



PALM BJJ Code of Conduct

Train HARD

Train OFTEN

SHOW UP

Be on **TIME**
Practice **TECHNIQUE**
& be **CONSISTENT**
Listen to **COACHES**
and **LEARN** new skills



Leave your SHOES & EGO OFF THE MATS

We are here to grow as a team,
tap often and tap early.

LET

COACHES

COACH

You are here to learn,
not to teach.
Please let the
instructors
DO THEIR JOB.

**What happens on the mat stays on the mat.
No one cares if you just tapped someone out.**

HYGIENE, HYGIENE, HYGIENE!

Be **CLEAN** when you come to class.
DO NOT roll if you have any skin infection.
Do not re-wear attire without washing it.
Make sure your training gear is all freshly cleaned.
Clip your nails and take precautions if you have sores or rashes.
You should **NOT** smell of alcohol, tobacco, or any other substance.

ATTIRE

Shirt/rash guard with sleeves,
Shorts that have no zippers.
You **MUST** wear a shirt,
NO tank tops allowed.
A cup and mouth guard are
suggested but **NOT** required.

RESPECT

Respect yourself and respect your teammates

Treat everyone with respect.
Limit offensive words and topics.
Respect your teammates with your language, attitude and actions.
Do not slam people, try and take their heads off or crank submissions.
Jiu Jitsu is a reactive sport and people will match your energy;
if you train with their safety in mind they will do the same.

TEAM RULES

Absolutely

NO

Striking
Slamming
Fish hooking
Heel hooks in the GI
Knee reaping in the GI
Spiking on the head
Scissor takedowns
Spinal locks until Purple belt
Straight ankle locks until Blue belt