

Potomac Aikikai Dojo Rules of Etiquette

Please understand that although we train in a shared space, the mat is a sacred place for our misogi (ritual purification). These basic rules should be observed at all times.

Domo arigato.

1. Try to be on time for class.
2. Bow when entering and leaving the mat.
3. If you must leave the mat during class, signal the instructor and bow out.
4. You should be sitting in seiza before the instructor steps on the mat to begin class.
5. Keep conversation to a minimum while training.
6. If you have a physical limitation or medical condition which may prevent you from training as instructed, please inform the instructor.
7. Be aware of your personal hygiene. The smell of cigarette smoke on your person, long nails, unclean keikogi, unclean hands, should be avoided out of respect for your training partners.
8. Remove any food, gum, candy, etc from your mouth before you enter the mat.
9. During training train safely and respect your partners abilities and limitations as well as your own.
10. After training please remain in seiza until signaled otherwise by the instructor.