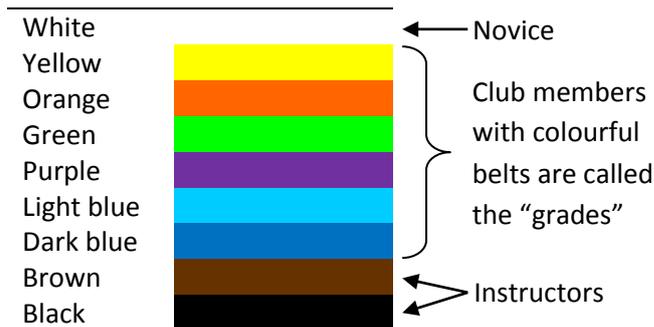


## Welcome Information for Novices

We hope you feel very welcome at the **University of Surrey Jiu Jitsu Club!** Here is some information you may find useful if you are new. If you have questions which are not answered on this sheet, please do ask someone already in the club, the instructor (Chris James) or a member of the committee (Simba – Chairperson, Eddy – Secretary, Jesvy – Treasurer).

The order of the belts:



### gi

The white trousers and jacket is called a “gi” (say the “g” from “get” followed by “ee” so that it rhymes with “key”). It protects us and prevents normal sports clothing from getting damaged. You can buy one through the club at a discounted rate. Don’t travel to or from a session in your gi, change when you arrive and leave.

Please wash it more than occasionally.

### sensei

We call instructors “sensei” – it is Japanese for “teacher”.

### what’s with the bowing?

The bow or “rei” is performed at the beginning and end of sessions to say hello and goodbye. We also rei to the partner or group we are working with to say that this is the beginning and end of practise or a demo – we’re not just randomly attacking them – and to say that our aim is not to intentionally hurt them.

There are other times when we rei (either standing or seated) – you will get used to these and to the other odd-sounding Japanese words, don’t worry, just keep your eyes and ears open.

### social side

We like to have fun off the mat as well as on it so we head to the bar after each session. Frequent socials are also a great way to make new friends. If you have ideas for a social, please do suggest them to the committee.

### etiquette

Etiquette is important in our style of Jitsu; this is often for safety reasons, but as Jitsu is a martial art and not a sport, it is also part of our traditions. Etiquette includes being punctual, showing respect to others and not chatting on the mat.

### jiu jitsu or jiu jitsu?

Jiu Jitsu is often shortened to Jitsu.

### how do I get the next belt?

This is called grading. Sensei will decide if you can go for a grading, you don’t need to worry about applying.

### want to know more...

You can find more information on who we are and what we do on our club website:

[www.surreyjitsu.org](http://www.surreyjitsu.org)

... and more general information on what Jiu Jitsu is, why we do it and love it and if there are other clubs in your area on The Jitsu Foundation (TJF) website:

[www.jitsufoundation.org](http://www.jitsufoundation.org)

SurreyJitsu is also on Twitter!

*Happy training!*

