

English information

Manner for safe, secure, and comfortable training



DON'T GET HURT

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.



FOLLOW IBJJF RULES

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.



HOW TO TAKE A BREAK

It is okay to stand and rest, but please **do not sit on the mat.** You can only sit on the carpet.



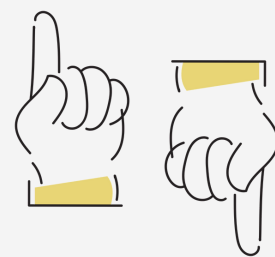
UP TO 6 GROUPS AT THE SAME TIME

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



TRAINING IN A CLEAN GI

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



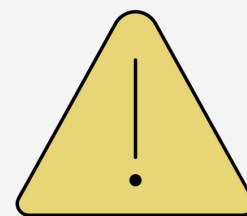
DECIDING THE TOP AND BOTTOM

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.



MEN DON'T ASK WOMEN TO SPARRING

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



DANGEROUS TECHNIQUES ARE PROHIBITED

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



WHEN ENTERING AND LEAVING CLASS

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



IF YOU PARTICIPATE IN A NO-GI MATCH

If you are preparing for a no-gi match, you can take off your jacket and participate in a no-gi sparring.

Thank you for reading! Please enjoy!

