

Guidelines for Students

1. Be on time for class, dressed and ready to begin practice.
2. Kneeling bow when coming onto the mat.
3. The cleanliness of the mat and dojo is essential. Remove your shoes at the doorway and place them neatly on the shelf. Be sure your feet are clean before stepping on the mat.
4. Always wear a clean training uniform (*keidogi*). Do not leave gi in the changing room.
5. Make sure your hands and feet are clean.
6. Be sure to go to the bathroom before class starts.
7. Line up when the instructor enters the mat.
8. Bow to our partner before practicing and say, “*O negai shimasu*” (please practice with me).
9. Bow to your partner when you finish practicing and say, “*Arigato gozaimashita*” (thank-you very much).
10. If you or someone else is hurt, tell the instructor at once.
11. Always try to do your best, don't be lazy.
12. If you have a problem, ask the instructor for help.
13. Never argue or talk back to the instructor.
14. Do not chatter or play around during class.
15. Always remember to be careful for your partner's safety.
16. Aikido is for self-defense only. Do not play around with the techniques outside of class.
17. Be nicer to others than they are to you.