

## **The Five Codes of Human Conduct**

- Spirit of Contribution
- Spirit of Respect
- Spirit of Harmony
- Spirit of Determination
- Spirit of Compassion

## **I Promise**

- Not to use the martial arts to injure others unless forced to in the interests of self defense or the upholding of justice.
- Never to teach the Academy's arts to outsiders. I will only teach to others in the Academy with the clear permission of my instructor.
- Always to maintain and defend the good name of the Academy.
- To maintain a high standard of moral conduct and never to bring the Academy's name into disrepute.
- To aspire to the highest possible standard of personal conduct, displaying humility, honesty, selflessness and dedication.
- To mix freely at all times: never to form cliques within the Academy.
- To act at all times in the interest of the Academy placing them above your own self interest.

## **Brazilian Jiu-Jitsu Code of Conduct**

1. Progress is never alone. Help others improve and succeed. Recognize that you are all members of a strong group sharing common goals and interests. As you improve your training partners should also improve. Iron sharpens iron.
2. As you progress, ego can be a constant enemy. Remain humble at all times. Check your ego at the door. There is no shame in tapping out. You will tap out and you will tap out often.
3. Never lose your temper. Exercise self-control at all times, both inside and outside of the Academy.
4. Keep your fingernails and toenails short and neatly trimmed.
5. Always come to class early and with an open mind.
6. Keep your uniform clean and wash it after every use. Good personal hygiene is a must. Never wash your belt.
7. Show respect when entering and exiting the mat. Acknowledge your instructor and training partners with a handshake or bow before sparring.
8. Do not use profanity in the academy.
9. Always set a good example for lower ranks. Be aware that they will try to follow behaviors of senior practitioners.
10. This is your school. Please help to keep it clean.
11. Sparring is not a game or a contest. There is no winner or loser. The goal is to learn, not win. You do not have an opponent, you have a partner. You are both polishing your skills. In the real world, escape can be a victory.
12. No talking while an instructor is demonstrating a technique. Listen intently to details and raise your hand if you have a question.
13. Be respectful of others' beliefs and opinions. Refrain from speaking about politics or religion while inside the Academy.
14. Remember your actions outside the Academy may reflect the character of our Academy. You are an ambassador of our school; act appropriately and with good manners at all times.
15. Have fun. You're a part of an extended family – always help one another.