



Code of Etiquette

1. Follow Sensei's instructions carefully.
2. Sempai go first. Follow their examples.
3. Upon entering the Dojo, focus your mind on training.
4. During class focus solely on the technique at hand.
5. Do not distract others who are training.
6. Take care of injuries timely and report to Sensei immediately.
7. Do not train when you are ill or have a contagious disease.
8. Keep the Dojo and mat clean always.
9. Ensure that hands, feet and gi are clean before training.
10. Do not wear sharp objects while training.
11. Train with all with an open mind and do not engage in contest.
12. Train according to the best of yours and your partner's abilities.
13. In the Dojo, do not engage in any activity that is inconsistent with the Dojo's mission and motto. When in doubt, ask Sensei.