



## AIKIDOKA CODE OF CONDUCT and DOJO RULES

- Always bow towards the shomen when entering or leaving the Dojo matted area. If the class has started then you must wait until you are given permission to step onto the mat. You should ask permission to leave the matted area.
- Your gi (and hakama if worn) should always be clean and free from rips and tears. Be mindful of personal hygiene.
- If you are unavoidably late wait on the side of the mat in seiza until the instructor gives you permission to join the class. Then you must perform a seated bow towards the instructor and the shomen.
- The correct way to sit on the mat is in seiza or cross-legged. Never lean against the walls.
- When the instructor demonstrates a technique sit in seiza and bow to him/her when s/he has finished.
- Always rei to your training partner before and after you train together.
- Do not eat whilst on the mat (e.g. chewing gum, sucking sweets).
- Jewellery which might cause injury should be removed or taped over. Body piercings should be removed where necessary.
- Fingernails and toenails should be kept short and free from sharp edges which may cause injury to yourself or others. This is a relatively common source of injury on the mat so please pay close attention to this point
- Respect all training partners irrespective of grade.
- Only practice what you have been shown by the Class Instructor
- Play your part in maintaining the health and safety of everyone present. Always tell the instructor if you see anything which could pose a danger to yourself or others.
- Always advise the instructor in any change in your medical or health status (including injuries).
- 

**It is mandatory to use the following terms on the mat and within the dojo building:**

- Shihan (for the Chief Instructor only)
- Sensei (any 3rd Dan instructor **or** any instructor taking the class)
- Sempai (any other qualified coach in the class)

### **Membership and fees**

- It is your responsibility to ensure that your membership is renewed on time each year.
- Please ensure that you keep your personal membership details up to date via our on line membership web site. We use this data to send out renewal reminders and we will also use this information in the event of needing your emergency contact information.
- Mat fees should be paid at each training session