



DOJO ETIQUETTE

1. Always Rei (bow) & Kiai (Osu) to instructors and seniors upon first meeting of the day.
2. Always Rei (bow) & Kiai (Osu) upon entering and leaving the training area
3. Never interrupt an instructor if they are speaking to someone else (unless it's an emergency).
4. When approaching an instructor or a senior, always Rei and Kiai before asking your question. If you do not get a response you should leave and wait until another time.
5. If you see something dirty or something that needs attention, clean it or notify a senior.
6. When you are given directions or an order always sound off loudly with osu.
7. When you are told to line-up or move to another location of the dojo, do it as fast as possible.
8. If you are asked a question by an instructor or a senior always rei and stand at attention (yoi) until dismissed.
9. If you are called upon in class to come to the front of the dojo and assist an instructor, do it quickly and with honor. Never flinch or pullback when an instructor is demonstrating with you.
10. Treat all fellow students with respect, both in and out of the dojo.
11. Any member arriving late, **MUST** take-up a kneeling position where the Instructor can see you and wait for permission to join the class (then bow and join).
12. Leave your ego at the front door. Remember that you are here to learn, and not to gratify your ego. An attitude of receptivity and humility (though not obsequiousness) is therefore advised. Preserve common-sense standards of decency and respect at all times.
13. In the dojo we all are the same, there is no distinction in beliefs, economics, position, or culture, we are all just human beings.
14. Treat all fellow students, parents, and visitors with courtesy and respect at all times.