

STUDENT CODE OF CONDUCT

Rules of training:-

- a. It is the responsibility of each student to cooperate in creating a positive atmosphere of harmony and respect.
- b. It is the moral responsibility of each student never to use Aikido to harm another person, or as a way to display ego. It is not a technique of destruction, but of creation. It is a tool to develop a better society through the character development of individuals.
- c. There will be no ego conflicts on the mat. Aikido is not street fighting. You are on the mat to transcend and purify your aggressive reactions, to embody the spirit of the samurai by discovering your social responsibility.
- d. There will be no competition on the mat. The purpose of Aikido is not fighting and defeating an enemy, but in fighting and defeating your own aggressive instincts. The strengths of Aikido are not in muscular force, but in flexibility, communication, timing, control, and modesty.
- e. Insolence will not be tolerated. We must all be aware of our limitations.
- f. Everyone has different physical abilities and different reasons for training. These must be respected. True Aiki is the proper and flexible application of technique appropriate to any changing circumstance. It is your responsibility to cause no injury. You must protect your training partner and yourself.
- g. All students are studying the same principles. There will be no conflicts of one group against another, or of choosing sides. The dojo membership is one family, the secret of Aikido is harmony.
- h. It is Sensei's decision whether or not they will teach you. Sensei reserves the right to direct students to cease training and leave the mat and/or premises.
- i. The dojo is not to be used for any purpose other than regularly scheduled classes without the direct permission of Sensei.

Successful risk management is best achieved when all students adopt a spirit of responsibility in regard to safety issues. Students should be aware of and agree to adhere to the following measures:

Prior to Training:-

- a. Be aware of the dojo's safety policies before undertaking training. Advice is available from all Instructors and the Aikido Ki Society Student Guide.
- b. Notify the Head Dojo Instructor (or Instructor of the day) of any pre-existing medical condition or disability prior to training. For serious conditions a medical clearance must be obtained.
- c. After serious injury or illness, students should not return to physical training until the student has fully recovered. If there is any doubt, a medical clearance must be obtained.
- d. Students must not participate if they have injuries or conditions such as serious cuts or abrasions, rashes, boils or any other contagious condition. Minor abrasions and cuts must be adequately dressed and covered prior to training.
- e. Remove jewelry, watches and other ornaments prior to training, which may cause injury.
- f. Long hair must be secured.
- g. Fingernails and toenails must be smooth and short.
- h. Wear a training gi or other appropriate clothing and ensure that it is in good repair.
- i. Ensure that weapons are in good repair and stored in appropriate manner when not in use.
- j. Cleanliness of both clothing and person is essential.
- k. Never train under the influence of drugs or alcohol.

During Training:-

- a. At all times, obey the instructions of the Instructor including the direction to cease training.
- b. Students may opt to decline to participate in any activity they feel uncomfortable with.
- c. Students should train at a level they feel comfortable with. Always attempt a technique / activity at the basic level before proceeding to a more advanced level.
- d. Partners should train at the level of the least experienced partner.
- e. Competency at rolling and break falling is developed over a long period of time. Partners should agree prior to training whether they are prepared to take a fall (ukemi). Proceed slowly.
- f. Take care to avoid collisions on the mat by being aware of the other students training on the mat.
- g. Train only in the specific technique demonstrated by the Instructor.
- h. Freestyle training (Randori) should always be supervised by an Instructor.
- i. All accidents are to be reported to the Instructor immediately. Exercise universal precautions in regard to blood-borne pathogens.
- j. Notify the Instructor if any medical condition becomes apparent during training that may affect safety.

- k. Students should pace themselves according to their level of fitness and competency.
- l. Students should avoid dehydration and over exertion.