

Dojo Etiquette Guidelines

- Proper observance of etiquette is as important to our training as learning physical techniques. Please follow the guidelines below to maximize everyone's enjoyment of Aikido:
- The dojo (practice hall) is a formal place where all participants must wear a dogi (judo-gi or karate-gi), the standard uniform for all aikido students
- Wash your dogi regularly to keep it clean and in good shape
- Remove your watch, ring, jewelry and shoes before the practice begins
- Keep your finger and toe nails cut short to avoid injury to others
- No food or beverages are permitted in the dojo, especially during keiko (class)
- When entering the dojo, it is proper to bow in seiza (in a kneeling position) in the direction of O Sensei's picture or towards the front of the dojo, and then towards people already in the dojo saying ohayou gozaimasu (Good morning), konnichiwa (Good afternoon), or konbanwa (Good evening) as appropriate
- Please come early for your keiko and help lay out and clean the mat
- If you arrive late for keiko, bow quietly and join the warm-up in progress or warm-up quietly by yourself on the edge of the mat
- If you wish to leave the mat or dojo for any reason during keiko, ask the instructor
- When the instructor is showing a technique to you, watch and listen in seiza
- If you are waiting for your turn as the third person of a group of three, watch in seiza
- Do not lean against the walls or sprawl with your legs stretched out, sit in seiza or cross-legged
- Keep talking during class to a minimum, all talk should be restricted to Aikido
- Promptly follow the directives of the instructor, do not keep the rest of the class waiting
- Do not engage in rough-housing or needless contests of strength during keiko
- You should also bow when leaving the dojo, saying arigatou gozaimashita (Thank you)
- Please stay after the lesson to clean and put away the mat
- Remember that you are here to learn, and not to gratify your ego, a sincere attitude of receptivity and humility is best.
- Pay your monthly dues in the beginning of each month - if, for any reason, you are unable to pay your dues on time, talk with the person in charge of dues collection.
- Show respect for Aikido, for yourself and for others at all times