



Dojo Etiquette

In order to create an atmosphere of mutual respect in the dojo.

In the Dojo

- Be on time for class, preferably early. If you are late or leave earlier, bow in or out alone.
- Do a standing bow toward the shomen when stepping on and off the mat.
- Remove shoes when entering the dojo and gallery. House-shoes are available or bring your own.
- Help sweep the mat before or after class. Help keep the dojo clean.
- The Dojo kitchen is open to everyone. Please wash your dishes and put them away. Avoid eating in the dressing rooms.

In Training

- Judo gi is preferred as practice attire, Karate gi is acceptable.
- Class begins and closes with a formal bow in seiza toward the shomen and to the Sensei.
- Before beginning and after training with your partner, thank him/her with a bow; do the same with the teacher who gives you instruction.
- Be considerate and kind to other students. Be patient and helpful to less experienced students. It is the "nage's" responsibility to see that the "uke" is thrown safely.
- Train with Energy, but be attentive to the welfare and safety of yourself and others.
- Tap the mat or your thigh to let your partner know he/she gives enough pressure with a pin and has to stop it.
- Practice with minimal conversation. If you are confused you may ask for help.
- Turn away from the shomen when you need to rearrange your gi.

General Hygiene and health

- As Aikidokas we have a high standard of personal hygiene. Wash your hands and feet before training.
- Keep your gi (kimono) clean
- Keep toenails and fingernails clipped short (risk of injuring yourself and others)
- If possible do not use nail polish/varnish (making marks on the mat).
- Avoid strong perfume and deodorant.
- Remove all jewellery before class. Do not chew gum during class.
- If you are ill, take time off from the regular training and let the illness or an infection cure.

How we understand Respect and Mindfulness

Respect is an expression of mindfulness. Respect is something that stands within itself, not just me in front of others, respect for oneself. Mindfulness is not only a means of practice. Mindfulness is also a dimension of encounter. Togetherness is regulated by respect. Bowing means respect for all things. Respect is also another word for gratitude.

May 1st 2009

Thank you! Arigato gosai mashta!