

## **Dojo Etiquette for Frederiksberg Aikido Club**

Compliance with the etiquette is as much a part of your training as is learning techniques. We would therefore ask you to take our guidelines seriously.

When you enter the dojo or leaving the dojo, it is proper to bow in the direction of O`Sensei's image, Kamiza or just the front of the dojo. Also remember to bow when you leave the dojo.

Never wear shoes on the mat. Do not wear outdoor shoes in the dojo. Sandals or other indoor footwear should be used. Your feet should always be clean when you enter the training mats.

The training begins by when you say "onegai shimasu" and ends equivalent by saying "domo arigato gozaimashita".

Be sure always to get in time for training. If you are late, sit quietly in Seiza, at the edge of the mat until you get permission from an instructor or Sensei to participate in the training.

If you have to leave the mat or dojo during training, make sure you get permission from your Sensei first.

Avoid sitting with your back to the image of O`Sensei or Kamiza. Be careful not to lean against the wall or sit with your legs stretched out. You always sit in seiza or cross-legged.

Remove watches, rings and other jewellery before training starts. Nail polish should be totally avoided.

Make sure to cut your nails on your hands and feet before training.

Do not bring food, candy / gum and drinks (coffee / soda) with you into the dojo.

Bow always for your partner before and after you have trained with him/her. Bow to your instructor or Sensei if he has corrected you.

Please keep all conversation to a minimum during the training. If there is a conversation in the dojo, it should be limited to one topic, namely Aikido.

There is only one who is responsible and who teach in the dojo and it is your Sensei. Make sure that you keep your etiquette. Don't overstep your competencies in front of your Sensei and students.

Be careful with your training partner and adjust your techniques accordingly to experience and knowledge.

If your sensei asks you for something, then carry out the job immediately. Never make Sensei and the rest of the students wait for you.

The dojo is not a place for needless contests of strength or speed. Never demonstrate your strength - only your humility.

Always keep yourself and your Dogi clean and free of odors.

As a student with us, do not wear badges from other dojo's on your dogi.

Never owe money to your Sensei. Always pay your dues. Do not expect that you "probably" will be contacted if there is a problem. If in doubt, seek out the person responsible for membership fees in the dojo.

Never take your clothes off on the mat. Tidy up your dogi during exercise by stepping right up to the wall, turn your back to your partner and correct your dogi.

Always use a cloth to wipe the sweat off. Do not wipe sweat from your face when you receive instruction.

Cell phones MUST be turned off while you are in the dojo and during training.

Always take part in the general cleaning in the dojo. A dojo must be very clean.

If you are inappropriate or disrespectful towards Sensei, instructors or peers - or damages our dojo reputation by behaving stupidly or inappropriate - you are going to be excluded from our Dojo promptly.

Remember that you are here to learn and not to satisfy your ego. Always maintain a humble and receptive attitude. Always maintain a reasonable standard of decency and respect for others.

