

Dojo Etiquette

1. An attitude of receptivity and humility is advised. Carry out the instructions of your teacher to the best of your ability, without delay.
2. It is important to preserve the Dojo's peaceful atmosphere. Therefore, every action should be a sign of respect for the Dojo and all those that come through its doors. The Dojo's cleanliness and its presentation to visitors, is everyone's responsibility.
3. Be on time for class. If you do happen to arrive late, wait quietly in on the edge of the mat until the instructor grants you permission to join practice.
4. When entering or leaving the mat area it is proper to bow in the direction of the Kamiza.
5. While a class is in session, do not enter or leave the mat area without permission. Though you should not leave the mat or Dojo during class, if an emergency arises, approach the instructor and ask permission to do so.
6. The proper way to sit on the mat is in seiza. Do not lean against the walls or sit with your legs outstretched. Avoid sitting on the mat with your back to the Kamiza. The bottoms of your feet should not face the Kamiza or your teacher.
7. Do not disturb the practice of others. Please keep talking during class to a absolute minimum (this includes spectators). When class is in session, do not communicate with people who are not on the mat with you. Any conversation on the mat should be restricted to "the way."
8. Keep your training uniform and yourself, clean, in good shape, and free of offensive odors. Finger and toe nails should be cut short.
9. Other than your normal training equipment, do not bring other items with you onto the mat. Remove watches, rings and other jewelry before practice.
10. Please pay your membership dues promptly. They are due at the beginning of every month. You will be subject to a \$15 late fee if we have not received your dues by the 10th.

Observance of proper etiquette is as important to your training as is learning techniques. Though they do not reflect all of the rules of the Dojo, the above are some of the most important. Please take them seriously. If you have questions regarding Dojo etiquette, please see Dojo-cho Adam Pilipshen.