

PROPER DOJO ETIQUETTE

1. Upon entering and leaving the practice area of the dojo, make a standing bow.
2. Always bow when stepping on or off the mat in the direction of the shomen and the picture of the Founder.
3. Respect your training tools. Your gi should be clean and mended Weapons should be in good condition and in their proper place when not in use.
4. Never use someone else's practice gi or weapons
5. A few minutes before time for practice to begin, you should be warmed up, seated formally in order of rank, and in quiet meditation. These few minutes are to rid your mind of the day's problems and prepare for study.
6. The class is opened and closed with a formal ceremony. It is important to be on time and participate in this ceremony. If you are unavoidably late, you should wait, formally seated beside the mat, until Sensei signals permission for you to join the class. Perform a formal seated bow as you get on the mat. It is most important that you do not disrupt the class in doing so.
7. The proper way to sit on the mat is in seiza (formal seating position). If you have a knee injury, you may sit cross legged, but never sit with legs outstretched, and never lean against walls or post. You must be alert at all times.
8. Do not leave the mat during practice except in the case of injury or illness.
9. During class, when Sensei demonstrates a technique for practice, you should sit quietly and attentively in seiza. After the demonstration, bow to Sensei and then to a partner and begin practice.
10. When the end of a technique is signaled, stop immediately. Bow to your partner and quickly line up with the other students.
11. Never stand around idly on the mat. You should be practicing, or if necessary, seated formally, awaiting your turn.
12. If for some reason it is absolutely necessary to ask a question of Sensei, go to him (never call him over), bow, respectfully, and wait for his acknowledgement (a standing bow is appropriate).
13. When receiving personal instruction during class, sit in seiza and watch intently. Bow formally to Sensei when he has finished. When he is instructing another, you may stop your practice to watch. Sit formally and bow to him when he has finished.
14. Respect those who are more experienced. Never argue about technique.
15. You are here for practice. Do not force your ideas on others.
16. 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 your training partner if you are not of senior yudansha level.
17. Keep talking on the mat to an absolute minimum. Aikido is experience.
18. Do not lounge around on the mat before or after class. The space is for students who wish to train. There are other areas in the dojo for socializing.
19. The mat should be swept before class each day and after practice is over. It is everyone's responsibility to keep the dojo clean.
20. No eating, drinking, smoking, or gum chewing on the mat at any time. If during training you wish to stop for a drink then please bow off the mat, take a drink, and then return to the mat.
21. No jewelry should be worn during practice.
22. Never drink alcoholic beverages while wearing your practice gi.

You are welcome to sit and observe a class at any time, but the following rules of etiquette must be observed:-

1. Sit respectfully, never with legs propped up on the furniture or in a reclining position.
2. No eating, drinking, or smoking while class is in progress.
3. Do not talk to anyone while that person is on the mat.
4. Do not talk or walk around while the instructor is demonstrating or lecturing.
5. At the opening and closing of the class, sit formally at the side of the mat in seiza and perform the ceremony with the class. Remain seated until Sensei has signaled everyone to begin practice at the beginning of class, or has left the mat at the end.