

Goltz Judo Dojo Rules

- 1. Safety always comes first.**
- 2. Wear the appropriate uniform. Women/girls wear a white tee shirt that is long enough to be tucked into the pants under the uniform. Men/boys do not wear a shirt under their uniform. (Under Armour is ok to wear at practice but not at tournaments.)**
- 3. Keep fingernails and toenails clean and cut short. Do not wear any jewelry, belts, and watches.**
- 4. If a student's hair is long enough to fall over the face (or into the eyes), the student's hair should be pulled back into a ponytail with a soft, fabric-covered, non-metal and non-plastic tie (soft scrunchies are ok).**
- 5. Come to class at least 5 minutes early.**
- 6. Keep our mats clean: Do not walk on the mats with shoes on. Wear zori (sandals) when walking around off of the mat.**
- 7. Do not bring food into the dojo.**
- 8. Instructors should be addressed as Sensei.**
- 9. Do not leave the mat area without first asking a Sensei. (Younger students will not be dismissed from class if not accompanied by a parent or guardian.)**
- 10. Notify a Sensei immediately of any injury or illness that has occurred before or during a class.**
- 11. Arguing with or speaking back to a Sensei is forbidden.**
- 12. Profanity in the dojo is not permitted.**
- 13. Show respect to everyone in the dojo.**
- 14. Students must keep current with their class fees.**
- 15. Always ask permission from a Sensei before visiting other dojos.**