***Ho’on Dojo***

***Dojo Etiquette***

***400 N. Center Street, Westminster, MD 21157***

***Located in The Town Mall of Westminster***

1. Upon entering and leaving the dojo, make a standing bow.
2. The instructor is to be addressed as “Sensei”. If there are two instructors, address them as “Sensei” and their first name.
3. Respect your training Gi (Uniform). Gi should be **clean and mended**. Gi should worn should be the Gi that is acceptable to the Sensei.
4. Respect for fellow Jujitsukas. Arrive with proper cleanliness and grooming.
5. The proper way to sit on the mat is in seiza. If you have a knee injury, you may sit cross-legged, but never sit with legs outstretched and never lean against the walls or anything else. You must be alert at all times.
6. Do not leave the mat during practice except in the case of injury or illness. If injured, let the Sensei know. If you must leave the mat for personal reasons, please inform the Sensei. Although it is important to push your body to discover your limits, it is permissible to rest if necessary. Do so by moving to the edge of the mat and sitting seiza until able to rejoin the class.
7. During class, when the instructor demonstrates a technique for practice, you should sit or stand quietly and attentively.
8. During class, practicing of techniques is normally done in pairs. If there is an odd number of students in the class, a group of three may be formed, with practice proceeding by twos instead of by fours.
9. When the end of a technique is signaled, stop immediately.
10. Never stand around idly on the mat. You should be practicing or, if necessary, seated/standing formally, awaiting your turn.
11. **Respect those who are more experienced. Never argue about technique**.
12. **You are here for practice. Do not force your ideas on others. (If your rank is under brown belt)**
13. If you know the movement being studied and are working with someone who does not, you may lead the person through it. But do not attempt to correct or instruct your training partner if you are not of Brown belt or higher.
14. Keep talking off the mat to an absolute minimum.
15. Do not lounge around on the mat before or after class. The space is for students who wish to train. There are other areas in the dojo for socializing.
16. No eating, drinking, smoking, or gum chewing on or off the mat during practice, nor on the mat at any time, except for water break, off the mat.
17. No jewelry should be worn during practice unless properly secured.
18. Never drink alcoholic beverages while still wearing practice Gi.
19. Never wear Gi outside the dojo.
20. Respond to new situations with common sense.