



DOJO RULES AND ETIQUETTE

- 1- It is the responsibility of each student to act appropriately and respect O'Sensei's teaching.
- 2- Respect the dojo, your training tools and each other.
- 3- Respect the way in which the Sensei of the class directs the training. You must train sincerely and to the best of your ability while being aware of your limitations.
- 4- There is no room for argument, insolence, or disdain on the mat. There will be no competition or conflicts of ego on the mat. There will be no power struggles within the dojo.
- 5- Respect the teaching of more experienced students. Never argue about technique. If you know the movement being studied and are working with someone who does not, you may lead the person through it. But do not attempt to correct or instruct a training partner of senior rank.
- 6- Respect those less experienced. Do not pressure your ideas on others.
- 7- Everyone has different physical abilities and different reasons for study. It is your responsibility to cause no injury to your training partner or yourself. If you have any limitations it is your responsibility to communicate that with your partner.
- 8- Rid your mind of the day's problems before practice.
- 9- Cleaning is an active prayer of thanksgiving, and it is each student's responsibility to assist in cleaning the dojo and to cleanse his or her own mind and heart.

- 10- Address the instructor as Sensei throughout the class.
- 11- Always bow when stepping on and off the mat in the direction of the shomen.
- 12- If you need to leave the mat during the class, you should ask the Sensei's permission.
- 13- You may only sit in seiza (proper way) or cross-legged while on the mat. Do not lean on the wall.
- 14- Sit quietly and attentively when the Sensei demonstrates a technique.
- 15- After demonstration, choose a partner, bow to each other, and say "onegai shimasu" (readiness for receiving and transmitting instruction).
- 16- When the end of a technique is signaled, stop immediately. Bow to your partner and quickly line up with the other students in seiza.
- 17- If you assist the Sensei in demonstrating a technique, at the end of the demonstration it is appropriate to bow seated to the Sensei.
- 18- It is important to arrive on time for practice. If you're late you should ask the Sensei's permission to join the class and bow seated before entering the mat.

- 19- There is no eating, drinking, wearing jewelry on the mat. Keep your nails short and your feet must be clean. No shoes on the mat.
- 20- It is each student's responsibility to assist in setting up, cleaning, and putting away required equipment, and paying dues on time.