

# Aikido Shudokan Hong Kong

## DOJO ETIQUETTE

Dojo etiquette is very important as it enhances a harmonious atmosphere and it is also a way to self-improvement. The etiquette and guidelines you encounter during training are essentially based on common sense to ensure each other safety and demonstrate the proper respect to your fellow practitioners. Remember that you are here to learn and not to gratify your ego. An attitude of receptivity and humility is therefore advised.

### **RULES AND GUIDELINES**

#### **In and Around the Dojo**

1. When entering the Dojo stand in the doorway, bow and "OSU". Remove your shoes and place them in the shoe rack/allocated area.
2. Do not wear cap / hat while in dojo area. The cap / hat should be taken off before entering the dojo.
3. Do not walk around the dojo dressed improperly, eating, drinking, smoking, whistling or speaking in a loud voice.
4. Do not sit on the sofa with your wet dogi or any wet attire.
5. Keep the toilet and changing rooms clean and tidy. Do not leave the changing room until your belt is properly tied.
6. Do not cross your arms or put your hands on your hips or in your pockets when on the mat or in the dojo. All are considered discourteous.
7. Always sit on the mat when not standing. Do not lie down, slouch or lean against the wall or the mirror.
8. If you are not seated in seiza, please cross your legs when seated on the mat.

#### **On the Mats During Training**

1. When entering or leaving the mats, you should kneel in seiza and bow (rei) to the Kamiza while saying "OSU". At other times a standing bow to the Kamiza is appropriate.
2. Be ready and on the mats at least ten minutes before training begins, as the warm up precedes the class.
3. During class concentrate on practicing techniques correctly. Acknowledge commands and instruction by saying "Osu" and bowing to the instructor.
4. Move quickly and respond to all commands.
5. During training never approach, call an instructor to ask questions, or wave at an instructor to get their attention.

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### On the Mats During Training

6. Do not pass between partners on the mats.
7. Do not shout, swear or become angry on the mats.
8. Do not lie down on the mats or relax with legs stretched out.
9. Respect your partner. Learn to control your actions to avoid injury.
10. Do not lean against the walls or the mirror.
11. During training remain aware, do not look around or talk.
12. At the end of class remain in seiza until the instructor taking the class stands up.
13. Those who arrive late to class should move quickly to the changing room. Once on the mats bow to the Kamiza, then go to the instructor, bow and say "Osu".
14. If you are late, avoid interrupting the instructor if they are demonstrating or instructing. Wait at the edge of the mat until you have the instructor's attention and do not join the class until they have bowed to you.
15. If you arrive when the class is beginning (ie : lined up, ready to bow), please wait until the bowing is completed before you cross the mat or enter the dojo from the changing room.
16. You should stay on the opposite side of the kamiza. Only instructors are allowed on the kamiza side.

### Hygiene

1. All open wounds must be covered before and during training (you should supply your own dressing for this).
2. Remove all blood from your dogi and mats as soon as possible.
3. Fingernails and toenails must be kept clean and short.
4. Do not wear jewellery or accessories while training.
5. You should keep your dogi clean and fresh at all time