



DOJO DISCIPLINE AND ETIQUETTE

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

WE ARE ON A QUEST TO BE OUR BEST!

THIS IS A BLACK BELT SCHOOL!

OSU!