



## RULES

1. Only step on the mat barefoot or with socks;
2. NJJA Gis and Rash Guard only (you have 30 days grace period after sign up);
3. If you have any cuts, tape them up;
4. Don't forget to cut your nails;
5. Wash your Gi & Rash Guard after every use;
6. Now your Gi is clean, keep yourself clean too;
7. Listen well to what your instructor says; be aware of using strength over technique;
8. Photos & filming are okay before & after class, during class only by instructor's permission (we are mindful of those who can't or aren't comfortable being exposed to social media);
9. Respect & Love are our motto;
10. Finally but still a very important one, don't train while sick.