THE JIU JITSU FOUNDATION

Atemi Nationals: Frequently Asked Questions

1. General event information

What does the weekend look like?

This is a rough outline of the weekend and is subject to change. The confirmed schedule will be posted around the venue in the morning each day.

Saturday

- 8.30-9.00am: Arrive at the dojo and get changed
- 9.00am-1.00pm: Mats out, warm up and training
- 1.00-1.30pm: Light lunch
- 1.30pm: Competition time
- 5.00pm: Finish

Sunday

- 9.00-9.30am: Arrive at the dojo and get changed
- 9.30am-1.00pm: Warm up and training
- 1.00-1.30pm: Light lunch
- 1.30pm: Competition time
- 5.30pm: Finish and mats away

What time should I arrive?

All attendees should arrive at the dojo, and be in their gi, between 8.30am and 9.00am on Saturday morning. This gives us plenty of time to put the mats out together.

Who can attend?

The event is open to all adult TJJF members. Everyone must be registered prior to the event. Unfortunately, no spectators are allowed.

Who can I ask questions on the day?

The Organisers Team will be available during the whole event in a dedicated space in the dojo.

When will the event finish on Sunday?

We aim to finish by 5.30pm, though this depends on how quickly the finals run and results are finalised. Everyone needs to put the mats away and clear the venue afterwards, so please plan your journey home with that in mind.

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2. Registration and entry

Do I need to register in advance?

Yes, everyone attending must be registered in advance. On-the-day registration is not available.

How do I register?

We email all members the registration steps and deadlines, and you'll also find them on the website. If you're not sure how to register, ask your instructor or club committee.

Can I just turn up to take part in training?

No, course-only attendees must also register in advance through the TJJF members' area.

Do I need check in when I arrive?

No, there is no need to check in. Just get changed, help put the mats out and enjoy training and making new friends!

3. Training and competition

Is there training on both days?

Yes, both Saturday and Sunday mornings feature instruction from our most senior instructors. You will get to train with jitsuka in grade groups, as well as mixed groups. Training runs for three hours, so if you need a short break, a drink or a snack, just let your instructor know.

When do the competitions take place?

The competitions take place during the afternoons. The confirmed schedule will be posted round the venue in the morning each day. Round 1 for all groups takes place on Saturday, with the finals taking place on Sunday.

Will I have time for lunch?

Yes, there is a lunch break each day straight after training. Competitions start afterwards, so if you are competing, we recommend you have a light lunch.

Do beginners have the opportunity to compete?

Yes, absolutely. The Atemi Nationals are designed to provide a safe and controlled competitive environment for beginners as well as experienced jitsuka.

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How do I know what mat I'm competing on?

You will receive a text message prior to the event informing you when and where you will be competing on Day 1. That's why it's important that your mobile number is correct in our database (please note that we are not able to send messages to non-UK numbers; speak to your instructor who will be able to confirm your time and competition mat once they receive the information).

Mat allocations for Day 2 will be posted around the dojo during Sunday morning training.

How do I know if I'm competing in the finals?

Finalists will be informed during Sunday morning training by the Organisers Team. Everyone competing must be on the mat and training to be eligible for the finals.

Are the Atemi Nationals a BUCS event?

Yes. The competition is recognised by British Universities and Colleges Sport (BUCS).

Who can compete for BUCS medals and points?

Eligible university students whose entries have been submitted and approved through BUCS Play can compete for BUCS medals and points. You must have applied and been approved by your university in line with the registration deadlines.

Can BUCS competitors also win TJJF awards?

Yes. BUCS competitors also compete in the relevant TJJF individual grade categories and can qualify for both TJJF and BUCS placings.

4. What should I bring?

What should I wear?

All attendees must wear a white or blue gi, with a belt and TJJF badge on the right arm. Make sure your gi is clean and in good condition. Anyone who isn't training or competing but wants to be on the mat to observe, cheer or take photos/videos, must be wearing a gi.

What else should I bring?

We recommend bringing:

- Your gi and belt, with all branding and tags removed.
- Plain rashguard/t-shirt/tank top underneath a gi (if needed).
- Flip flops/zori or similar to walk around the dojo.
- Hair ties or similar (if needed).
- Water bottle, snacks or a packed lunch.

- Any required personal medication.
- Tape/brace for existing injuries.
- If you are staying overnight, anything you might need for the hotel.
- If you are going out on Saturday night, you will need an ID (passport, drivers licence) for our hired venue.

5. Venue information

Is there parking?

There is parking available at the venue. Please bring cash to pay for parking.

Can I take photographs or videos?

Anyone wishing to take photographs or videos at the event must complete the TJJF Single Event Video/Photographic Usage Registration Form before doing so. On submission of the form, you will be sent a copy by email and you need to have this available at the event to show the Organisers Team if asked.

Please note that there might be attendees who wish to not be included in photos and videos and everyone will need to be mindful of this. They will be identifiable by having tape around their upper arm. We will remind everyone in the morning on both days.

Will there be seating?

Seating is available for event attendees.

Where do I leave my bag?

There is seating at the back of the room where clubs can keep their belongings together. We'd recommend leaving valuables at home or at your hotel if you can. Anything you bring is left at your own risk, as we can't take responsibility for lost or stolen items. If you lose something, check with the venue reception, who look after lost property.

Will there be first aiders?

The first aid team will be present throughout the whole event and clearly visible in the room.

6. Saturday evening social event

Is there an evening event?

Yes! We hire a venue so that everyone can socialise, meet new people, have a dance and a great time. It is a ticket-only event so speak to your instructor/committee about securing yours. You will also need a valid ID (passport, drivers licence) to

enter the venue. Please note you must put all coats into the cloakroom when arriving at the venue and there is a charge of £3.

When can I collect the tickets?

One person per club should come collect pre-booked tickets from the Organisers Team on Saturday afternoon after competitions have begun. We will announce when ticket collection opens, so there is no rush.