
Dojo Etiquette

Edinburgh Aikido Club

1. A high standard of personal hygiene is expected. In particular, long hair should be tied back, finger and toe nails should be kept short and make-up should be kept to a minimum.
 2. A standing bow should be directed at the Kamize when entering or leaving the dojo. You should also bow when stepping onto the mat. A standing bow is the minimum; a seated bow is also correct.
 3. Talking in the dojo should be kept to an absolute minimum. It is ok for senior students to occasionally clarify simple points with beginners but lengthy explanations should be absolutely avoided. Learning in aikido is best done through practice, observation and repetition. The instructor should be the only person teaching in the dojo.
 4. If you need to leave class during class, please inform the instructor before doing so. Student safety is the responsibility of the instructor during the class and students should not simply leave the mat. Please bow when leaving and re-entering the dojo.
 5. When the instructor is working with your training partner, you should sit in seiza at the side and simply observe. Similarly, you should only stop and observe if the instructor is working with your partner.
 6. Everyone should be considerate and respectful of their training partner. Excessive force should never be used. Please be aware of the level of your training partner; Practice should be safe and fun for everyone involved.
 7. Once the instructor has demonstrated a technique, bow to the nearest person and begin practice. You should practice with everyone in the dojo.
 8. If you are experiencing knee problems, you may sit cross-legged rather than in seiza when observing techniques. Proper attention should be paid to posture at all times.
 9. If you arrive late to class, bow onto the mat and quietly join in the class. This may be different in other dojos where it is common for students to wait until the instructor has told them to start.
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10. When attending classes or seminars at other clubs, be mindful of the etiquette and adapt to what is being done at that club. It may be different from what you usually do and you should respect this.
 11. If possible, try to arrive at class in good time to help put down the mats and prepare the space for practice. Similarly, at the end of class, the mats need to be cleaned and put away.
 12. Enjoy your practice of aikido. If you are having issues, make the instructor aware of them as soon as possible.
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