

Etiquette and Discipline in the Dojo

1. *Bow when entering and leaving the Dojo (Training hall).*
2. *Make sure you are at Dojo 20 mins before practice, changed in keikogi and ready for practice.*
3. *Everybody at the beginning and end of a class will help to put down and take up the mats.*
4. *All mats are to be checked for correct layout and cleanliness*
5. *No jewellery of any kind to be worn on the Tatami (mat).*
6. *Personnel Hygiene, no make up, transfers, clean hands, face, feet etc.*
7. *Make sure Keikogi and cloths are clean.*
8. *Footwear to be worn too and from the mat.*
9. *Footwear to be placed correctly at the side of the mat.*
10. *Weapons to be put at side of the mat before lesson starts, unless juniors are present on the mat.*
11. *All other (sports) equipment is to be put away with doors shut down.*
12. *When addressing the Instructor in the dojo, refer to them as Sensei.*
13. *Seek Permission off the Sensei, when getting on and off the Tamatai.*
14. *Line up in correct order at beginning and end of classes.*
 - a. *Senior grades first.*
 - b. *Adult beginners with suits.*
 - c. *Adults without suit.*
 - d. *Juniors*
15. *When new people are beginning, inform them and help them to know and understand how to act properly.*
16. *The highest grade on the mat is to look after instructors needs.*
17. *Suitable ways to act when Instructor is teaching,*
 - a. *Sit on knees.*
 - b. *If injured inform instructor and sit crossed legged.*
 - c. *Keep silent, give 100% concentration.*
18. *Never leave a guest or Shidoi standing with no one to practice with.*
19. *Always let the highest grade go first.*
20. *Kneeling bow to 'O' Sensei (Picture), when leaving the Tatami.*
21. *One blow in Aikido is capable of killing an opponent. Do not make your practise a time for needles testing of strength. Always respect your partners practice.*
22. *If you have any problems with Aikido or Practitioner see your instructor personally.*