



CLUB RULES

1. Never practice Judo outside of the dojo.
2. Always treat senior judoka with respect, and never treat lower or younger grade judoka with disrespect.
3. Never indulge in 'horse-play' whilst in the dojo especially before the line-up and during sessions.
4. Always listen to the Sensei during sessions.
5. Never walk off the tatame without proper footwear.
6. Try to maintain good timekeeping, if you are late for a session, ask for permission and wait to join the session.
7. In the interest of personal hygiene always ensure you keep your GI and yourself clean.
8. Ensure that finger and toenails are clean and short before arrival at the dojo.
9. All hair that grows longer than the collar should be tied up using cloth hair ties that contain no metal or plastic, this applies to both male and female judoka.
10. Remove all jewellery before training.
11. Any injuries or medical conditions should be reported to the Sensei prior to the start of a session.
12. Always bow inwards at the door towards where the mat is located upon entering and leaving the dojo.
13. Always bow inwards to the mat area upon stepping onto and off the tatame.
14. ALL club members must raise their hand to seek permission from Sensei when stepping onto the mat for the 1st time or returning to the mat.
15. Always be prepared to train hard and give 100% - in everything YOU do!
16. Always conduct yourself in a manner befitting a member of this noble martial art, and your club.
17. Never show off or think you are better than anyone else!
18. Always remain true to your Club, your Sensei, your friends, and of course Judo.
19. Judo is a martial art for ALL! We at Northbrook will not tolerate any form of prejudice or discrimination.
20. Never allow yourself to think you are lower than anyone, we are ALL equal!
21. When on the tatame always adopt a correct posture when standing kneeling or sitting (no folding arms, no hands on hips, no slouching etc).
22. ALL club members are required to follow and adhere to the JUDO CODE when attending any of Northbrook's club venues.
23. ALL club members are to ensure that their code of conduct is both appropriate and acceptable within the dojo. The relationship between young judoka and club coaches MUST remain professional and correct at all times.
24. Bullying of any description by ANY member of the club (verbal, physical, mental or otherwise) will NOT be tolerated, and could lead to instant dismissal from Northbrook's clubs.