

Chiltern Jiu Jitsu Senior Induction

General dojo etiquette

1. Make sure you have a valid licence before training (there is a two-week grace period for new students).
2. Make sure you are sufficiently hydrated and nourished (it is not permitted to eat or drink in the dojo).
3. Be on time.
4. Clothing (gi or otherwise) should be clean and presentable.
5. Nails (fingers and toes) should be kept short to avoid injuries.
6. Footwear (ideally zoris or flip-flops) must be worn when NOT on the mat.
7. NO footwear to be worn on the mat, even when setting out.
8. No alcohol or drugs before training.
9. No swearing, discriminatory or inappropriate language to be used.
10. Pay attention when being instructed by the sensei (instructor) or senpai (assistant instructors).
11. Leave your anger and frustrations at the door, there is no place for them on the mat.
12. You can't train without partners, look after them or they will end up in short supply.
13. Safety is everyone's responsibility. If you don't think you can do something safely ask for guidance.
14. If you have any injuries or ailments inform the sensei before the start of the session.



柔術道場

Costs

All students must have a valid licence to train (there is a two-week grace period for new starters).

Annual licence cost: Seniors £30, Juniors £18

The club operates as a “not for profit” organisation and the instructor receives no income from the club. All session fees are used to cover the running costs of the club such as venue hire, insurance and equipment purchase. Surplus funds are either banked (to ensure the long-term viability of the club) or used to subsidise attendance at national and regional events.

Session Fees: Seniors £5, Juniors £3

We generally offer a discounted rate for advance payment of session fees, primarily to provide additional motivation for regular attendance. 5 sessions can be prepaid for the price of 4 or 10 sessions for the price of 7. Each standard session is counted towards your prepaid sessions irrespective of whether you are in attendance. From time to time this offer may be suspended to ensure the long term financial viability of the club, check with the instructor.

Considerations for seniors when training with juniors

We are somewhat unusual in that we operate a mixed seniors/juniors session. This allows us to maintain our financial viability and provides “role-models” for the juniors. It does however place some additional constraints on the senior members of the club:-

General Safety

Juniors are still growing and as such their bones and joints are weaker and more easily damaged than seniors. When applying locks only take the lock to the point where movement naturally stops. Do not apply the lock to the point of submission.

When throwing, or engaged in ground work, please make allowance for the relative frailty of junior students. Take extra care to support your partner when throwing and do not use your full weight when apply ground holds.

Do not use strikes or pressure points as weakeners on juniors.

Child Protection

To comply with our child protection policy please observe the following instructions:

When changing please ensure that you are in the designated changing area and that you are not visible from the main hall.

Please ensure that you are never on your own with a junior especially in isolated areas e.g. changing rooms or vehicles. This is for your legal protection as much as for protection of the juniors.

Please pay additional attention to what you say while at the club, both on and off the mat. There are topics and phrases which may be entirely acceptable at an seniors only session which are not appropriate in a mixed environment.

Club background

Chiltern Jiu Jitsu Club was founded by our current instructor in 2005 and was originally based in Chesham and called (Chesham Town Jitsu Club). In 2008 we moved to our current dojo in Amersham (supported by a grant from the National Lottery) but kept the name. In 2017 we renamed the club "Chiltern Jiu Jitsu" to recognize the wider catchment area of the club and to align with our governing body putting the "Jiu" back into Jiu Jitsu.

Chiltern Jiu Jitsu Club is affiliated to The Jiu Jitsu Foundation, the largest single style Jiu Jitsu organisation in the UK. The Jiu Jitsu Foundation has around 100 clubs in the UK as well as clubs in Europe, North and South America, Africa and Australasia. In the UK, there are around 2500 active participants (jitsuka) and around 650 jitsuka attended our last national event.

Chesham Jiu Jitsu Club is part of the Thames Valley region which currently includes clubs in Oxford (university and town), Uxbridge (Brunel University), Reading (university), Alton & Tadley. We are also close to the London region which has around 20 clubs, primarily in central London.

Regional gradings are held roughly every 4 months and generally take place in Reading. Further grading opportunities are also available in the London region. Training once per week it would usually take 6 months to a year to be ready for your first grading.

The lead instructor is Simon Pegg. Simon has been training within the Jiu Jitsu Foundation since 1991 and mandated by "The Foundation" as a club instructor since 1997. He has taught at numerous clubs and at regional and national events. He gives his time for free and doesn't get to take a week off when he's busy or doesn't feel like it so please reciprocate by being on time, paying attention and working hard to improve.