

The Dojo Rules

Contributed by Stephen Mills
Saturday, 10 May 2008
Last Updated Friday, 16 May 2008

Judo Etiquette

Good manners and politeness are a fundamental part of Judo, all students are expected to make it a part of their Judo training. These following guidelines are to help you and should be followed when you are practising Judo.

SHINTO JUDO KWAI DOJO RULES

1. Always respect your sensei's
2. You must always be quiet in the Dojo when others are practising.
3. Finger & toenails must be clean and short and without nail polish.
4. Always keep your body and Judogi Clean and tidy.
5. Always respect higher grades.
6. Respect and be considerate to all lower grades.
7. Do not walk or step off the mat (tatami) without something on your feet.
8. When entering and leaving the Dojo you should always Bow (rei)
9. You must bow(rei) when stepping on or off the mat (tatami)
10. You must always, both before and after practising with your partner
11. Make sure your Zori's (footwear) are facing outwards when you step on the mat(tatami)
12. You must always ask your sensei for permission to leave the mat (tatami) during a session
13. Whilst on the mat you should sit quietly, cross legged or in the kneeling position.
14. Do not walk on the mat with your shoes on.
15. Always tie back long hair with a non metallic fastening.
16. Jewellery and watches must not be worn on the mat (tatami)
17. Children are not allowed on the mat unless an instructor is present.
18. Nothing should be worn underneath the Gi top for male Judoka and only plain white T-shirts should be worn under the Gi by girls.
19. YOU MUST NEVER PRACTICE JUDO OUTSIDE THE DOJO.
20. Dont try to speak to your parents or visitors during a session as this could lead to an accident caused by you not seeing, hearing or understanding your instructor. If you really need to speak to your parents ask your sensei if you may leave the mat.Members are at all times representatives of Shinto Judo Club.