

Proper Dojo Etiquette

- ✚ Aikido Bismarck Students are expected to show **extraordinary** respect to the dojo, instructors, and other students at all times.
- ✚ Upon entering the dojo, bow to the front, and a greeting such as “konnichiwa” (hello) “konbanwa” (good evening) or “ohaio gozaimasu” (good morning) should be offered-up/spoken so that others hear you. Students present should acknowledge and return the greeting. Beginners may use the English phrases.
- ✚ Shoes and coats should be placed neatly in the front shelves/on coat hooks. Other belongings should also be stowed neatly and out of the way of other students and guests at all times.
- ✚ Cleanliness is respectful. Please ensure that your gi is laundered regularly and that you have clean hands, feet and bodies before stepping on the mat.
- ✚ Nails should be trimmed before getting on the mat. As a courtesy to others, please do not peel nails or skin or perform any other **personal** grooming on the mat.
- ✚ Please do not train if you are ill and possibly contagious. Please properly cover warts on hands or feet. Open cuts or other wounds should always be properly bandaged while on the mat.

- ✚ Bow to the front of the room (shomen wall) before entering and exiting the mat. Please show respect to your instructors by asking for permission if you need to leave the mat during class. Take care of restroom and other needs **before and after class** except in the case of personal emergencies/ urgent situations.
- ✚ Respect your fellow students when training. Always look out for **their** safety as well as your own. Aikido techniques **are** powerful. Injuring another through recklessness will result in suspension.
- ✚ Sincerely bow to your classmates before and after training together and say “onegaishimasu” with respect. At the end of class, shake their hands, **give them your full attention**, and say, “thank you” or “domo arigato gozaimashita”
- ✚ When arriving late, please quickly attend to your preparation needs and then perform the formal class bow-in (2 bows, 4 claps, bow, “onagaishimasu!”) on the mat, but out of the way of others.
- ✚ When leaving the dojo, please bow to the front and offer a “sayonara” (good-bye) or “jaa matta” (see you later).

Other common courtesies:

Please cover your mouth when yawning. Not doing so indicates boredom and disrespect (even if not intended).

Cover coughs and sneezes with tissues or elbow, not your hands.

Thank you! Self-discipline is a hard-earned gift that
you give to yourself with life-long benefits.