

Basic Dōjō Etiquette

1. Come to training clean and presentable. If possible shower prior to training or, at the very least, wash your hands and feet. Ensure your fingernails and toenails are kept short, and that your dōgi is also clean and presentable. Remove any jewelry prior to training.
2. Training under the influence of alcohol or illicit drugs is strictly prohibited.
3. Be punctual and preferably early for class to help prepare the dōjō (i.e. wherever possible, arrive 30 mins early). If late to class, sign yourself in, pay your fees, change into your dogi and wait quietly at the back of the dōjō until the instructor indicates for you to bow in and join the class.
4. Each time you enter or leave the dōjō, direct a standing bow towards the shōmen (where the 'Aiki' scroll hangs). A kneeling bow should be made whenever stepping on or off the mat.
5. Ensure the dōjō is swept and the mats are wiped down before each class.
6. Footwear must be worn to and from the dōjō and in the toilets and change rooms. Shoes are not permitted on the mats at any time.
7. Food and drinks are not to be consumed in the dōjō.
8. Keep talking in the dōjō to a minimum and keep your language clean. Prior to class, students should focus and centre themselves while warming up quietly. Save socializing for after class.
9. Maintain an alert and respectful posture at all times. Whenever the instructor is demonstrating a technique to the class (or to you and your partner), sit in seiza (kneeling) and watch quietly. If you are asked to take ukemi, bow quickly before moving swiftly towards the instructor. Once the demonstration has finished, kneel and bow once again, and thank the instructor.
10. After a technique has been demonstrated, bow to the person next to you and say in a loud voice, "onagai shimasu". When the instructor signals to change the technique, stop practicing immediately. Kneel

and bow to your partner and say "arigatō gozaimashita", then return to the edge of the mat as quickly as possible.

11. For safety reasons, approach the instructor before leaving the mat for any reason during keiko.

12. Pre-existing injuries must be brought to the instructor's attention prior to commencement of the class and recorded in the incident register. Any injuries incurred during class must be also brought to the attention of the instructor and detailed on an accident report form.

13. Do not train if suffering from a cold, influenza or any other infectious disease. Any wounds must be kept covered at all times. In the event of a blood spill, cease training immediately and alert the instructor. There is a blood spill kit in the cupboard with disposable gloves, cloths and disinfectant, which must be used to clean-up any blood.

14. Train safely and non-competitively at all times, protecting your partner and respecting their limits and experience. Keep your ego in check.

15. As a courtesy, inform your instructor in advance if you are going to be absent from class. Keiko should be placed on high priority in your weekly schedule and attendance at both classes per week is recommended for maximum benefit. Try not to be a part-time student.

16. Annual membership fees, class fees and grading fees are to be paid in full and on time. If you are experiencing financial difficulties, please see your instructor.

Always practice the Art of Peace in a joyful and vibrant manner
O-Sensei (1883-1969)

For further information, please refer to the attached Code of Conduct