



Dojo Etiquette

- Bow to Carlos Gracie Sr. when you enter the training area.
- Bow to Carlos Gracie Sr. when you exit the training area.
- Keep a respectful posture in the training area.
- Classes begin with a formal bow to the instructor, with students lining up in descending grade order.
- Classes end with a formal bow to the picture of Grand Master Carlos Gracie Senior, _and then to the instructor.
- All students must line up with the attendance card in hand at the beginning of the class.
- If you are late for class sit by the side of the training area and wait for the permission from the Professor.
- If you need to leave the mat or leave earlier, you must ask permission from the Professor.
- Absolutely no foul language inside the school.
- Keep fingernails and toenails short for everyone's safety.
- The uniform pants and top must be the same color.
- It is mandatory to have underwear underneath the Gi pants.
- For No Gi Classes, students must wear a ZR Team black short as well as ZR Team rash guard.
- The uniform must be clean at all times. A dirty uniform is a sign of disrespect.
- When tying the uniform, students must face the edge of the mats.
- The belt represents your progress. Keep it on.
- Refer to non black-belt instructors as "Coaches".
- Refer to black-belt instructors as "Professors".
- All metal objects, jewelry, piercing, necklaces and other items should be removed.
- No shoes, food or drink on the mat.
- No cell phones in the training area.
- All students and Instructors must wear shoes when walking outside of the training area.