

Welcome to **Torque International School of Brazilian Jiu-Jitsu and Self Defense**

Brazilian Jiu-Jitsu (BJJ) is a sport with many rules. There are rules that refer to competition environments, as well as rules that dictate conduct and etiquette on the mats. Athletes' conduct and etiquette on the mats are not formally written but instead are so-called BJJ unwritten rules which vary from club to club. These are arguably the most important ones in our training Dojo.

Regardless of whether you are a member or not, if you decide to participate in one of our classes, you must thoroughly read our rule guide of conduct and etiquette on the mats. This guide is in accordance with the Torque Brazilian Jiu-Jitsu School standard and is crucial to ensuring that our environment is healthy and respectful. People who disregard the rules can be required to leave the class. So, please read this rule guide of conduct and etiquette carefully before attending our class to ensure that you are clear with our norms.

Parents, please do a second reading with your children and try to explain positively what is expected of them as students and why these rules need to be applied. By reading these rules of etiquette together, the bond between parents and children, and between family and instructors, is strengthened and, consequently, we collaborate to maintain a harmonious environment for all.

It is also extremely important for all those who represent our team to read this guide. Remember that if you or your children visit another BJJ academy, or even a gym in another region, you will be representing our school and will have to know how to conduct yourself properly in order to prevent the risk of disrespecting anyone else's space.

ETIQUETTE AND MAT RULES

1. Sensei (Professor/Instructor) is to be treated with the utmost importance

If you visit a traditional martial arts school, you will notice that Professors are treated with the utmost importance by their students. Your Sensei has rightfully earned their position after going through many years of dedication to perfect their craft that they are now passing on to you. You are still on your journey, so never take your Sensei for granted. Furthermore, your Sensei is the person who opens a space for you to learn, train, and make good friends. It is very likely that you will also become a friend of your Sensei, but he is your Sensei first and foremost. This culture of respecting one's Sensei teaches the students how to treat others who are in positions of authority such as parents, teachers, bosses or leaders, or coaches in other sports. Respect is something we carry for life.

2. NEVER walk on the mats in your street shoes

The mat is where we roll and our skin is in constant physical contact, so it has to stay as clean as possible. When going outside or to the car park, always wear sandals or shoes.

3. If you arrive late

Get ready quickly. Ask permission to enter onto the mat area, walk toward and acknowledge your instructor first, then any other black belts, and lastly all students present, from the higher belt rank to the lower belt rank. It shows respect when you look people in the eye, face them directly, and shake their hand when meeting them.

4. Inform your instructor if you need to leave the mats

Let the instructor know if you must leave the mats for any particular reason during class time.

5. Mum, dad, caregivers, friends or other relatives are not allowed to instruct, teach or conduct the class

Motivation and encouragement are allowed, but teaching or instructing the student is not. The Instructor is a professional who has dedicated his life to the science of the martial art. Instructing your children can bring enormous confusion to the student, not only in terms of technique but also in regards to discipline and respect.

6. Keep your gear clean

If you can, clean your Gi after each class. Otherwise it is recommended to buy an extra Gi if you train more regularly.

7. Cut your fingernails and toenails

Having fingernails and toenails trimmed is important for you and your training partners.

8. Clean up after yourself

If you use anything in our training centre, please leave it clean for the next person to use. If you borrow a gi from us, please take it home and return it back to us clean, ready to be re-used in proper condition. If you use the toilet and the toilet is clean, please leave it as you would like to find it for your own use. Be conscious and caring toward our space. If it isn't as clean as it should be, please talk to us. We will take care of it.

You are welcome to be proactive in helping keep our space as tidy as possible for all of us to make the most of it and to avoid complaints. Feel free to choose your attitude.

9. Do not talk while the instructor is showing a technique

If you talk while the instructor is showing a technique, you will miss important details about the technique. You will disturb and distract other students, your instructor's concentration, and you will need to ask your instructor to show the position again. Show respect to your professor, your classmates and yourself.

10. You are never too good to practise basic drills

Drill basic movements countless times to build up muscle memory. However good you are, when asked to practise a specific drill, please show respect and humility, be an example for the lower belts, and drill just like all the others. Drilling simple techniques over and over again helps improve and sharpen your game. You might notice a detail that you may have previously missed that can make a difference. As much as is possible, keep on drilling a technique until you're asked to stop. Practice makes perfect.

11. Do not drill a different technique than what is shown by your professor

It is very frustrating when we teach a technique and notice a student doing a different one. Additionally, avoid doing techniques you watched online. Virtual instructors can't adjust your technique, your instructor can. Other students might think they have the right to do the same and the class can become chaotic. If you want to drill a different technique, do it after class. Alternatively, you can organise a private lesson if you wish to learn specific techniques.

12. Do not crank submissions. Take care of your training partners.

Always show respect to training partners. Do not seek to physically harm fellow students. The academy might lose a student and you a training partner to drill with. It can also cause the injured student to miss obligations of his/her daily life. When applying a submission, for example an arm lock, once you have the arm extended do not crank the arm at the end. Slowly adjust the hold and wait for the tap. If your technique is tight, there is no reason to be rough.

13. Always try to use more technique than brute strength.

Remember that in regards to BJJ, leverage and angle, overcome strength.

14. Do not brag about having submitted an opponent during training

This is a great way to have a breakdown at the gym. Submission is the main goal in BJJ. But it is no big deal if you tap Henri, the 47 year old accountant who has 2 mortgages and 3 kids to look after. Besides, everyone has their good and bad days. Some can be tired from difficulties, some could have been taking it easy etc. It is ok to feel good about submitting a training partner, but don't make too much out of it. Just train and have lots of fun!

15. Remember you are part of a group class

Some feel like needing extra attention, but please remember you are part of a group learning environment and no one student is more important than another. If you wish for individual attention, please consider a private class.

16. Do not applaud when a friend submits another friend

It is not polite to applaud when a student submits a training partner. The defeated may feel uncomfortable and build negative feelings. Be courteous and seek to nurture positive feelings.

17. Work on your weaknesses in training

Don't always use your 'A Game'. Training is not a competition. It's a lab for improving and testing new positions recently taught, or shown on the day.

18. Learn to properly fall during takedowns in sparring to avoid injuries

The principle of "mutual welfare and benefit" requires that we learn to fall as well as throw. In addition to the safety and confidence this practice imparts, it is an essential part of understanding the more advanced techniques of BJJ and Judo. In BJJ, Judo, and life, this is important so that you can rise up to continue the struggle.

The order of training is to move from the simple to the more difficult. At first, practice falling from a low position and gradually move higher. Learn to fall from a static position, then add movement. Initially, move slowly and carefully, then increase speed. Learn to fall by yourself, then have a partner throw you. You can benefit from the lesson of the fall rather than suffer from it.

Falling in BJJ teaches us to get to acceptance quickly. We must not deny that we were thrown, try to justify or dwell on it, feel angry or upset about it. We must accept it as a lesson and move on before we are pinned where we lie.

19. If you are too tired to roll, still try to practise/improve your mind and defence game

We only have a short time for live rolling, so you should make the most out of it. It is ok if you feel tired out, but don't use it as an excuse in every class. Try your best, learn to conserve your energy, and work on your defence game. It's better than just sitting on the sidelines.

Please don't come to training if you have the flu, a cold, ringworm or threadworm. You will infect the whole academy.

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TORQUE INTERNATIONAL

Grappling combat sports
Brazilian Jiu-Jitsu, Judo, Luta-Livre

TORQUE INTERNATIONAL BJJ

IBJJF Academy number 8003



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Great things never come from one's comfort zone.
Dream it. Wish it. Do it.