



Martial Arts Training Service



Dojo Rules

Bowing

The act of bowing is a way to show respect to the training environment, your trainer and your partner

- 1 Bow towards the Tokonoma (front of the dojo) when entering and leaving the dojo
- 2 Bow towards the Tokonoma when stepping onto and when leaving the mat
- 3 Bow to your instructor and partner before starting and after finishing an exercise and training unit

Cleanliness

- 1 Take of your shoes before stepping on the mat covered areas
- 2 Keep your Uniform (Dogi) clean at all times
- 3 Chewing gum, food or beverages are not allowed on any matted area

Respect

- 1 We are all friends and learn from one another
- 2 Senior students lead by example
- 3 Students must follow the directions given by the instructor and senior students
- 4 Do not engage in idle talk or fool around while in the dojo
- 5 Students must be courteous and helpful to one another at all times
- 6 Be on time for class. If you are late sit at the edge of the mat until the instructor grants permission to join practice.
- 7 Don't lean against the wall when on the mat

Safety

- 1 Finger and toe nails should be kept short and clean to prevent injury
- 2 Report all injuries to the attending instructor
- 3 Take of any kind of jewelry as well as watches to avoid the risk of hurting your partner
- 4 When on the mat sit in seiza or anza and don't sit with your legs stretched out
- 5 If you need to leave the mat inform the instructor
- 6 No student shall engage in Randori without the supervision of the instructor
- 7 One shall never substitute strength for skill, strength will come when skill is mastered