

HOKUTORYU JU-JUTSU USA RULES FOR SAFE TRAINING

Please make sure you follow the rules listed below to make our Ju-Jutsu training safer for you and other participants.

1. **Arrive early to your scheduled practice session** so that you can participate in proper warm up. This will make the training easier and safer for you and all other participants.
2. **Wash you feet before training.** This will help maintain the tatami mat clean and healthy for all participants.
3. **Remove** your watch, rings, earrings, necklace, and any other sharp objects you might be carrying in your hair, hands or feet. Also, keep your finger nails short and clean, and keep long hair tied up.
4. Use only proper Ju-Jutsu **uniform** (gi).
5. **Train light.** Adjust your power and bodily force according to your training partner and the objective of the exercise. Training light, especially during the first months, will allow your body to adjust to the training rhythm, speed, and all new movements.
6. **Prevent “forcing”** the techniques to work, and instead, learn to use them properly. The idea of Hokutoryu Ju-Jutsu techniques is to combine proper timing, movement and application of your opponent’s force and your counter movements.
7. If you have any **pre-existing condition(s)** related to your health, inform the instructor before the training starts.
8. If you happen to get **hurt** during the training, inform the instructor immediately.
9. **Keep your voice down** so that the overall training environment is quiet and pleasant. It will also allow you and other to better focus on the training.
10. **Always listen and obey your instructor immediately.**

