



# DOJO ETIQUETTE



Aikido dojo etiquette emphasizes respect, discipline, and mindfulness. Key aspects include bowing upon entering and leaving the dojo and mat, respecting instructors and seniors, maintaining cleanliness and hygiene, and practicing with focus and intent. Talking should be kept to a minimum, and coaching or correcting others should only be done with the instructor's permission.

## Respect:

- **Bowing:**  
Bow upon entering and leaving the dojo, and when stepping onto and off the mat. Bow to the kamiza (front of the dojo).
- **Instructor and Seniors:**  
Respect the instructor and those with more experience. Avoid coaching or correcting others unless authorized.
- **General Respect:**  
Treat all training partners with respect, regardless of their skill level. Avoid roughhousing or needless contests of strength.

**Remember** - this is a Dojo/classroom for Aikido - Aikido does not provide training on politics nor religion. Please avoid political or religious discussions within the dojo and respect everyone's beliefs and commitments while in the dojo.

## Dojo and Mat Etiquette:

- **Cleanliness:** Keep the dojo and yourself clean. Trim fingernails and toenails, and ensure your uniform is clean.
- **Shoes:** Remove shoes upon entering the dojo and never wear them on the mat.
- **Food and Drink:** Avoid eating, drinking, or chewing gum on the mat or in the dojo. Plain water bottles are available in the refrigerator if you would like one.
- **Jewelry:** Remove all jewelry before practice, as it can be dangerous to yourself and others.
- **Personal Hygiene:** Maintain good personal hygiene.
- **Quiet and Focus:** Maintain silence on the mat during training. Minimize talking and focus on the practice.
- **On Time:** Arrive on time for class.
- **Leaving the Mat:** If you need to leave the mat during class, request permission from the instructor. If you wish to re-enter the mat, or enter the mat after class has already begun- Wait outside the mat for Sensei to give you the sign to enter

## Training Etiquette:

- **Mindful Practice:** Approach each technique with focus and attention.
- **Partner Safety:** Always train within your partner's abilities and avoid injuring them.
- **Active Participation:** Participate actively in class, and when not actively practicing, observe attentively.
- **Initiative:** Take initiative in cleaning the dojo and assisting with tasks as needed.
- **Seiza:** Sit in seiza (formal kneeling position) when instructed, and during demonstrations. If you can not sit in Seiza - sit cross legged, or in a kneeling position
- **Providing help:** If you know the technique being studied and you are working with someone who does not, you may lead the person through it, but do not assume the role of the instructor. You are here for practice; do not force your ideas on others. At the same time, respect those more experienced.