

# Aikido Takayama

## Dojo Etiquette

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

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 offer a SEATED bow when stepping onto or leaving the mat.
2. No shoes on the mat.
3. Be on time 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.
4. If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission.
5. 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.)
6. Remove watches, rings and other jewellery before practice.
7. Do not bring food, gum, or beverages with you into the dojo. Closed water bottle near the mat is acceptable. All other personal items should be placed in change room.
8. Please keep your finger and toe nails cut short.
9. Please keep talking during class to a minimum. What conversation there is should be restricted to one topic -- Aikido.
10. Carry out the directives of the instructor PROMPTLY. Do not keep the rest of the class waiting for you! If an instructor or senior student offers a seated bow, it is respectful to offer a seated (not standing bow) to them.
11. *Onegaishimasu* ("please", or "I ask a favour") and *Arigato gozaimashita* ("thank you") are the expressions used at the beginning and the end of class, respectively, and also between partners at the beginning and the end of each individual practice.
12. Do not engage in rough-housing or needless contests of strength during class.
13. Keep your training uniform clean, in good shape, and free of offensive odours.
14. Please pay your membership dues promptly. If, for any reason, you are unable to pay your dues on time, talk with the person in charge of dues collection.
15. Do not change your clothes on the mat.
16. 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.
17. Preserve common-sense standards of decency and respect at all times.
18. Etiquette toward Sensei or teacher: When a teacher leading the class is demonstrating, all focus should be on the instruction. After demonstration, students say *Onegaishimasu* to the sensei and then immediately to your practise partner.
19. Additional etiquette toward Sensei or teacher: when a teacher interrupts your technique to demonstrate guidance or improvement pay close attention and AFTERWARD bow and say, "Thank you, Sensei.", or "Domo Arigato Gozaimashita, Sensei." ("Domo" only is **not** acceptable – it translates more like "Hey, thanks dude!") This is done whether the sensei acknowledges your bow or turns away before you can bow to his/her face.

20. When an instructor claps hands to end practise or indicates the end of practise for that technique move **immediately** (do not finish the technique, if you are in the middle) and bow to partner, become seated and ready to watch the next instruction
21. Look to your teachers and most senior students for etiquette and form.