

Shanghai International Aikido Club

Dojo Rules & Etiquette

Shanghai International Aikido Club is an organization for training the body and mind, developing the individual, instilling moral principles, and improving friendship through the practice of Aikido.

We are a non-profit organization depending on the active participation of our members. We hope that every member will obey the rules and respect the etiquette of the dojo.

Preparation

1. Keep your finger and toenails clipped short. Wear a clean *gi* (uniform) to practice.
2. Place your shoes neatly at the entrance of the dojo.
3. Take off all watches, rings, jewelry, or hard hairpins before practice.
4. Arrive at the dojo 15 or 30 minutes in advance, change clothes quickly, and then assist in moving the mats. it's a sort of training too ,please do it ,actively.
5. Place your belongings neatly to the side, and turn cellular phones off or on silent mode.
6. Any personal business should be completed before training, not left for during training.
7. If free time remains before training begins, do warm-up exercises by yourself. Do not start training techniques or ukemi without warming up first.
8. If the dojo venue is in use by another group when you arrive, wait for them to finish before entering.

Training

1. Bow facing the dojo when you enter or leave the mat. Before training begins, sit in *seiza* to wait for the teacher.
2. Keep your body upright whenever you are moving, sitting and standing, to keep the image of a samurai.
3. If you arrive late, sit in *seiza* beside (not on) the mat, and do not step onto the mat until invited by the teacher.
4. If you wish to leave the mat before practice is over (e.g. to leave early / drink water), get the teacher's permission first.
5. After the teacher has demonstrated a technique, bow to him / her, then quickly find a partner. Do not tap or pull on other students to indicate that you wish to practice with them.
6. If the teacher is giving individual instruction, sit and watch attentively, while leaving him / her enough space.
7. Do not talk or wipe your face while the teacher is explaining a technique.
8. During training, do not talk unless necessary and do not discuss anything unrelated to Aikido.
9. If you arrive late, do not enter the dojo or walk around while the teacher is demonstrating or explaining a technique. Sit in *seiza* until the teacher is finished.
10. If your *gi* (uniform) becomes messy, stand at the side of the mat with your back facing your partner to re-arrange it. Make sure your *gi* is neatly arranged before bowing in at the beginning and bowing out at the end of training.
11. Do not act recklessly or argue with others. Remember, you come to here to practice, not to satisfy your ego.
12. Safety first: protect others and yourself. The club cannot take any responsibility for unexpected injuries.
13. Try to practice with senior students, especially *yudansha* (black belts) as much as possible, in order to improve faster.
14. When walking across in front of somebody, bow to him/her and walk away quickly.
15. Dojo etiquette is not only a matter of tradition, but also to help you concentrate on training. Absent-mindedness is dangerous.

Migeiko

1. *Migeiko* (members who cannot take part in the training due to injuries, illness, etc.) and observers should sit upright by the side of the mat and listen quietly . Do not sit with your legs crossed, speak loudly or move more than needed, smoke, or chew gume. Turn cellphones off or to silent mode. Visitors may not take photos without permission.
2. *Migeiko* attendees should bow at the beginning and end of training, just as regular students.
3. *Migeiko* should watch the whole class. In this case, the class can be counted as 1/4th of a class for purposes of determining grading qualification.
4. Visitors should obtain the teacher's permission before entering the dojo.

After training

1. When the training is over, please take an active part in cleaning the dojo. Demonstrate initiative in bringing water, wiping and putting away the mats, and putting the bucket and dustcloth away. The whole day's training is finally accomplished only after the dojo has been cleaned.
2. Do not use and or step over others belongings, Bokken & Jo, etc.

Outside the dojo

1. Please abide by the law. Practitioners are not allowed to fight using the skills of Aikido outside the dojo.
2. Be careful with the expression you use at any place (including the net, BBS, Aikido forum, etc.). Please help maintain the good reputation of Aikido and the dojo.
3. Please get permission from the teacher there in advance, if you're attending training at other dojos. Obey other dojos' manners and practicing style when visiting them for training.

Other points

1. Pay tuition and other fees (renting dojo, inviting Sensei from Japan, membership fee) on time.
2. The club will terminate your membership if you seriously violate the rules.
3. Wish everyone a happy practice!