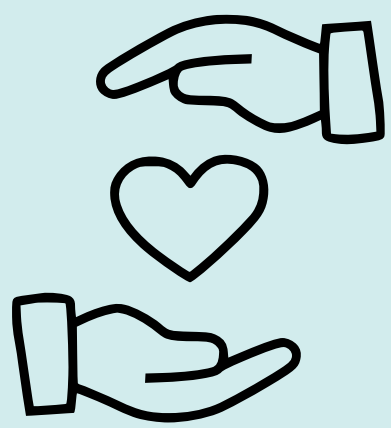


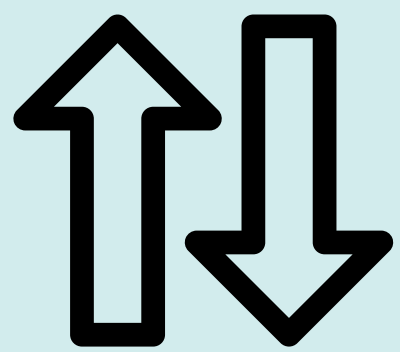
Thank you for visiting CAVE BJJ.

Please observe the following manners to enjoy with us.



Try not to injure yourself and your partners when sparring.
Sparring is not the same as the match.
Always be considerate to your sparring partner.
You can't enjoy BJJ without your partner.

Please follow IBJJF rules for sparring.
Observe the rule of the participants with the lower-class belt.
Discuss with your partner in advance whether there are heel hooks in no-gi.



Decide with your partner which one is the top or the bottom and start sparring.
If the number of participants is two or less, you can start sparring while standing.

The maximum number of sparring is six pairs.
When you are about to bump into other pairs, stop to avoid them.

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Generally, there are gender differences in strength, which can lead to injury.
Only when a female participant asks, a male participant spar with her.

The following techniques are prohibited because they are too dangerous.
* Jumping (e.g. Flying armbar)
* Grabbing fingers



No problem with coming late or leaving early. Just let your instructor know.

Please wear a clean Gi.
If you continue to participate in the class after sparring, change into another clean Gi.

