

# Chiltern Jiu Jitsu Junior 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). The Jiu Jitsu Foundation defines juniors as anyone under the age of 18. When applying for your annual licence, anyone who will become 18 within a year of the licence application/renewal should apply for an adult licence.

### **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.

## Drop-off and collection of juniors

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

Juniors should come wearing their gi or appropriate alternative clothing. If this is not possible and juniors need to get changed at the dojo a parent/guardian should accompany them while changing.

Please ensure that you accompany any juniors who are your responsibility into the dojo and remain present until there is an instructor and at least one other adult club member present.

When collecting Juniors please come in through the front door and either wait in the lobby or by the stage until the Juniors are permitted to leave the mat.

## 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.