

Club Rules

- Respect others, no bullying or harassment
- Pay attention to instructors and do not disrupt class with noise or distracting actions
- Keep a clean judogi as well as clipped finger nails and toe nails
- Bow on to and off of mats
- Ask for permission to leave the mat surface – both for respect and safety reasons the instructors wish to know where class members are at
- No food or drink on the mat surface
- Be punctual for class