



GENERAL INFORMATION

KEEP THIS SHEET AFTER REGISTRATION

****Please like us on Facebook to receive important notices and updates.****

1. Judo is trained as an Olympic Sport and not as a fighting art. It may be used as self-defense as a last resort but using it on friends, family, or on the playground without severe provocation will not be tolerated.
2. Students will be required to wear a Judogi for Judo classes. Either a white or a blue Judogi will be acceptable for classes. Judogis are expected to be clean for practice. They do not require washing every practice but they should be washed at least once per week.
3. **JUDOGI'S ARE TO BE WASHED IN COLD WATER AND HUNG TO DRY** to prevent shrinking. If your Judogi does not fit properly you will be required to purchase a new one.
4. Students are expected to have good personal hygiene. Fingernails and toenails are to be kept trimmed short
5. There are to be no hard objects on any student's person during practice. This includes groin protectors, jewelry of any type, barrettes, or hair elastics with metal.
6. Female students are to wear a plain white t-shirt under their Judogi. Male students generally wear no shirt under their Judogi. These rules may be relaxed in the club but will be strictly enforced in competition.
7. When they are training the students are our responsibility. Please do not interrupt classes to address any behavioral issues that you may observe. If you observe behavior that you are concerned about please address it with a Sensei after class. Please understand that we observe and note almost everything happening on our mats and we may choose to address it at a later time or in a different way.
8. There will be no classes held on Statutory Holidays and there will be a short break around Christmas and Easter. A good general rule of thumb is: if there is no school there is no judo.