

Dojo and Training Etiquette



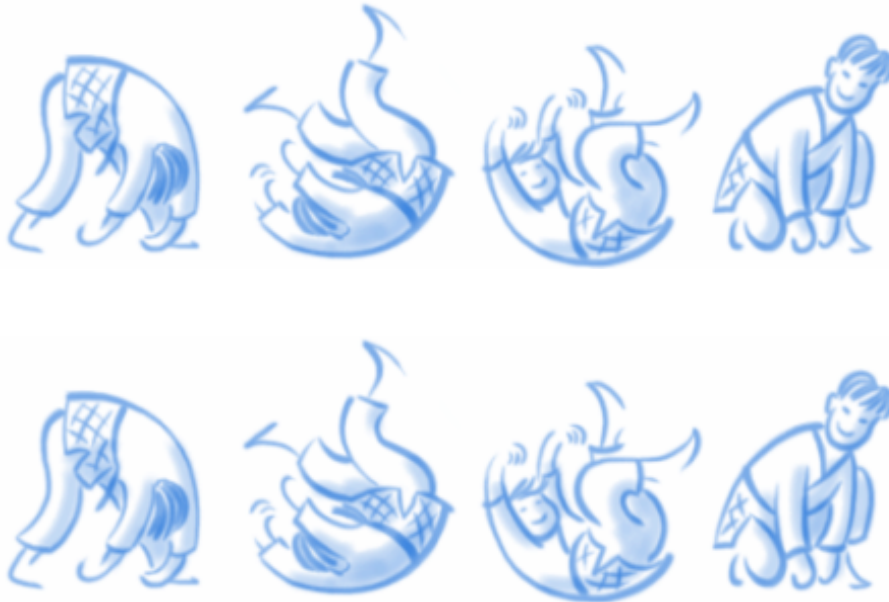
Training etiquette is a basic part of our Aikido program.

Basic rules to follow:

- Remove shoes upon entering the dojo.
- Bow upon entering and leaving the dojo and when stepping on and off the mat. Bow to each other and the sensei during training. This demonstrates respect for all, but more importantly, demonstrates an open mind and willingness to learn.
- Address instructors and assistants as "sensei". Greet your sensei upon arrival to class and say goodbye before leaving.
- Show respect to your sensei and to other students, especially those who've been practicing longer. Be careful to not hurt anyone.
- Parents please accompany your child when dropping them off for class or picking them up. Safety is our biggest concern, and this also allows us to communicate important information directly to the parents.
- Come in clean clothes. Make sure your hands and feet are clean. Remove all jewelry.
- No chewing gum please.
- Use the restroom and have a drink of water before class. This

avoids unnecessary disruptions during class. If you must leave the mat during class, please check with a sensei first.

- Students need to listen carefully and observe proper training rules to avoid injury.
- We encourage parents to watch class. We ask that if you talk to please keep your voices quiet so as not to distract the children.
- If your child is unable to attend class(es), we would appreciate being informed. Please call and let us know.



Etiquette teaches respect for all things, discipline and creates a safe environment in which we can learn to help and care for each other.