

Jitsu Canada
Uniform Policy / Dress Code

1. Beginning Students

New students are not required to wear a uniform. Track pants or shorts and a T-shirt or rash-guard may be worn. Any colour is acceptable. Such clothing must be appropriate for the dojo – for example, low-cut T-shirt is unacceptable; swear words or sexual references or images are unacceptable. Alternatively, beginning students may wear a *gi* (any colour) if they already own one. Footwear is not permitted on the mats.

2. Student Uniform

Student uniform is required for any non beginner (graded student) and for all courses and grading examinations. The student uniform is a bleached white *judogi* (pants & jacket) with appropriate colour belt. The *judogi* may be single or double weave. The Jitsu Canada badge shall be worn on the upper right sleeve. *Gi* shall not have any badges or logos other than the Jitsu Canada badge. *Gi* shall be clean, neat and in good repair. Males shall not wear anything under the jacket. Females shall wear white sports bra and/or white T-shirt or rash-guard under the jacket. Zori are required for walking to and from the mats and are considered to be part of the uniform.

3. Instructor Uniform

The instructor uniform shall be the same as the student uniform, with the addition of *hakama*. *Hakama* shall always be worn when teaching, however may be removed for practicality when teaching groundwork or participating in throwing. When more than one instructor is present the senior instructor shall decide whether or not the other instructors wear *hakama*. *Hakama* shall be worn at formal events such as courses and grading examinations, unless otherwise directed by the senior instructor present. Those entitled to wear *hakama* should always have them available when attending any jiu jitsu event.

4. Alternative Uniform

The Chief Instructor Jitsu Canada may authorize alternative uniform for senior instructors.

5. Training Without *Gi*

On an occasional basis, instructors may opt to run a no-uniform class, or part class. In such cases the dress code shall be as per section 1.

6. Protective Equipment & Jewellery.

Adequate protective equipment should be worn for the nature of the activity. Cups and mouth-guards are optional, however mouth-guards and sparring gloves are mandatory for sparring. Students graded 5th *kyu* and higher should be encouraged to purchase a mouth-guard. Mouth-guards are mandatory for senior *kyu* grading examinations.

All jewellery (including Medic-Alert bracelets & wedding bands) shall be removed prior to training. In the case where jewellery cannot be removed (new piercing) the jewellery must be taped securely. It is the instructor's discretion whether to allow this, and the instructor must ensure taped jewellery does not pose a safety hazard. No jewellery (taped or otherwise) may be worn in grading examinations.