



## RULES AND ETIQUETTE

**The definition of etiquette is - code of conduct. These rules are necessary to minimize injury and to maximize the benefit to be experienced by all Judokas.**

Students should salute the Dojo with RITSU-REI or ceremonial bow as they enter or leave. They should also specifically bow to the instructor as well as to any other dignitaries upon their arrival and departure. This is a sign of respect and should be accomplished by first making eye contact. Each person should bow on and off the mat each time. All instructors or black belts of related disciplines must make themselves known to the Sensei.

Students must always be barefoot on the TATAMIS and shall wear shoes or sandals elsewhere. Everyone should protect the mat surface by informing new students and visitors, or reminding those who forget about the no-shoes rule. Help us keep the Dojo clean as the extension of ourselves during practice.

Students must be on time for class and should not leave the mats before the end of the practice. The instructor or person in charge of the class should be advised of all early departures, late arrivals or absences from class. Students should not miss class without good reason so that they will not impede the progress of their partners upon their return. If it cannot be helped, absence should be advised to Sensei Brian or the duty Sensei by leaving a message at 852-2206.

The traditional uniform (KEIKO-GI) shall be worn with the belt corresponding to one's rank in the practiced discipline. The GI must be washed regularly. Short nails as well as cleanliness of body, feet and hands are a must. Also, long hair must be tied back, and beards and moustaches must be of reasonable length so as to not hinder one's movements or those of one's partners. Jewellery, watches and all other objects that present a risk of injury are incompatible with the serious practice of Judo.

All must pay their fees on time, and guests wishing to practice regularly shall properly register themselves. Student's guests are welcome as spectators as long as they are unobtrusive.

All students will conduct themselves properly in and out of the Dojo. Students will show respect to instructors and senior students by calling them Sensei, and by carrying out their instructions. The use of foul language will not be tolerated. Partners will treat their fellow students with the same respect by saluting each other before and after practicing, and by making safety an important objective of practice. Students shall only sit with the instructor's permission in SEIZA (kneeling) position, or cross-legged. At no time is a lounging position acceptable. Excessive talking and laughing will distract the rest of the class and may pose a risk of injury.

Advanced belts have the duty of setting an example in attitude and conduct. They should also immediately correct mistakes made by people of lower rank. They are not to substitute themselves for the instructor by showing new techniques, or by giving advice that the instructor would think unnecessary. Common sense is the criterion. When the instructor or a more advanced or experienced student corrects another student, he or she should acknowledge the help offered and immediately correct their mistake. All corrections or advice given by the instructor or a more advanced student are necessary for progress; in no instance are they to be considered an attack on the person's dignity.

Students should acknowledge success and compliments modestly. Likewise, they should assume responsibility for their mistakes and see if they themselves were the cause before blaming someone else. Considering the fact that all mistakes will be corrected by the instructor, all arrogant or lax attitudes will not be tolerated. Ensuring safe practice is of great concern; proper respect and attitude significantly contributes to safety. A student shows proper respect and attitude by reacting well to corrections.

All techniques taught can only be practiced under the supervision of a competent person. All abusive use of the techniques which might prejudice others against Judo and other students will be dealt with accordingly.

All students wishing to participate in a competition must seek their instructor's approval beforehand. Candidates for examinations and competitions must be properly registered with all organizations concerned.

Rank is an indication of a student's current level; it is never given as a reward. Rank is determined by age, technical and physical progress, and the student's understanding of the value of the Martial Arts and its application in daily life. Duties and privileges are proportional to rank. Conversations about rank, politics, and other subjects liable to cause discord are incompatible with the spirit of the Martial Arts.

Within the Dojo students should put aside their personal relationships and also recognize how these may affect their study of Judo.

Progression and regression are normal steps in the learning process. It is the student's responsibility to deal with discouragement and the desire to quit.

The understanding and application of these rules is the surest way to progress and derive satisfaction from the practice of Judo. So that one may understand perfectly the goals of the Etiquette and Rules, it is advised that one think about them carefully and obtain necessary clarification from a Sensei or senior student.