

EAST COUNTY BUDOKAI

Etiquette Guidelines for Students

Proper observance of etiquette is as much a part of your training as is learning techniques.
Budo [lit. martial or warrior way] training places as great an emphasis on the cultivation of proper deportment as it does the martial spirit.

Please take the following guidelines seriously.

1. Bowing is appropriate on the following occasions:

- (a) When entering and leaving the dojo;
- (b) When stepping on or off the mat;
- (c) At the beginning and end of class;
- (d) When asking or thanking a partner for practice;
- (e) After receiving special instructions from the teacher.

When entering or leaving the dojo, it is proper to bow in the direction of O Sensei's picture, the instructor, the kamiza, or the front of the dojo.

- 2. The cleanliness and purity of the mat and dojo are essential.** Remove shoes upon entering and place them neatly on the shelf; do not walk on the exterior surface or outside in bare feet; make sure your feet are clean before stepping on the mat. Junior students should take responsibility for cleaning the dojo following class.
- 3. Be on time for class.** If late, enter and go to changing room (wait if technique is being demonstrated). Re-enter; sit on a corner of the mat until the instructor indicates you may join class. Bow to the instructor.
- 4. If you or someone else is hurt, tell the instructor at once.** If you need to rest, request permission from the instructor. If you have a problem during practice, let your partner know. Do not leave the mat without permission by the instructor.
- 5. At the beginning of class and when asking a partner to practice with you, say: "O-negai-shimas(u)" or "Osu" [the "u" is silent];** at the end of class and when thanking your partner, say: "Arigato gozaimashita" or "thank you very much".
- 6. Avoid sitting on the mat with your back to the picture of O-Sensei,** the instructor or the kamiza. Also, do not lean against the walls or sit with your legs stretched out. (*Either sit in seiza or cross-legged.*)
- 7. Remove watches, rings and other jewelry before practice.** Please keep your finger and toenails cut short. Do not bring food, gum, or beverages with you into the dojo.

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8. **Please keep talking during class to a minimum.** What conversation there is should be restricted to one topic -- **Budo.**
9. **Carry out the directives of the instructor PROMPTLY.** Do not keep the rest of the class waiting for you!
10. **New students should seek out partners** and not wait for someone to choose them.
11. **Keep your training uniform clean**, in good shape, and free of offensive odors.
12. **Do not engage in roughhousing or needless contests of strength during class.** Budo training is a serious, "life-and-death" matter. Many of the weapons and techniques can be quite dangerous, even when handled properly. If misused, someone could be seriously injured.
13. **Dues are payable on the first of each month.** If you are having financial difficulties, speak with the instructor as soon as possible.
14. **Weapons and/or gi should always be carried in a bag** or covered when outside of the dojo. Do not leave a gi in changing room.
15. **Never use another person's weapon(s) without their permission.** Every member must have his/her own weapons. Questions concerning the availability of weapons should be directed to the Chief Instructor.
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. Common sense and decency should be the rule, not the exception.

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