

# Safety Rules

1. When practicing with your *uke* (i.e. partner), the aim is not to fight him or her, but to instead learn the techniques through and with him or her.
2. Care should be taken to be aware of the ability (rank) of the *uke*.
3. Proper warm-up exercises will be executed before beginning any techniques between students.
4. When your partner is locked in a position which causes pain, he or she will tap TWO-TIMES on his or her partner, the mat, or as a last resort on themselves. The tap may also be given verbally by saying tap, but should be used in conjunction with a physical tap if at all possible. When a tap is heard or felt, *tori* (the person executing the technique) is to release the hold. If you are not sure the tap has occurred, release the hold.
5. In case of injury, notify the instructor immediately so that he or she may take appropriate action. Only authorized instructors may administer first aid.
6. Proper safety equipment (mouth piece, sparring pads, etc.) must be worn as dictated by the instructor.
7. All male students must wear a cup and supporter. A supporter is also recommended for women.
8. Please remove all jewelry (watches, earrings, necklaces, rings, etc.) prior to beginning the work out. Wedding rings with no sharp edges may be worn with the approval of the instructor.
9. Students must properly groom finger and toenails.
10. Please tie back long hair so that it is out of your eyes and face.
11. It is extremely important that students inform the instructor of any past mental or physical injuries or disabilities that may increase the danger of the students performing any of the required techniques. A written statement of approval from a doctor or parent may be required before participating in a workout session.
12. Any open wounds or injuries that are hidden from view by the gi or bandages should be reported to the instructor prior to working out.
13. The instructor of the dojo has the right to restrict and/or release a student from participating in class due to safety rules or other issues that may cause harm to a student or instructor.