



Dojo Etiquette

1. When you enter the Dojo (training hall) it is a place that is away from the pressures of your everyday life. This starts when you enter the room with a bow and finishes when you bow out of the room.
2. Bow when you enter and leave the Dojo facing the front of the room (back to the door), at the start and finish of class and when you start and finish a technique with your partner, basically at the start and finish of interaction in the dojo. For kids this is a sign of respect and for adults is a trigger to disconnect from what just happened and move to a new situation and start with a clean neutral slate.
3. During a class we respond to instructions and discussions from a higher rank with OUS this is a term we use to show acknowledgement and that we are present and listening with an open heart and mind.
4. If you are late to class and arrive after the main bow on that's fine provided not more than 10 minutes. You will still need to do a warm up before you start. Simply get ready and then walk to the side of the mats, to your instructor and wait until they notice you, bow on and join in or follow instructions given.
5. During the class we use what is known as a Kiai. This is short sharp burst of sound. Kiai is the name not the sound. The actual sound is a personal thing. It is used to break our opponents balance and give us the mind set to tap into our internal strength. We use this in class to show our presence of mind (or bring our focus back) and add energy to the class. It is done to accentuate and add power to a technique or at the finishing move of a technique. It is also good therapy and fun to yell loud.
6. In any set move the higher rank does the technique first.
7. Always remember any advice or corrections given by a higher rank are for your benefit and to help you improve. Even though this may threaten your ego, just let it go and respond with an OUS.
8. Senior ranks must always treat junior ranked students with the same respect they ask for themselves.
9. Respect and look after your training partners and the people who cross our paths in life.
10. If you need to leave the mat for any reason (drink, toilet or just to leave early) always bow of to your instructor and let them know.
11. Remember this is your workout so focus on doing your own personal best.
12. Leave your ego at the door.