

# LEADERSHIP MARTIAL ARTS **Dojo Etiquette**

If you watch a class, you may notice a lot of different behaviors and customs. The dojo etiquette rules foster the positive character development of our students, safety of our members and should be adhered to at all times.

- Bow before stepping on or off the mat.
- If you need to leave the mat during class for any reason, please ask for permission first.
- If you arrive late for class, quickly retrieve your membership card and wait patiently by the side of the mat for permission to enter class.
- Arrive to class on time. On time is 5-10 minutes before class begins.
- Maintain positive personal hygiene by wearing a clean uniform, keeping nails trim, using deodorant and brushing your teeth.
- Remove jewelry and other personal items before class.
- Young children should be accompanied by an adult at all times.
- When an on floor instructor speaks, you should *stop* what you are doing, *look* at the instructor, *listen* to the instructions and *practice* accordingly.
- All food or drink should be enjoyed in the café area.
- No gum or candy.
- No shoes on the mat. (Socks are permitted)
- Black Belts should be addressed as sir or ma'am. (Bonus points for non-Black Belts)
- All gear, shoes and personal items should be placed completely in a cubby or rented locker. The floor is not a cubby.
- If you have recently been sick, had a rash or skin condition, do not train.
- If you have any open wounds, cuts, etc. you should not train unless the wound can be safely covered without the covering coming off during training.
- Be a leader and model example for other students, protect others from injury, help them learn, and treat them with respect and consideration.
- Wear shoes when using the restroom.
- Anyone wishing to participate in activities must have a completed waiver on file.
- For and live training activities, students should always wear the required safety equipment posted in the proshop area.
- All safety gear should be kept in good condition and replaced if outgrown.
- Keep all language respectful.