

DOJO ETIQUETTE

RADICAL MMA & FITNESS

FRIENDLINESS TO ALL

Introduce yourself to new members and make them feel welcome.

POLITENESS AND MANNERS ALWAYS

No Cursing, Foul Language or Bad Attitude

HYGIENE

Clean your uniform, be clean and showered, and have filed and trimmed fingernails.
Clean feet when entering matted areas.

RESPECT THE DOJO

Bow and say 'Osu' when entering and leaving the dojo.
Don't litter.
Leave equipment neat after use.
No Hats, hoodies or headwear indoors.
No bare chests.

RESPECT THE MAT

Bow when entering and leaving the mat, ask permission to leave the mat during class.
Don't throw things on the mat, and make sure to fold up your gear neatly.

RESPECT THE INSTRUCTOR

Say 'Osu' to affirm understanding, and greet the instructor when entering the mat.
Be respectfully formal when speaking.

RESPECT YOUR DOJO MATES

Be respectful of all people, and be safe in drilling and sparring.

SPORTSMANSHIP

Always show sportsmanship, Say 'Bom Traino' prior to a match.
Don't act out or slap the mat when you are tapped out.
Take the loss like a true sportsman and shake hands.

NO EGO

Leave your ego at the door. Spar to learn not to win.

