

## Samurai Judo and Jujitsu Dojo Rules

- 1) Safety always comes first. Take care of yourself and your fellow students - always be aware of your surroundings.
- 2) Wear the appropriate uniform. Women/girls wear a neck-high tee shirt (must be white for shiai but any color is ok for the dojo) that is long enough to be tucked into the pants under the uniform - a sports bra or v-neck tee shirt alone is not acceptable. Men/boys do not wear a shirt under their uniform unless approved by an instructor. Uniforms should be tailored so that the pants do not drag on the floor and pants must be pulled up and tied properly. Gi hygiene is important - make sure your uniform is freshly laundered and free of stains.
- 3) Keep fingernails and toenails clean and cut short. Personal hygiene is important.
- 4) If a student's hair is long enough to fall over the face (or into the eyes), the student's hair should be pulled back into a pony-tail with a soft, fabric-covered, non-metal and non-plastic tie (example: soft scrunchies).
- 5) Do not wear any jewelry. If you have braces on your teeth we encourage you to use a mouth guard.
- 6) Work hard, be punctual and don't miss lessons. Come to class at least 15 minutes early and be dressed and ready to start on time. If you are late and class has already started, wait off the mat until the sensei indicates that it is ok for you to enter the mat.
- 7) Keep our mats clean - do not walk on the mats with shoes on. Shoes or sandals MUST be worn when walking around off of the mat (especially if you go into the restroom).
- 8) If you eat or drink in the dojo, clean up after yourself.
- 9) Parents should not interfere with the class unless there is a safety issue. Any questions or concerns can be addressed before or after class.
- 10) Show good manners and respect to your sensei and each other, always be polite and follow judo etiquette in the dojo: Bow when you enter and leave the dojo, bow when you go onto and leave the mat, bow to the sensei at the beginning and the end of the session, bow to your partner at the start and end of each practice. When the sensei enters the mat the first person to see him should call everyone on the mat to attention and bow.
- 11) The purpose of your training is to strengthen the body by practicing attack and defense, to complete the personality by training the mind, and finally to devote oneself to improving society. Practice "Maximum-efficiency" and "Mutual welfare and benefit". Be a good sport, encourage equality and don't stand for bullying. Be a good friend, welcome newcomers, and be helpful and kind.
- 12) Notify an instructor immediately of any injury that has occurred before or during class.
- 13) Notify an instructor immediately if see blood on the mat or your uniform.
- 14) Notify an instructor immediately if you are feeling ill.
- 15) Do not leave the mat area without first notifying one of the instructors.
- 16) Students under the age of 18 will not be dismissed from class unless a parent/guardian is present.
- 17) Stay fit by running, swimming, walking, etc. when you are not doing Judo.
- 18) Instruction is at the discretion of the Sensei. Students who are disruptive or not willing / able to accept instruction will be asked to leave and not come back.
- 19) Further information on Dojo Etiquette can be found at <http://www.ssujudo.com/>