

## Etiquette - Rules of Conduct in our Dojo

1. Arrives on time for training, about 10 minutes earlier.
2. Finger and toe nails should be cut short because of the risk of injury.
3. Wash your feet immediately before training. During the training neither jewelery nor watches or rings may be worn.
4. The dojo is not a dining room, you can not eat or drink on the mat.
5. The GI ("combat suit") should always be clean. A white (not colored or colored) T-shirt may be worn under the gi. Women and girls always wear a white T-shirt under the GI. Long hair should be tied together.
6. When entering and leaving the practice room (dojo) and when entering and leaving the mat (tatami) you should bow to Kamiza.
7. From the wardrobe to the mat (tatami) you should wear slippers or, if you forget them, socks. but not on the tatami.
8. However, if you are late, you should sit on the edge of the mattress in the Seiza and either warm up after a short meditation or wait for a sign from the trainer (as an invitation to participate in training).
9. During exercise, you should not leave the mat if there are compelling reasons (eg looking for a toilet, nausea ...) should this be reported to the trainer (or if at least one other trainer, eg. B. for large people) courses).
10. You should never sit with your back to the Kamiza \* (this also applies, for example, when folding the Hakama).
11. During training, speaking should be kept to a minimum. If necessary, only talk about the currently practiced technique.
12. The instructions of the trainer should be carried out quickly and carefully.
13. No change of linen on the mat.
14. One should always remember that his partner is also a human and therefore takes care of him. The collaboration between Tori and Uke is crucial to the value of the training.
15. Special value is placed on the Uke. Therefore, the following rules should be observed in training:  
If the partner is weaker (has nothing to do with his degree): The stronger must consciously make both Tori and Uke; that the weaker partner practices, me. Can make progress.
16. If the partner is stronger: The attack of the weaker Uke should have exactly that level of difficulty that he (as Tori) can handle himself. Our main task should be to match each other's skills as Tori and Uke.

\* Kamiza = in front