



## CODE OF CONDUCT

October 25, 2023

Welcome to Arte Suave, to ensure we keep the environment that we all love, following are our standard principles of behaviour and rules:

### GENERAL

1. Always be respectful, considerate, and courteous of others. Leave your ego at the door. Arte Suave is about respect for yourself and others. A place where you can safely be yourself.
2. No foul language or yelling, control your temper and exercise self-control, if you can't, walk away from the situation.
3. Electronic devices in the academy must be turned off or to silent as you enter. Unless approved by the teacher.
4. You MUST book for all your classes online with Mindbody Connect. You will have been assigned a username and password when you filled in the waiver. If for some reason, it doesn't work, email, text or call to let us know.
5. **You must wear shoes off the mats**, footwear must be always worn within the academy. If you go off the mats without shoes you MUST wipe your feet. Socks is not footwear. **If you go to the bathroom without shoes, or if you come in barefoot, you will not be allowed on the mats, unless you shower first.**
6. **NO shoes on the mats.** The white mats are the only areas you can be barefoot on.
7. If you have come straight from work and you need a shower, please do so as a courtesy for your training partners before class.
8. Pick up after yourself, leave you area neat and tidy and as you found it. Leave bags and bulky items etc in bag holders, or on the side, not where people walk. All shelves will be cleared at the end of the day, make sure you take everything with you.
9. The weights area is free for anyone to use; however, you must put everything away when you finish and wipe any surfaces you used.
10. Be mindful of your physical limitations, please advise of any medical conditions BEFORE training.
11. If you have the flu or a cold, or any illness that is contagious, please stay home and rest. You will infect the whole academy.
12. If you have ringworm, staph or any highly contagious infection please don't come training. Stay home and treat it. You will infect your training partners.
13. **BRAZILIAN JIU JITSU – GENERAL**
14. Take care of your training partners. Do not crank submissions. Always show respect to your instructors, training partners, and fellow human beings. Do not seek to harm fellow students. If

you must rush to apply a submission on someone then you don't know how to do that submission properly. "Slow is smooth, smooth is fast" Mitsuyo Maeda

15. Do not talk while the instructor is talking to the class.
16. If a black belt steps on the mat before class has commenced, it's polite to address him or her immediately by bowing to them and introducing yourself.
17. When you step on the mats, it's nice, if you can, to bow and then introduce yourself to the teacher and the rest of the students in order of rank i.e. black belt first, then brown, purple, blue and white.
18. Do not leave the mat during class without the instructor's permission.
19. Nails must be cut short.
20. No bright colored nail polish unless shellac (it will rub off on our white mats) or hair products in your hair (it will rub off on your training partners).
21. If you have long hair, you must tie it back, firmly.
22. Remove ALL jewellery before training.
23. No make up, it will rub off on the uniforms and it's very hard to get off.
24. Your belt signifies your accomplishments, and lets others know which level you are at, keep it on always during class.
25. Be aware of hygiene, inappropriate body odour is offensive. We have deodorant in the bathrooms. Breath spray in the first aid drawer. All students must wear clean uniforms always.
26. Always wear a rash guard / compression shirt / t-shirt under your Gi.
27. No sleeveless shirts, crop tops, short shorts, and pockets for No Gi.
28. For gradings and some seminars, Gi's must be white. If you don't have a white Gi you can hire one from us.
29. If you are injured during class and / or begin to bleed, immediately let your teacher know and attend to the wound, to avoid having the blood coming into contact with other students and to avoid infection. We have first aid supplies at the front desk. If you decide to continue training, make sure the bleeding has stopped and the wound is covered. Clean up any blood on the mat immediately.
30. No food or drink on the mat, you must keep your water and any drink off the mat. Glass bottles are not allowed at the edge of the mats as they can be tipped and shatter.
31. Respect the tap, to avoid any injury if your partner taps, release immediately and safely. If you find yourself in a submission and are unsure you can defend it, tap immediately. If you can't tap with your hand, tap with your foot, or call out "Tap".
32. Do not talk unnecessarily during a sparring round, you are here to train.
33. If your instructor is teaching a technique, respect that and, unless they tell you to do so, do not deviate, drill the move until your instructor advises you otherwise.
34. Don't stop drilling a technique until the instructor tells you to stop.
35. Make it a point to be in class on time, dressed and ready at least 5 minutes before class is to begin. If your schedule conflicts or you are inevitably late, let your instructor and the academy know as soon as you know. If you are late, wait till the instructor is free then approach them and ask if it's alright to join the class, if you are too late you may not be allowed to, especially in Fundamentals classes. You must still warm up before you start the class to avoid injury.

36. During live sparring in BJJ, be conscious and respectful of the people around you and stay in your own space, lower ranked generally must make way for higher ranked students.
37. NO flying techniques in live rolls i.e. flying arm bars, jumping guard, flying triangle, scissor takedowns.

### **BRAZILIAN JIU JITSU - WHITE BELTS**

38. NO heel hooks, or any submission which twists a joint, wrist locks, calf slicers, knee bars, reaping, during live rolls, you are allowed to learn them, but under no circumstances are you allowed to apply them during a live roll, and no one is allowed to apply them to you as well. If you are doing No Gi, please let your partner know you are a white belt.
39. If you want to try a new technique that you have not learnt in class, make sure you try it outside class e.g. open mat and with a higher belt, to avoid unnecessary injury to yourself and others.
40. You can only train Fundamentals classes for the first few months (about 3 or 4 months doing at least 3 classes per week) until you have gained a base knowledge of Jiu Jitsu. When you think you are ready to start the advanced classes, we encourage you to do so, however you will need permission from each individual coach for their classes before you can join in any of them, they will know if you are ready, and you have to trust their judgement.
41. Learn to use technique over brute strength, as you get higher in the ranks this will not work in your favour. It's better to not form this habit now.

### **BRAZILIAN JIU JITSU – COLORED BELTS**

42. If you want to practice heel hooks etc, with someone new, regardless of rank, in a roll you must have an agreement with your partner before you begin to roll and you must do so with caution. Some academies do not teach these.
43. NO heel hooks, or any submission which twists a joint, wrist locks, calf slicers, knee bars, reaping, during live rolls, on white belts.
44. Be An Example for Lower Belts. You're Never Too Good To Drill the Day's Technique Like The Others.

### **YOGA**

45. Yoga requires a minimum of 24 hours' notice.
46. If the Yoga room door is closed it means there is a class in progress, please be mindful when on the mat of this and try and keep noise down.
47. When entering the yoga room please keep noise levels to a minimum, if you are going to be late, let your instructor know as soon as possible and be as quiet as you can when you walk in.
48. When class is finished, wipe your mat with the wipes provided and tidy your area.

Thank you!

Emanuela and team!