



Dojo Etiquette

1. When entering or leaving the dojo, students bow in the direction of Morihei Ueshiba's picture at the front of the mat (kamiza). This is a tradition of showing respect to the Founder of Aikido.
2. Shoes are to be removed and placed neatly in a row, or tidily round the edge of the room. When approaching or leaving the mat, students bow respectfully to the kamiza.
3. Students should assemble quietly at least 5 minutes before the class is scheduled to start.
4. When the instructor arrives on the mat, s/he and the students bow to O-Sensei's picture. The students then bow to the instructor, formally opening the class.
5. It is proper to ask the instructor for permission to practice when arriving late for class, or for permission to leave early.
6. Students should never sit on the mat with their backs to the kamiza, nor should they pass between the instructor and the kamiza.
7. When approaching the instructor on the mat, whether you ask them, or they call you, bow first and at the end. Never yell out "Sensei" and/or beckon for instruction - go up to him or her and bow.
8. When the instructor is teaching individual pairs when one is being used as uke the other person should sit in seiza (kneel) preferable on the edge of the mat out of harms way from other students.
9. If you have to walk to the other side of the mat during practice **never** walk across the mat. Always walk round the outside of the mat.
10. Once engaged in the practice of Aikido, clear your mind of everything but the lessons given and the principles of Aikido.
11. When changing partners during class, you should acknowledge both the partner you are leaving as well as your new partner with a bow.
12. Care should be taken to be aware of the ability of your partner so that no injuries occur.
13. At the end of the class, the instructor and students bow to O-Sensei's picture, then the students bow to the instructor.
14. A few **DON'TS**: lie on the mat, lean against walls, sit with your legs stretched out, wear rings or other jewellery, chew gum, have long finger or toenails, wear dirty or torn uniforms, leave the mat with out asking permission.
15. Keep in mind that DOJO refers not only to the mat, but to the whole building.

Maintaining quiet and practicing courtesy in the dojo extends to the whole building.

16. When observing a class, spectators should remain quiet out of respect for the instructor and practicing students.