



3385A Yonge Street, Toronto, Ontario, M4N 2M8
www.ipedojo.com / @ipedojo / ipedojo@ipedojo.com

IPÊ DOJO STUDENT GUIDE

Welcome to a community where respect comes before results.

Welcome to Ipê Dojo

Dear Student,

Welcome to the Ipê Dojo family.

We're truly honored that you've chosen to begin your martial arts journey with us. Whether your goal is to learn self-defense, improve your fitness, compete at the highest level, or simply become a better version of yourself, you've joined a community that believes martial arts have the power to change lives.

At Ipê Dojo, we teach much more than techniques and belt ranks.

We teach confidence.

Discipline.

Respect.

Humility.

Kindness.

Resilience.

Our goal is to create a safe, welcoming, and supportive environment where every student, regardless of age, background, or experience, can learn, grow, and enjoy the journey.

Every black belt was once a beginner.

Every champion started with their very first class.

We're excited to be part of your journey.

See you on the mats!

Sensei José & Sensei Ana
Founders of Ipê Dojo



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OUR PHILOSOPHY

Martial arts are about much more than winning competitions or earning belts.
Every class is an opportunity to improve, not only physically, but mentally and emotionally.
Success at Ipê Dojo is measured by more than medals.

It is measured by:

- Respect
- Discipline
- Integrity
- Perseverance
- Kindness
- Leadership
- Community

Our mission is to help every student become a better martial artist and, more importantly, a better person.

OUR CORE VALUES

Respect

Treat everyone with courtesy regardless of age, experience, or rank.

Humility

Always remain willing to learn.

Discipline

Success comes from consistency and commitment.

Kindness

Support your teammates and celebrate their progress.

Integrity

Do the right thing, even when nobody is watching.

Resilience

Challenges are opportunities to grow.

Community

We learn together. We grow together.



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YOUR JOURNEY STARTS HERE

Every student begins as a white belt.

Some students train for recreation.

Others compete locally.

Some dream of representing Ontario, Canada, or even competing internationally.

No matter where your journey takes you, every class is another opportunity to improve.

Progress isn't measured only by belts or medals.

It's measured by the confidence you gain, the friendships you build, the discipline you develop, and the respect you show every day.

Enjoy the journey.

WHAT TO EXPECT

During your first few weeks, don't worry about remembering every Japanese term or understanding every technique.

Ask questions.

Make mistakes.

Learn.

Everyone at Ipê Dojo was once new.

Our instructors and senior students are always happy to help.

DRESS CODE

Judo (Adults & Kids)

Please wear and bring:

- White judogi only
- Current belt
- White t-shirt or white rash guard underneath the gi (optional for boys/men)
- Indoor dojo flip flops (dedicated for dojo use only)
- Refillable water bottle



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Brazilian Jiu-Jitsu (Adults & Kids)

Please wear and bring:

- White Brazilian Jiu-Jitsu gi or white judogi
- Current belt
- White t-shirt or white rash guard underneath the gi (optional for boys/men)
- Indoor dojo flip flops (dedicated for dojo use only)
- Refillable water bottle

No-Gi Brazilian Jiu-Jitsu (Adults)

Please wear and bring:

- White or black rash guard or athletic t-shirt
- Black shorts, leggings, or spats (without pockets or zippers whenever possible)
- Indoor dojo flip flops (dedicated for dojo use only)
- Refillable water bottle

PERSONAL HYGIENE

Good personal hygiene is one of the most important ways to show respect for your training partners.

Please remember to:

- Wear a clean gi or clean training attire every class.
- Keep fingernails and toenails trimmed short.
- Tie back long hair.
- Ensure your feet are clean.
- Remove all jewelry before training.
- Avoid wearing strong perfumes or heavily scented products.
- Wear your indoor dojo flip flops whenever you are off the mats.
- Do not train if you are feeling unwell.
- Do not train with a contagious illness or skin condition.
- Cover any cuts or abrasions before training.
- Refrain from smoking or vaping immediately before class.

ATTENDANCE & ARRIVAL

- Please arrive approximately 10 minutes before class whenever possible.
- If another class is in progress when you arrive, please keep conversations to a minimum and help maintain a quiet environment so the class can continue without distraction.
- Consistent attendance is one of the most important factors in long-term progress.
- If you will be absent for an extended period, please let us know.



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CHANGING ROOMS & PERSONAL BELONGINGS

To help keep our dojo clean, organized, and welcoming for everyone, please observe the following guidelines:

- Please change into your training attire in the designated change room or washroom, not in the training area.
- Keep the change rooms clean and organized after use.
- Store your personal belongings neatly and avoid leaving clothing, shoes, or equipment on the floor.
- Place bags and personal items in the designated areas and keep walkways clear at all times.
- Take all personal belongings home with you after class.
- Ipê Dojo is not responsible for lost, stolen, or damaged personal property.

Thank you for helping us maintain a respectful and organized environment for everyone.

SAFETY

Your safety, and the safety of your training partners, is our highest priority.

Martial arts are contact sports, but with proper instruction, communication, and mutual respect, they can be practiced safely by people of all ages and experience levels.

To help us maintain a safe training environment, please remember to:

- Inform your instructor of any injury, illness, medical condition, or physical limitation before class begins.
- If you become injured, dizzy, unwell, or experience unusual pain during class, stop immediately and notify an instructor.
- Always follow the instructions of your instructors and training partners.
- Practice techniques in a controlled and responsible manner.
- Respect your training partner's experience level and physical abilities.
- Never attempt techniques that have not yet been taught or approved by your instructor.
- If something doesn't feel right, ask questions. We're always happy to help.
- In Brazilian Jiu-Jitsu, tap early and tap often. Tapping is a normal and respected part of training, it helps prevent injuries and allows everyone to continue learning safely.
- Never continue training through an injury without approval from your instructor and, when appropriate, your healthcare provider.

Remember, the goal of every class is for everyone to learn, improve, and return safely for the next one.

Looking after one another is part of what makes Ipê Dojo a strong community.



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DOJO ETIQUETTE

Respect begins long before training starts.

Please observe the following etiquette:

- Bow when entering and leaving the mat.
- Participate in the opening and closing bows.
- Bow to your training partner before and after each activity.
- Listen attentively whenever the instructor is speaking.
- If you arrive late, wait at the edge of the mat until acknowledged by the instructor. Once invited onto the mat, bow with the Sensei or the highest-ranking instructor leading the class, then greet each black belt on the mat with a bow before joining the class.
- If you need to leave class early, inform the instructor beforehand whenever possible.
- Keep conversations to a minimum during instruction.
- No food or drinks on the mats.
- Silence your phone before class.
- Treat all equipment with care.
- Help keep the dojo clean and organized.
- Wear your indoor dojo flip flops whenever you are off the mats.

Bowing is a traditional sign of mutual respect. It is not a religious practice.

RESPECT FOR OTHERS

Every member contributes to the atmosphere of our dojo.

We expect students to:

- Encourage teammates.
- Help beginners.
- Train safely.
- Respect instructors and volunteers.
- Respect every training partner regardless of experience.
- Celebrate the success of others.

There is no place at Ipê Dojo for bullying, harassment, discrimination, intimidation, or disrespectful behaviour.



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BELT PROMOTIONS

At Ipê Dojo, belt promotions recognize a student's overall development, not only technical ability or competition results.

When evaluating a student for promotion, instructors consider several factors, including:

- Technical knowledge and execution
- Attendance and consistency
- Attitude and effort
- Respect and sportsmanship
- Character and maturity
- Understanding of dojo etiquette and values
- Overall readiness for the next rank

Competition results may be considered as part of a student's development, but medals and tournament performance do not automatically determine eligibility for promotion.

Promotions are never guaranteed based solely on time spent training, technical performance, or competition results. Every student progresses at their own pace, and all promotion decisions are made at the discretion of the instructors.

Federation Membership

To ensure that promotions are properly recorded and officially recognized, students must maintain the required membership with the appropriate governing organization.

Judo students must hold an active annual membership with **Judo Ontario/Judo Canada**. Brazilian Jiu-Jitsu students must be registered with the **International Brazilian Jiu-Jitsu Federation (IBJJF)** when required for official belt registration, certification, or competition eligibility.

Federation membership fees are established by the respective organizations and are the responsibility of the student.

Promotion Examination Fee

A promotion examination fee applies to every belt test.

The promotion fee includes:

- Belt examination
- New belt
- Official promotion certificate

Current promotion fees are available from the dojo and may be updated from time to time.

A belt represents progress, but the knowledge, discipline, character, and respect developed throughout the journey are what truly matter.



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Competition

Competition is **optional**.

Many students choose never to compete and still enjoy a rewarding martial arts journey.

For those who do compete, tournaments provide an opportunity to challenge themselves, learn under pressure, develop resilience, and represent Ipê Dojo with pride.

Our goal is not simply to win medals.

Our goal is to develop respectful, confident, and resilient martial artists..

Regardless of the level, our goal remains the same:

- Learn.
- Improve.
- Represent Ipê Dojo with respect.

PARENTS' GUIDE

Parents play an important role in their child's martial arts journey.

To help children build confidence and independence:

Parents are welcome to observe during the introductory (trial) period.

Afterward, we ask parents to remain outside the training area unless invited by an instructor.

Please allow instructors to coach during class.

Encourage effort rather than results. Trust the process.



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COMMUNICATION

Clear communication helps us provide the best possible experience for every member.

Membership & General Questions

For questions about memberships, billing, schedules, absences, or general inquiries, please contact:

Email: membership@ipedojo.com

Phone/Text: +1 (647) 381-6706

Stay Connected

We encourage all members to stay connected through our official communication channels.

These include:

- The GloFox app for schedules, bookings, and account information.
- Our official WhatsApp Community for announcements and reminders.
- Email communications for important updates.
- Our social media channels for news, events, seminars, competitions, and community highlights.

Please ensure your email address and contact information remain up to date so you don't miss important information.

Questions & Feedback

We welcome your questions, suggestions, and feedback.

If there is anything we can do to improve your experience at Ipê Dojo, we'd love to hear from you.

Our goal is to provide a safe, welcoming, and supportive environment where every member can enjoy their martial arts journey.

Thank you for being part of the Ipê Dojo family.