

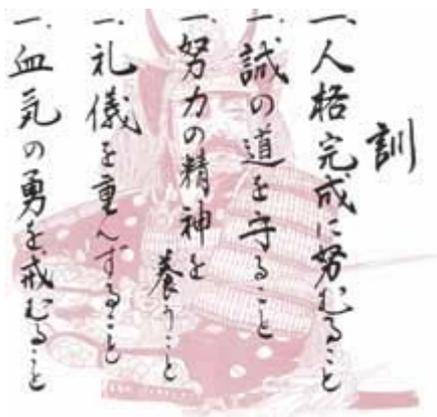
Bushi Kempo Dojo Etiquette

General Guidelines

- Take off your hats and shoes before walking on the mat.
- Be punctual for classes.
- Treat both instructors and other students with respect and courtesy.
- Obey your instructors and address them in a polite manner.
- Put your cell phone on silent when entering the dojo.
- If you have a radio, turn it off when entering the dojo.
- Pay your fees on time. Class tuition's are due upon the first class of each month or upon scheduled renewal. Do not lapse in payment as it is disrespectful.
- All students are responsible for their insurance and licence renewal annually.
- Keep talking in class to a minimum. Conversation about ju-jitsu is preferred.
- Attend every class possible.
- Make the most of each and every training session.
- Do not, under any circumstances, attend class when under the influence of alcohol or narcotics. This endangers your safety and that of others. Offending students will face severe penalties.
- Students should stand when the sensei enters the dojo.
- Advancement in rank and techniques is dependent obtaining a passing grade before a grading panel.

Specifics

- When in the Dojo always address Black Belts by their title Sensei / Shihan etc.
- Always address non-black belt instructors as Sempai.
- Upon entering or exiting the Dojo you must always bow facing towards the mats.
- Swearing in the Dojo will not be tolerated.
- Any student suspected of being under the influence of drugs or alcohol will be asked to leave the Dojo.
- No form of footwear is allowed to be worn on the mats at any time.
- Before you move onto or exit from the mats during training, you must have the most senior Belt bow you off or on. No excuse is necessary unless you are sick, injured or have to leave to go elsewhere.
- Your Gi must always be clean. Your own personal hygiene is paramount as this reflects good character on a student and also shows respect to his partner, teacher and the Dojo.
- Always respect others and their property.
- At the beginning and the end of training there must be a formal bow. This is done by students lining in grade order front to rear - beginners to black belts or the way your Sensei requires. The highest Kyu grade (or Black Belt) in a strong voice announces SENSEI NI REI (Teacher thank you and bows to the teacher)
- All injuries, no matter how minor, should be reported. Any medical condition a student has should be reported to the Shihan/Sensei before training commences.
- Should another Instructor from another club enter the Dojo the Shihan/Sensei will call "matte" and all students will line up in ranks until the visitor/s is introduced.



Bushi Kempo Virtues

Refrain from impetuous and violent behaviour

Respect property

Cultivate the spirit of perseverance

Be faithful and sincere

Exert oneself in the perfection of character

The Importance of Etiquette

As a martial art, Ju-jitsu has a long tradition of respect and discipline. It takes its values and principles from Japanese society, and may seem strange to the student who is just starting out. However it is important that all students read and learn these basic regulations, not just so they can follow the rules, but so that they can understand the ethos that plays an important role in the study of a martial art.

While we enjoy a relaxed, less formal approach to teaching, we also act with discipline and order. We ask that both students and visitors respect our guidelines. Proper observance of dojo etiquette is as much part of training as is learning techniques. From the very first time you enter the dojo, you are expected to show acceptable mat etiquette.

The study of ju-jitsu consists of more than just physical technique - learning correct etiquette is also an important part of training. Etiquette is a reflection of your respect for your instructors, your fellow students, your dojo, and yourself.

It is the responsibility of the higher grades (sempai) to see that the rules of etiquette are understood and followed by the members of the dojo. They are expected to set a good example for the lower grades to follow.

The dojo should always be a place for serious study of ju-jitsu. Enter the dojo with a clear mind. It is said that "only empty vessels can be filled." If you arrive at training with pre-conceived notions about techniques, you won't learn anything new. Approach training with an attitude of receptivity and humility.

The Dojo

Literally translated, the word dojo means "place of the way." Depending on the context, the way can refer to any Japanese discipline, such as the gentle art of self defence (ju-jitsu) or the way of the sword (kendo). Thus the word dojo could refer to an exercise hall, a practice hall, or any place of learning the way.

The dojo is divided into three sections: the shomen (kamiza), the joseki and the shimoza. Shomen means "the front" and is the highest point of honour in a dojo. It is the upper seat which is reserved for the highest dan holders. Photographs of the founding sensei are often hung at the shomen. The shomen thus represents all the individuals, past and present, who have contributed towards the development of Ju-jitsu.

The joseki is the second most important area of a dojo. All assistant instructors should sit there, with the highest grade sitting closest to the shomen.

The shimoza is the lowest ranked area of the dojo. All students should be lined up in order of grade, with lowest grades at the front and highest grades at the rear. Within each row, the highest grade is to the right. Thus the person to your right should be of equal or higher grade, and the person to your left of equal or lower grade.

Bowing

Bowing is an ancient Japanese custom that is comparable to the Western shaking of hands. It is a sign of respect, not subservience. It is a concept intrinsic to budo (martial arts).

When we bow to our partner, it is a symbol of trust. In order to train safely, it is imperative that we trust our partners, and that they trust us. Bowing is also a sign of gratitude. It should remind us to be appreciative for the place we train, and also a sign of thanks to the instructors who teach us.

If standing; bend forward at the waist. You should retain eye contact with the person to which you are bowing. If kneeling, place your hands flat on the floor in front of you so that your fingertips are touching or overlapping. You should place your left hand down before your right. You should retain eye contact with the person to which you are bowing.

The Opening and Closing bow

All students and instructors take their proper positions on the mat, The students face the front (joseki) and the assistant instructors face the students (shimoza). Only the head instructors (5th Dan and higher) should sit in the shomen.

The senior assistant instructor calls, "sensei ni" (to the students). He pauses for about five seconds whilst everybody turns to face the shomen, and then calls, "rei" (bow) and everyone performs a rei (bow). For the opening bow, everyone says, "onagai shimasu" (please). During the closing bow, everyone says, "doumo arigatou gozaimasu" (thank you very much sir).

The senior assistant instructor then calls out, "otagi ni". He pauses again for about five seconds, while everybody turns to face their original position. The senior assistant instructor then calls "rei" (bow) and everyone performs a rei (bow).

Occasions when to Bow

- when entering or leaving the dojo.
- when entering or leaving the mat area.
- to your partner before and after practice.
- to each partner when changing partners during class.
- to the instructor before and after addressing him or her.
- to the instructor after he or she has demonstrated a technique for or on you.
- at the opening and closing of class.

The Dogi (Uniform)

The complete Gi consists of a black ju-jitsu jacket, black trousers and a belt. You should purchase and wear the required badges. You may wear a t-shirt under your Gi if you wish. If you choose to, it is preferable to wear a black t-shirt. You should wear the complete Gi to each and every class you attend.

Personal Hygiene

Keep your Gi clean, dry and not torn. Keep your body clean. Keep your fingernails and toenails cut short. Tie long hair back with a band that has no metal on it. All jewellery, watches and hard objects of any kind must be removed, except for medical bracelets.

Visitors

Spectators are always welcome and chairs are provided along the side of the mat. However, please refrain from talking loudly or making noise during the class, especially when instructors are speaking. Please help our students focus on what is being taught.

We appreciate parents who want to watch their children from the sidelines, but please refrain from giving your children any instructions. At no time are you allowed to go on the mat to help teach your child. When your child is at the dojo, it is up to the instructors to teach - not you. We ask this as a safety measure and also to help your child concentrate.

Arriving Last or Leaving Early

Students should be in uniform and lined up awaiting instruction when class is scheduled to begin. If you arrive late for a class, quickly do a few warm-up exercises off the mat, and then bow in from the edge of the mat. Wait for the instructor to admit you to the class. Once you have been acknowledged you may join the class. Failure to do so will be dealt with at the instructors' discretion.

If you have to leave early, please notify the instructor beforehand. When it is time to go, thank you partner and the instructor before leaving. Remember to bow to your partner, instructor and the mat.

Leaving the Mat during Class

During the class, any student wishing to leave the mat for any reason must first ask the permission of an instructor. This is for your own safety. We need to know where our students are at all times.

Food, Drinks and Cigarettes

Please do not bring food or beverages on to the mat, although water bottles are allowed at the side of the mat. Never chew gum on the mat - it is a hazard to your health. Please extinguish cigarettes before entering the dojo. Smoking is prohibited in the entire dojo.

Correct Sitting While in a Dojo

When sitting in the dojo you should sit in seiza (kneeling down). If your legs get tired or sore, it is acceptable to sit in anza (cross legged). However, it is very rude to sit with your feet and legs stretched out in front of you, or to lie down on the mat. It is also improper to lean back with one or both hands on the mat behind you. This is taken directly from Japanese customs.

Addressing Seniors and Instructors

Students who have the grade of red belt should be addressed as sempai (senior). Instructors who have the grade of between 1st and 4th Dan should be addressed as sensei (teacher, or literally translated, "previous life"). Instructors who have the grade 5th Dan and over should be addressed as shihan (master).

In Japan, instructors are addressed by their surname followed by the title, for example, "Yamada Sensei." However in most Western dojos, the instructors are usually referred to by the title followed by their first name, for example, Sensei Ian.

While in the dojo, an instructor should never be addressed by his first name only.

If an instructor approaches to ask a question or calls you, you should walk quickly to him, bow and say, "Onegai shimasu" (please). Never shout for the instructor across the mat or beckon to call him over. If the instructor is close by, quietly raise your hand and wait to be acknowledged. It is also considered polite to bow and say "Domo arigato gozaimasu" (thank you) after receiving assistance or correction from the instructor.

When the instructor claps, please stand in yoe dachi promptly, and listen and watch attentively. Do not stand with your arms folded this is a sign of disrespect. When the instructor indicates that practice is to resume, students bow to the instructor and resume practicing.

Please do not talk when instructors are speaking. It is impolite and interferes with the concentration of other students.

It is very poor etiquette to question a teacher's authority or technical knowledge, and especially so during a class. If you are confused about something, ask politely and respect his answer.

Working safely with a partner

Show respect by bowing to your partner both before and after working together. Practice should be fun and safe. Remember that your partner is not an opponent. You learn through your partner and could not train without him or her. Be aware of his or her ability, and don't do a technique any harder than necessary. Jujitsu is not about hurting your partner.

Never shout, swear or become angry on the mat. This is inexcusable and you may be asked to leave the club.

Don't play around during class. We want you to enjoy training, but when you are not concentrating on your technique you might injure your partner.

Tapping or "The Tap"

This is not really a rule of etiquette, but a very important safety rule. If you are in pain or placed in a dangerous position, tap your partner, yourself or the mat two times so that your partner is aware that you wish him or her to stop. This means that the tap should be loud and/or distinctly felt.

If you are incapable of tapping then say "tap tap".

Safety

It is the responsibility of ALL students to maintain a safe environment. When you feel uncomfortable about a technique the correct/safe thing to do is to pass. Inform the instructor whenever you feel that another student is not working safely. Notify the Sensei (the instructor) before each class if you have any mental or physical limitations that may restrict the techniques that are safe for you to receive and/or do to others.

Loyalty

You should always be loyal to your dojo and your instructor. If you wish to travel to or visit another dojo in your area always ask the permission of your instructor before doing so. If he or she says no, respect his or her wishes. Some of the reasons may be that the dojo you wish to visit does not teach competent techniques, or they teach techniques that are beyond your limits.

The Art stays on the Mat

Much of what we practice routinely with each other will seriously injure the uninitiated. It is not to be demonstrated or practiced on others outside of the dojo. Remember, the first rule of self defence is to avoid situations that require self defence.

Dojo Membership

Dojo Membership and instruction is a privilege and not a right. You may be asked to leave and your membership terminated by the Head Instructor without prior notice for reasons such as: chronic lateness, bad attitude, dangerous practice, lack of etiquette, non-payment of dues, fighting, or repeated breaking of the dojo rules.