

Alliance Etiquette



Please Read

1. Always show respect to your instructors and training partners. Respect in training means: do not seek to harm fellow students physically (e.g., by cranking a submission harder than necessary to make them tap). Respect also means that you must train seriously and hard enough for you and your partner to improve his or her skills, conditioning, and fighting spirit. Not giving your best during training detracts from both you and your partner's experience.
2. Maintain good hygiene (i.e., shower and brush your teeth regularly).
3. Keep finger and toe nails short and clean to prevent injury to yourself and others.
4. Bring a clean, dry gi to each class.
5. Keep shoes off the mat, so we can prevent the spread of infectious skin diseases.
6. Do not attend class if you are sick, or have a skin disease. You will be asked to leave class if you are found to have any of the aforementioned ailments.
7. Do not walk outside with bare feet. If you have to go outside, wear sandals or shoes.
8. Always compliment your sparring partner and shake his or her hand after a sparring session
9. Do not talk while the instructor is talking. It distracts those who are trying to learn and is disrespectful to the teacher, as well as other students.
10. Do not leave the mat during class without the instructor's permission. Also, please do not take off your gi top until class has ended.
11. Keep cell phones off during class. Again, they distract those who are trying to learn.
12. If the instructor has not changed the task, then continue doing the task he or she has given (i.e., don't sit around talking because you feel you have done a technique enough times). You can NEVER do a technique too many times.

In summary, we at Alliance are committed to providing a safe, clean and enjoyable training experience for everyone. Please follow these guidelines and enjoy training at the top academy in the world!

Romero "Jacare" Cavalcanti