

# Dojo Rules

- 1) **Be respectful to everyone.** When entering and leaving the dojo, greet Sensei Prakash, Children's Instructors, and your fellow students.
- 2) **Be respectful of the dojo.** When entering and leaving the practice area of the dojo make a standing bow. Always bow in the direction of the shomen when stepping on or off the mat.
- 3) **Be Polite.** Treat others the way you would want to be treated. Be respectful of everyone on and off the mat, including relatives. Do not wander around people while they are training. At the end of training, while thanking other students say their name with the thank you.
- 4) **Only Sensei teaches class.** Do not correct fellow students unless they ask for help. Bow to the Sensei after individual instruction.
- 5) **Wear full dogi.** Students should wear their entire uniform (dogi): gi top, pants & belt.
- 6) **Respect your training tools.** Keep your gi clean and patch any areas that may need mending. Also, leave clothes folded and neat in the changing room.
- 7) **Keep clean.** Before class, make sure your hands, feet, and face are clean. Make sure your toenails and fingernails are kept trimmed. Don't walk outside in socks or barefoot and then walk back into the Dojo - wear your shoes outside. Also, remove any jewelry, and do not wear excessive lotions or cosmetics that can rub off on another's gi. Pull back long hair.
- 8) **Be on time.** If you are late to class, wait formally seated beside the mat until the instructor signals permission for you to join the class. Quietly perform a simple seated bow and then get on the mat.
- 9) **Practice the technique Sensei demonstrates.** To avoid any injuries and to help in your own growth in Aikido, only practice the technique being taught.



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- 10) **Do not goof around on the mat.** Horseplay on the mat while the class is going on can cause injuries to you and others training.
- 11) **You may keep a water bottle near the mat and get drinks as needed during training, but please do not keep your partner waiting.** Make sure any bottle brought with you is taken home or thrown away. Do not leave any trash behind in the dojo.
- 12) **Do not leave the training area during class.** Do not leave the training area without telling Sensei first. Try not to leave the training area unless you are injured or ill.
- 13) **Try to keep all conversation limited to your training while you are on the mat.**
- 14) **Do not move around the dojo or enter or leave while Sensei is in front of the class.** If Sensei is bowing the class in or out or demonstrating a technique, please wait, quietly seated.
- 15) **Respect other people's equipment.** Do not touch weapons or equipment that does not belong to you.
- 16) **Do not train if you have a contagious illness.** For your safety and that of your partners.
- 17) **If you have any questions about etiquette, ask the Sempai (senior students).** Most often, by doing what they do, you will not make a mistake.

