

## GENERAL RULES

1. Remove all jewelry before practice.
2. Do not eat or chew gum while practicing.
3. Keep your toenails and fingernails trimmed properly.
4. Keep your gi and body clean. Write your first name on your gi's lapel.
5. Do not leave your gi in the dojo.
6. If watching a class and at all other times, move and talk quietly so as not to disturb a class in session.
7. Volunteer your services to keep the dojo clean. Students are expected to spend at least a few minutes cleaning after each class. Please show initiative.
8. Do not wait to be asked to pay your dues on time. However, if you are unable to pay on time, speak privately with your instructor before your dues are late, and continue to attend your practices.
9. Respect the dojo, its instructors, and your fellow students. They make your training possible.
10. Treat others the way you wish to be treated.

## DOJO ETIQUETTE

1. Etiquette is not simply tradition; it is part of your practice.
2. Bow when entering and leaving the dojo. Bow to shomen when entering and leaving the mat.
3. Remove your shoes at the designated area. Wear zori at all times in the dojo, and never where your zori outside of the dojo.
4. Address the senior students (the dan ranks), or anyone teaching a class, as "Sensei"; this is Japanese for "senior student". All other students should be addressed by adding "-san" after their name.
5. A few minutes before the start of class, line up and sit quietly waiting for your instructor to begin. Bow with your instructor to shomen, and then to your instructor before the initial exercises.
6. If you are late for class, change quickly, bow upon entering the practice area, and then sit quietly off to the side in seiza until your instructor gives you permission to join class.
7. Bow to your instructor when called upon to assist in demonstrating a technique; bow again and sit down when done.
8. Bow when the instructor has finished demonstrating and has directed the class to practice.
9. When your instructor claps, sit down again in neat lines.
10. Should the instructor advise you on a technique during practice, sit in seiza, or kneel on one knee, until the instructor is finished, then thank the instructor and bow.
11. If you need to leave the practice area for any reason, bow and thank your partner, and then ask your instructor's permission to be excused.
12. Do not talk while your instructor is lecturing or demonstrating. Resist the urge to give instruction to fellow students; instead look to your Sensei or Sensei for assistance.
13. Bow and thank your partner after practicing a technique. At the end of class, bow to everyone with whom you practiced.