading decision then the Club Sensei must be notified and an appropriate decision made.

The Club Sensei will have the final decision as to whether a student participates.

In any event the Club Sensei's word is final.

Any person wishing to instruct must have achieved a minimum grade of 3<sup>rd</sup> Kyu (Green Belt) and must regularly attend sessions as a student to ensure ongoing education while carrying a Kyu grade. At least one session per calendar month is considered regular as a minimum standard. Absolutely no exceptions will be made.

Failure to meet the above criteria will result in the Judoka being allowed only to assist in the supervising of the mat.

Any Judoka who has not practiced for a period of six months, will not be able to wear their original club grade and must enter a grading to establish an appropriate level. If the Club Sensei feels this period should be altered for whatever reason he may do so.

Any Judoka who does not appear to be maintaining standards appropriate to their grade may be asked to re-grade in order to justify the current position.

## GENERAL

**JUDO SHOULD BE CONDUCTED FOR THE MUTUAL BENEFIT AND ENJOYMENT OF ALL CONCERNED. IN RETURN FOR RECOGNITION AND RESPECT FOR THEIR ACHIEVEMENTS, HIGHER GRADES ARE EXPECTED TO ENCOURAGE AND SUPPORT BEGINNERS AND LOWER GRADES BY FREELY PASSING ON THEIR KNOWLEDGE AND BENEFIT OF THEIR EXPERIENCE.**