

DOJO MANNERS

Central Illinois Aikikai



1. BOW

When you enter and leave the dojo do a standing bow.

When you get on and off the mat do a sitting bow.

At the start and end of class bow to the teacher and your classmates.

If you are uncomfortable bowing, sit or stand quietly.



2. NO SHOES

Take them off when you get inside and put them neatly on the rack.



3. BE READY TO GO

Come to class early. If you are late, wait at the edge of the mat until a teacher invites you to join in.



4. LISTEN FOR A CLAP

When you hear a teacher clap, stop what you are doing and line up.



5. BE A GOOD UKE AND A GOOD NAGE

Make sure your partner does not get hurt. Make sure they can fall safely.

Don't force anything or get rough. Tap = stop!



6. HYGIENE

Keep you and your gi clean and keep finger and toe nails trimmed.

No gum in class.



7. SAFETY

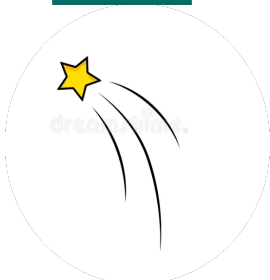
Put red tape on an injury to tell others to be gentle.

Do not lie on the mat or sit with legs stretched out.



8. SWEEP AND CLEAN AFTER CLASS

Students and teachers all clean the dojo after every class.



9. BE A GOOD EXAMPLE

Show good etiquette to fellow students.

We expect this especially of higher ranked students.