

Dojo Rules

Why rules? Aikido is not just another sport, rather it is more of an art, a way, offering the opportunity to develop ourselves. Thus the dojo should be a place where we can focus on training, respecting ourselves, the fellow Aikidokas training with us, the teacher, and nature. The following points will contribute to that:

- **We come to the mat in a clean Dogi (the training gear), without holes and tears. A torn Gi creates a risk of injuries.**
- **Please wash your feet each time, keep your finger and toe nails short (risk of injuries)**
- **Always take off your bracelets, necklaces, rings, and other jewelry. In Aikido we look for convenience and simplicity! Practicing while wearing jewelry can lead to small injuries for yourself and others**
- **When you enter the mat, leave your Zoris (sandals) neatly by the edge**
- **Order and cleanliness in the dojo are everybody's concern. When leaving the Tatami, put away the wooden weapons and don't leave anything else laying on it (please dispose of tissues, plasters, bandages, and hair bands!)**
- **Try to always be at the dojo 15 minutes before the lesson starts. If you arrive too late, wait in Seiza at the edge of the Tatami until the teacher invites you to join**
- **Avoid talking loudly and making noise when colleagues are training, stretching, or meditating on the mats (even outside the official lesson hours)**
- **When you join a lesson and you haven't met the teacher yet, briefly introduce yourself**
- **Don't sit on windowsills and don't lean against the wall, the heaters, or the pillars. If you are not training, seat in Seiza or cross-legged, and watch (Japanese Mitori Keiko = training by watching!)**
- **If you must leave the Tatami during the lesson, inform the teacher explaining the reason**

Thank you for your understanding and for your active participation (lead by example!)

Aiki-Kai Teachers' Team
and chairman