

DOJO ETIQUETTE

During practice:

- Remember bowing to the shomen when you enter and exit the training area
- Be courteous to the teachers and other practitioners
- Refrain from talking while the teacher is talking. Try to concentrate on the training while You are at the dojo.
- Don't bring unnecessary things to the training hall, Your bag and valuables are of course allowed. Put Your mobile phone on Silent during training
- Don't eat or drink in the training area. If You ask and are given permission to drink, do so outside the training area
- Arrive at the dojo properly dressed and in clean clothing. Remove visible jewelry, as they may catch on something during training
- If You need to adjust your clothing, e.g. tie your hakama again, ask permission and do so outside the training hall
- Carry your equipment correctly and place them neatly at the edges of the training area. Make sure they do not bother other practitioners, and do not cause dangerous situations
- If You know beforehand that you have to leave practice earlier than normal, or You have an injury, make sure to let the teacher know that before the training starts
- Always try to complete each exercise, and give it Your best effort
- If You feel You need to stop training, ask permission for it from the teacher. It would be beneficial to finish any training You have started

In Kendo:

- Avoid unnecessary queuing during *jigeiko* and try to practice with the most advanced *sempai* You can find
- If there is an available teacher, always ask them to train with You. The teachers expect for practitioners to have the initiative to train. If there are visiting practitioners from other *dojos*, be a host to them and train with them.
- After training, remove the helmet and gloves only after "kote-men-tore" has been called. Remove the *do* and *tare* only after *seiretsu*

Handling swords at the *dojo*:

- Keep your sword(s) on the floor across from *Shomen*, with the *kissaki* and *ha* away from *shomen*
- Always make sure your equipment (*shinai*, *bokken*, *iaito*) is not broken before You begin training
- The sword should be treated with respect, it is more than just the wood and metal is made from
- Refrain from touching or stepping over other practitioner's swords without their permission

After practice:

- Always make room for teachers while in the locker room, and be courteous and greet both visitors and your friends equally.
 - Always strive to leave the training space in better condition than it was when You arrived
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RULES FOR EQUIPMENT STORAGE

- Take all Your own equipment with You, there is limited capacity at the *dojo*
- Put equipment You have borrowed back to where You took them from
- Lock the equipment bag and put it in its place if You are the last in the *dojo*