



Okinawan Gojo Ryu LLC

516 Shaw Ct #101, Severn, MD 21144

## DOJO RULES AND REGULATIONS

1. Students must observe training schedule and should not be late for class. This means dressed and ready to be on the floor before class starts. Women and girls must wear black or white shirt under gi. June 1 to October 1 WOG t shirts can be worn instead of gi jacket. October 2 to May 31 gi jacket must be worn.
2. The dojo is a special place that belongs to all members. Students should take pride in its appearance and keep it clean and tidy at all times. This means toys; paper and crayons must be put away before leaving dojo.
3. Outer clothing should be placed neatly under chairs in hallway. After taking off your shoes place them neatly in order. If you find some shoes in disorder, place them in order, also.
4. When entering the dojo bow and say “Onegai Shimasu” (please teach me) in a loud clear voice.
5. Always be respectful to your instructors, senior students, elders and training partners.
6. Bow to the instructor, senior students and each other with appreciation and respect.
7. Always allow senior students to enter and leave before you.
8. Always keep your gi laundered and neat.
9. Keep fingernails and toenails short and clean.
10. Be aware of your physical condition. Do not force yourself to do more than you can.
11. Make sure your instructor is aware of any injuries that may affect your training before class.
12. All open wounds must be kept clean and completely covered with bandages.
13. Do not eat within one hour prior to training.
14. Use the restroom **BEFORE** class begins.
15. While waiting for class to begin, you should quietly stretch or do warm up exercises being careful not to disturb the class in session. You should always be silent during mokuso even if you are not part of that class.
16. When the instructor calls for class to begin (shugo), quickly line up according to your rank and face Shomen (front of class).
17. When you are in class observing training in the dojo, you must sit on your knees (seiza) or with crossed legs. You should not slouch or lean against the wall or equipment.
18. It is important to ask seniors if you have any questions. When an instructor gives you some advice, listen carefully and sincerely. Do not forget to show you have heard and understand (“Hai, Sensei or Hai, Senpai”).
19. Students must use approved protective equipment when sparring. Head gear, mouth guard, hand and foot protectors. Males must wear groin cups at all times.
20. Upon leaving the dojo, do not forget to say “Arigato Gozaimashita” (thank you very much).