



# NEW STAR BRISTOL JUDO CLUB

## Club Rules

A good judoka should always....

1. Keep their body and judogi clean; wash hands & feet before going onto the mat.
2. Be careful not to step on to the mat when wearing any kind of shoe; should always wear slippers or zori to and from the mat edge.
3. Make sure that finger and toe nails are cut short.
4. Secure long hair with a **non metallic** hair band.
5. Make sure that they are not wearing any kind of jewellery, or metal object.
6. Behave correctly in the dojo; not talking during instruction or shrieking or shouting during practice.
7. Help and *respect* beginners and lower grades.
8. *Respect* coaches, instructors and higher grades.
9. Practice judo only in the dojo with an instructor present and never elsewhere.
10. Ask a coach before leaving the mat.
11. Bow correctly at the beginning and end of a practice session or contest.
12. Behave with courtesy and *respect* to others at all times, in the Dojo & elsewhere.