

Edinburgh Aikido

Club Etiquette

1. A high standard of personal hygiene is expected. In particular, long hair should be tied back, fingers and toe nails should be kept short. Jewelry should be removed before class and makeup should be kept to a minimum. Keikogi' s should be kept clean and in a good state of repair. Zori (flip-flops) should be worn when not on the mat.
2. When entering or leaving the dojo, a standing bow should be directed towards the kamiza . You should bow when going on and off the mat. A standing bow is the minimum; a seated bow is preferred.
3. Weapons should be prepared before class so they are quickly accessible during class. Please make sure you are aware of how to handle the weapons correctly. Ask the instructor or a senior student if you are not. Club weapons should be put away when you are finished with them. You should never use the weapons of someone else unless you have permission.
3. At the Edinburgh Aikido Club, we do not line up according to rank for the bow at the start and end of class. You should be lined up before the instructor starts the class.
4. Talking during class should be kept to a minimum. Senior students may occasionally clarify points but lengthy explanations should be avoided. Aikido is best learnt through observation and repetitive training. There must be no talking while the instructor is demonstrating a technique.
5. If you need to leave the mat during class, please inform the instructor before doing so. The safety of the students is the responsibility of the instructor during class. Ensure you bow correctly when leaving and re-entering the mat.
6. When the instructor is working with your partner, you should sit in seiza and observe. Do not talk or practice with other people. Similarly, you should only stop training if the instructor is working with your partner.
7. It is customary in some dojo to call the instructor Sensei during class. This is not required at the Edinburgh Aikido Club; the other aspects of etiquette required at the club ensure the training is carried out in a respectful manner.

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8. Everyone should be considerate and respectful of their partner. Excessive force should never be used. Please be aware of the level of your partner; training should be safe and fun for everyone involved.
9. After the instructor has completed their demonstration of the technique, bow to the nearest person and begin training. You should train with everyone in the dojo, irrespective of their level or ability.
10. If you arrive late for class, quietly bow onto the mat and join the class. The only exception to this is if you arrive during the rei (bow) at the start and end of class. If you arrive at this time, you should wait outside the dojo until the rei is complete, before joining the class.
11. There should be no drinking or eating in the dojo.
12. If you are experiencing knee problems, you may observe the techniques cross-legged rather than in seiza. Please inform the instructor if you have a knee problem.
13. When attending courses or classes at other dojos, please be mindful of their etiquette and adapt to how it is done. There will be aspects that are different and you should respect this.
14. If possible please arrive at class early to help put the mats down and prepare the dojo for training.
15. Enjoy your aikido training and do what is possible to make sure your partners also enjoy their practice. If you have any questions about the correct etiquette please ask the instructor or senior students.