



DOJO DISCIPLINE AND ETIQUETTE

1. Attend classes on a consistent basis.
2. Place attendance card in basket.
3. Be in full uniform 5 minutes prior to your class time.
4. Place shoes neatly under bench and place jackets neatly on hooks or utilize the locker room.
5. If you must change clothes, use the locker room, not the bathroom.
6. Keep uniforms neat, clean, odor-free, hemmed and in good repair. Tie belts properly.
7. No jewelry in the training area. Long hair must be tied back.
8. No food, beverages, or gum chewing in the training area.
9. Facing towards the training area, bow (rei) both entering and leaving.
10. If you arrive late for class, you must stand at the edge of the mat, bow, and wait for the instructor to acknowledge you before entering the training area.
11. Foul or disrespectful language, shoving, and intentional physical injury to another will not be tolerated.
12. **DO NOT TOUCH ANYONE ELSE'S WEAPONS OR EQUIPMENT WITHOUT THEIR PERMISSION.**
13. Remain silent when someone else is talking. **DO NOT** interrupt the instructors.
14. Address all teachers as Mr./Mrs./Miss/Ms. as directed.
15. When straightening your uniform (gi) or your belt (obi), face the rear of the room, turned away from the Black Belts.
16. Answer questions with a "yes sir"/"yes ma'am" or a "no sir"/"no ma'am".
17. If you must leave prior to the end of class, ask to be dismissed.
18. When at attention, keep your back straight and your eyes forward.
19. When seated, be in seiza position unless otherwise directed.
20. Practice at home will give better results. Perfect practice makes perfect.
21. Develop and maintain a positive, well-disciplined attitude.

WE ARE ON A QUEST TO BE OUR BEST!

THIS IS A BLACK BELT SCHOOL!

OSU!