

## Basic dojo etiquette (Reigi)

Proper observance of etiquette is an integral part of your aikido training. Please take the following guidelines seriously.

- Remove all jewelry (rings, necklaces, watches, etc.) before you get on the mat.
- Silence and store your phones and all other electronic devices.
- Keep your finger and toenails cut short and NOT pointy or sharp.
- Keep your training uniform (i.e. keiko gi) clean, in good repair, and free of offensive odors.
- If you don't have a gi, wear comfortable athletic clothing, preferably pants and shirts with long sleeves. We do a lot of grappling and falling.
- No shoes on the mat.
- If you have to get off the mat during practice, wipe your feet on the provided towels before getting back on the mat.
- When entering or leaving the dojo or the mat, bow in the direction of O Sensei's picture, the kamiza, or the front of the dojo.
- If you arrive late for class, sit quietly in seiza or anza (cross-legged) on the far corner of the mat until the instructor acknowledges you and you may join the rest of the class.
- If you have to leave the mat for any reason, speak to the instructor first. We'll worry otherwise.
- Bow to your training partner before and after each technique.
- Keep talking during class to a minimum and limited to one subject: aikido.
- Restrict your training only to techniques you have learned in aikido class.
- No sparring, play fighting, or contests of strength.
- Be respectful to everyone in the class.
- If you go to another dojo, please follow their etiquette practices diligently. Your behavior reflects on your home dojo.