

# DOJO ETIQUETTE

## MARTIAL ARTS - USA

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1. ALWAYS RESPECT YOUR PARENTS AND AUTHORITY.
2. STUDENTS MUST ALWAYS SHOW RESPECT TO THEIR PEERS AND INSTRUCTORS WHICH IS A SIGN OF COURTESY. PLEASE TREAT EVERYONE WITH COURTESY.
3. A BOW OF RESPECT WILL BE PERFORMED BEFORE ENTERING AND LEAVING DOJO OR MAT AREA. GREET INSTRUCTORS AND FELLOW STUDENTS WITH A BOW.
4. NO HATS, SHOES OR JEWELRY IS ALLOWED ON THE MAT AREA.
5. ALL STUDENTS SHARE THE RESPONSIBILITY OF KEEPING THE DOJO SAFE AND CLEAN.
6. STUDENTS MUST REMAIN QUIET AND ATTENTIVE IN THE DOJO AND NOT ENGAGE IN IDLE CHATTER DURING CLASS. REMEMBER IN THE DOJO, MARTIAL ARTS IS YOUR ONLY CONCERN.
7. NO FIGHTING OR SPARRING WILL TAKE PLACE EXCEPT UNDER THE DIRECTION OF A BLACK BELT INSTRUCTOR.
8. WEAPONS ARE TO BE USED ONLY UNDER THE SUPERVISION OF A BLACK BELT INSTRUCTOR. AFTER USING ANY PIECE OF EQUIPMENT, PUT IT BACK IN ITS' RIGHTFUL PLACE.
9. STUDENTS MUST PROPERLY WEAR A CLEAN UNIFORM IN GOOD REPAIR AT ALL TIMES.  
(JACKETS MUST BE ON UNLESS OTHERWISE SPECIFIED.)
10. ALL STUDENTS MUST FOLLOW THE BASIC RULES OF HYGIENE. BATHE REGULARLY, CUT FINGER-NAILS AND TOE-NAILS AND WASH YOUR PRACTICE CLOTHING AS NEEDED.
11. THE WORD "**OSU**" IS A SIGN OF RESPECT USED IN MANY SITUATIONS SUCH AS :
  - WHEN BOWING AS YOU ENTER OR LEAVE THE DOJO OR MAT AREA.
  - UPON RECEIVING ANY ADVICE/COMMAND FROM INSTRUCTORS.
  - AS A GREETING OR IN ANY APPROPRIATE SITUATION.
12. TUITION MUST BE PAID ON TIME.
13. UPON ENTERING THE DOJO STUDENTS MUST REGISTER AT THE FRONT DESK.
14. PARENTS ARE FREE TO WATCH LESSONS BUT ARE REQUESTED NOT TO SPEAK TO OR DISTRACT THE STUDENTS DURING CLASS.
15. **DO NOT ABUSE YOUR KNOWLEDGE OF THE MARTIAL ARTS.**  
MARTIAL ARTS SHOULD ONLY BE USED TO PROTECT YOURSELF AND OTHERS.

### SOME GOOD ADVICE.

- TRAIN TO THE BEST OF YOUR ABILITY AND WITH MAXIMUM EFFORT.
- ATTEND CLASSES REGULARLY.
- PRACTICE AT HOME.
- ALWAYS DEMONSTRATE GOOD BEHAVIOR AND CORRECT ETIQUETTE.
- LISTEN TO YOUR INSTRUCTOR.
- IMPROVE AND TRAIN THE SKILLS YOU HAVE.
- LEARN YOUR NEW SKILLS WELL.
- TREAT EVERY TRAINING SESSION AS THOUGH IT'S A GRADING.

**WHILE THESE RULES MAY SEEM FORMAL, THEY HELP TO INSTILL A SENSE OF RESPECT AND DISCIPLINE NECESSARY IN A "SPORT OR ART" WHICH MAY, IF TAKEN LIGHTLY, CAN BE DANGEROUS.**

THANK YOU.