



RULES OF THE DOJO

- ❖ The student always bows when entering or leaving the Tatami, and before starting to practice, takes few minutes to gather his/her thoughts and prepare his/her spirit.
- ❖ Impeccable dress is required. Gi and Hakama must be clean and worn properly. Correct posture and behaviour on and off the Tatami reflect respect for the Dojo and all its members, regardless of their rank.
- ❖ In the Dojo, and during classes, the Instructor is addressed as « Sensei ».
- ❖ Being on time for the class is a responsible way to control one's priorities.
- ❖ Every member is responsible for the cleanliness, organization and atmosphere of the Dojo.
- ❖ Members are expected to make their talents, including study and professional skills, available to the Dojo.
- ❖ Rank implies responsibilities, not privileges.
- ❖ Coaching is an integral part of your training. Train with many different partners. If you are an advanced student, share your knowledge but don't try to impose it. If you are a beginner, be open to receive what is being passed on to you.
- ❖ Practice with your partner and not on your partner. Watch where you throw. You are responsible for the safety of your partner. Accidents are often an indication of incompetence or carelessness.
- ❖ The Instructor's teaching is only a small part of your learning, merely a catalyst, and will come to nothing without your constant effort.
- ❖ Aikido is not only a physical activity; it is a way of life, a philosophy. Be sure to maintain this philosophy at the heart of your practice.
- ❖ Be attentive, focused, vigilant, and have a good time.
- ❖ Remember the love you take is equal to the love you make.

Go, and give some more...