



Eamac Junior Ju Jitsu Club Rules

1. Always turn up for training clean and tidy with short finger and toe nails, long hair should be tied back. No jewellery to be worn on the mat.
2. The coach is concerned for your safety, so you must follow his/her instructions at all times.
3. Shoes should never be worn on the mats.
4. Students may enter the training hall or mat area only with the coach's permission. Students must inform the coach if they wish to leave the mat for any reason.
5. Locks and holds must be applied carefully, when a lock or hold is on the student should signal to their partner. This can be done with the hand or foot.
6. Students cannot train unless they hold a valid BJJA licence.
7. There will be no bad language within the club. Good manners and respect will be shown at all times.
8. Members of the club must not misuse their knowledge of ju-jitsu.
9. Members of the club will not participate in any display of ju-jitsu without the permission of the BJJA.
10. Violation of any of these rules renders a member liable to disciplinary procedures, which may include expulsion from the club

The Badge

Eamac Junior Ju-jitsu Club Badge is the result of a competition that was run for all club members. The design of the badge incorporates the coloured belt grading system as illustrated by the inner ring of coloured blocks and the wording emphasises the club ethos of defence as oppose to attack.