

Dojo Etiquette

Bow towards the shomen when entering and leaving the dojo and the mat

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If there is a class in session, move around the dojo quietly and respectfully

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When joining class late, change quickly and sit quietly just outside the mat and wait until the instructor signals you, upon which, enter the mat and do a sitting bow towards the shomen before joining the class

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Follow the sensei's instruction as closely and safely as you can

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Do not argue or have discussions with the sensei in the middle of class

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Try to move in a timely manner during class as to avoid making everyone wait for you

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Keep talking to a minimum in the middle of class

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Avoid verbally instructing fellow students in the middle of class, regardless of rank

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Inform the instructor if you need to leave the mat in the middle of class for any reason

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Try to train in a level appropriate for you and your partner

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Remember that both nage and uke are learning at the same time, so there is no reason to compete with each other

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Avoid using other people's gi or weapons without permission

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Take care of any injury sustained in a timely manner and inform the sensei immediately

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Use colored tape or inform your partner if you have any injuries that could affect your training

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Do not train when you are ill or have a contagious disease

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Use a clean gi, keep nails clean and short, and observe proper hygiene when training

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Follow the lead of the sensei and sempai, they set an example for kohai

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Keep the dojo and its surroundings clean and presentable

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Be respectful and welcoming towards visitors

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Remember that the dojo is a learning environment and that mindset should be maintained