

## Dojo Etiquette

To benefit and enjoy training in Aikido, to create an atmosphere of mutual respect among the students and teachers and for reasons of safety, there are certain rules of etiquette that are followed in each dojo.

Upon entering the dojo for the first time a seated bow should be performed and on leaving the dojo students should do a standing bow towards the *shomen*.

Bow towards the *shomen* when stepping on or off the mat.

The class is started and finished with a formal bow towards the *shomen* and the Sensei.

Be on time for class, preferably early but if late bow in alone, after receiving permission to enter the *tatami*.

From the time you start training in the art of Aikido the instructor will be known to you as Sensei at all times.

Before and after training with partners they should be thanked with a bow, the same also when the *Sensei* provides personal instruction.

Remove all jewellery and piercings before training.

Keep toenails and fingernails clean and short.

Always keep body and *Gi* clean.

If a student is cut they should leave the dojo and dress the wound before resuming training. Ensure feet are clean before stepping onto the mat.

Students thought to be under the influence of alcohol or drugs will not be permitted to train. The use of bad language is not permitted in the dojo.

Aikido is more than just a physical form of self-defence. It is a physical, mental and spiritual path for growth and development: therefore the greatest understanding is gained when each action is done with mind, body and spirit.

Bowing is a form of paying homage to Aikido, *O Sensei*, the dojo, *Sensei* and training partners, and it is the spirit in which it is done which gives it value and meaning. A bow done out of habit is simply a hollow shell.