

Masa Kokoro Aikido Dojo Etiquette

Proper observance of etiquette is as much a part of your training as is learning techniques. Please observe the following guidelines.

1. When entering or leaving the dojo, it is proper to bow in the direction of O-Sensei's picture, the kamiza, or the front of the dojo. You should also bow when entering or leaving the mat. This is a sign of respect for the dojo, the students, the teacher, and the art. Note that this is not a religious gesture, but a traditional Japanese way of respecting others.
2. No shoes or socks are to be worn on the mats.
3. Please address the instructor as 'Sensei' or 'Sir' as opposed to his first name or 'hey you' while in the dojo.
4. If you need help while practicing, please raise your hand and look in the direction of the instructor. Say 'onegaishimasu' which means you are requesting something, in this case help.
5. Be early for class. If you do happen to arrive late, sit quietly in seiza on the edge of the mat until the instructor grants permission to join practice. Then, quietly warm yourself up in the corner until the instructor gives you permission to join the activities.
6. If you should have to leave the mats or dojo for any reason during class, approach the instructor and ask for permission.
7. Avoid sitting on the mat with your back to the picture of O-Sensei or the kamiza. Also, do not lean against the walls or sit with your legs stretched out. (Either sit in seiza or cross-legged please.)
8. Remove watches, rings and other jewelry before practice so as to not hurt yourself during practice.
9. Do not bring food or gum with you into the dojo.
10. Please keep your finger and toe nails cut short to avoid scratching others.
11. Please keep talking during class to a minimum. What conversation there is should be restricted to one topic — Aikido.
12. Keep your training uniform clean, in good shape, and free of offensive odors.
13. Do not change your clothes on the mat.
14. Preserve common-sense standards of decency and respect at all times.
15. Enjoy yourself, train hard, and be friendly and courteous to your Aikido friends.