

# DOJO ETIQUETTE

## 道場訓

### Before and After Class

1. Take off your footwear before entering the mat. At no time are you to be on the mat with shoes or off the mat with out shoes!
2. Before class have your card filled out and ready.
3. If you arrive late, wait outside of the mat area for the instructor to recognize you and call you onto the mat.
4. Do not leave the mat without permission of the instructor (unless it's an emergency).
5. At the end and beginning of each class we line up and bow.

### During Class

1. No chewing gum in class.
2. Never talk when the instructor is talking.
3. Respect EVERYONE.
4. Especially respect higher ranking members.
  - a. Do not ask a black belt to train, if they ask you it is ok but you should not ask them to train.
  - b. When you are rolling (training) be aware of your surroundings. Higher belts have priority when it comes to mat space (it's the lower belts responsibility to move).
5. Take instruction from instructors only. Remember the instructor is teaching class not your partner. If you or your partner have a question it is always best to ask. Raise your hand and wait patiently for the instructor to come around
6. Practice end to end commitment. When you step on the mat you should use that time to improve yourself. If you want to talk and hang out please be mindful of your teacher and partner and do it after class.
7. Everyone works with everyone.
8. No swearing (or 10 push ups).
9. Anytime you leave the mat and plan on returning USE FOOTWEAR, especially to the restroom.

### Personal Hygiene

1. Make sure all finger and toe nails are neatly trim.
2. Make sure you always use a clean gi.
3. Feet should always be clean.

