

AOR: Dojo Etiquette & Rules

- Do not bring negativity to the dojo. Enjoy training safely, leave with a positive happy feeling!
- Be respectful to all the Sensei and to other students at all times. Aikido involves cooperative training. Please be considerate of your training partners.
- Do not correct or tell what to/not to do to anyone higher rank than you are, especially if they are black belts.

Teaching:

- Call all instructors "Sensei".
- Teaching is the sole responsibility of the Sensei and his/her assistants.

Bowing:

- When to bow:
 - When entering and leaving the dojo
 - When stepping on and off the mat (to Shomen)
 - Before and after class
 - Before and after each training (to your partner)
 - After instruction by the Sensei
 - When saying "Thank you" (Arigato gozaimasu/mashita)
 - Anytime when finishing a conversation with the Sensei

During the class:

- When you are late for the class, sit in seiza off the mat and wait for the Sensei to give you permission to join the class.
- Ask for permission to step on and off the mat after the class has already started.
- Sit in seiza and maintain good posture with your hands on top of your legs when Sensei is demonstrating to the class. You may shift to a sitting position with your legs crossed after bowing. Try sitting in seiza for as long as possible. Be sure to be sitting in seiza for all seated bows. If you have bad knees/legs/feet, sit comfortably.
- If you have a question while training, call the Sensei (or raise your hand), and wait for a reply.
Do not interrupt Sensei while he/she is speaking. Please wait until he/she is done.

- Notify the Sensei immediately of any circumstances that affect your personal or class safety.
- Mind your personal hygiene before and during class. Wash your gi every time you train, cut your nails, tie your hair. Wear no jewelry including earrings, piercings, rings, necklaces, hair pins, etc.), wear no make-up, perfume/cologne.
- Have nothing in your mouth on the mat.
- When fixing your gi/belts, face away from the the shomen.

After the class:

- After class, ask Sensei or other black belts if you can fold their hakama. Lower belts should look after senior students.

Weapons:

- Do not touch someone's weapons without their permission. Do not step over someone's weapons.
- Know how to handle weapons, how to bow with weapons, and how to step on and off the mat with weapons.

At seminars or visiting other dojo:

- Remember you are a member of AOR. What you do or say is seen as a reflection of AOR.
- Always perform a seated bow.
- Try to help when you have opportunities.
- Call all the black belts "Sensei" if you are not sure.
- If you don't know how to do certain things, ask the student from the dojo or follow what they do.
- If techniques differ from what you have been taught, DO NOT try to correct anyone. Instead, follow and try the way they tell you to do. Keep a "beginner's mind" to learn!