



## Training, sparring, and open mat time

1. Five Rings values learning and growth. Jiu Jitsu is a performance art (both as a self-defense and as a sport). However, competition can often times stand in the way of learning and growth. As such, we go out of our way to clearly identify the following distinctions.
  - a. Training to learn vs. fighting to win
  - b. Being a good partner and giving the correct feeds vs. trying to beat your partner or being difficult
2. All athletes are encourage to train at least 20 minutes for every hour of class they attend per week. To learn it you've got to drill it.
3. White belts may only free train with blue belts or higher.
4. White belts may work chain sequences and positional train with other white, yellow, orange, and green belts.
5. White belts must check-in with the coach-in-charge at all open mat times. The coach will give permission to drill, positional spar, and / or give a list of folks it is ok to free train with.
6. We **strongly** encourage white belts to understand how to slow roll and flow roll before free training.