

DOJO RULES AND ETIQUETTE



Dojo Rules

- It is each student's responsibility to assist in cleaning the dojo on a daily basis.
- The dojo is not to be used for any purpose other than regularly scheduled classes without the approval of the board of directors.
- It is the responsibility of each student to pay dues on time (1st of each month).
- Monthly dues are the same regardless of the number of days one trains each month. Do not ask for a refund or credit because you only attended one or two classes.
- Respect the Founder and his teachings. Respect the dojo; respect your training tools; respect each other.

Training Rules

- Follow the instructions of the person leading the class, no matter what his or her rank or skill level may be.
- Receive instruction and carry out suggestions for training sincerely and to the best of your ability. There is no room for argument on the mat.
- It is the moral responsibility of each student never to use Aikido technique to harm another person or as a way to display his or her ego.
- There will be no competition on the mat. The purpose of Aikido is not to fight and defeat an enemy, but to fight and defeat your own aggressive instincts.
- Be aware of your limitations. The strength of Aikido is not in muscular force, but in flexibility, timing, control and modesty.
- It is your responsibility to cause no injury to your training partner or yourself.
- There will be no power struggles within the dojo. The dojo membership is one family, and the secret of Aikido is harmony.

DOJO RULES AND ETIQUETTE

continued



Dojo Etiquette

- Upon entering and leaving the practice area of the dojo, make a standing bow.
- Always bow when stepping on or off the mat in the direction of the shomen (center of the dojo).
- Keiko Gi (practice uniform) should be clean and mended. Weapons should be in good condition and in their proper place when not in use.
- Never use someone else's Keiko Gi or weapons without permission.
- Never step over someone else's Keiko Gi or weapons. The same rule applies to your own.
- Never walk in front of someone without being acknowledged.
- If you are late for class, change clothes quickly and quietly. Then, stand off the mat in the corner by the windows until the instructor signals for you to come on to the mat. After making a seated bow towards the shomen, you may join the practice without further ceremony.
- The only proper way to sit on the mat is in seiza (formal sitting position). If seiza is physically difficult for you, you may sit cross-legged, but never with legs outstretched, never reclining, and never leaning against the wall.
- Do not leave the mat during class except in the case of injury or illness (or bleeding). See the blood policy.
- When the instructor is demonstrating a technique to practice, sit quietly and attentively in seiza. After the demonstration, bow to the instructor, then to a partner and immediately begin to practice.
- When the end of a technique is signaled, stop immediately, bow to your partner and quickly line up.
- Never stand around idly on the mat. You should be either practicing or seated in seiza and waiting for your turn.
- Do not fix your attire in the middle of the mat. Move over to the far end and fix your Keiko Gi. The same rule applies to your practice partner.
- Respect those more experienced; never argue about technique. Respect those less experienced; do not push your ideas on others.
- Keep talking on the mat to an absolute minimum. Aikido is experience.
- Fingernails and toenails must be short. Feet must be clean. Shoes or sandals are never allowed on the mat.
- Wash your Keiko Gi often. Do not wear a torn or dirty uniform to practice.
- No eating, drinking, smoking or chewing on or off the mat during practice.
- No jewelry should be worn during practice, including rings and pierced earrings.
- Never drink alcoholic beverages while still wearing your Keiko Gi.

If you are off the mat while a class is in session, note the following:

- Do not talk or walk around while the instructor is demonstrating or during the opening and closing ceremony.
- Sit respectfully, never with legs propped up on the furniture or in a reclining position.
- Do not talk to anyone on the mat while class is in progress.