

ALTON JUDO CLUB

DOJO RULES

PRIOR TO ENTERING THE DOJO

- *Remove any headgear*
- *Make a standing bow (towards the mat area) just prior to entry*

OFF THE MAT

- *Always wear footwear (zoris) when off the mat*
- *Be respectful and mindful of other dojo users*
- *Show modesty when donning or doffing judogi*

BEFORE PRACTISING

- *Ensure physical cleanliness of body*
- *Ensure finger and toenails are kept clean, trimmed and short*
- *Remove all hard objects*
- *Remove footwear before stepping onto the mat*
- *Tie back long hair*
- *Cover any open wounds*
- *Wear clean appropriate judogi (any colour) and correct colour belt*
- *If you are late do not step onto the mats without Sensei's permission*

WHILST PRACTISING

- *Respect your partner, regardless of grade or ability*
- *Always act in a safe manner*
- *Listen to and obey Sensei's commands and instructions*
- *Keep hydrated at all times*
- *Share your knowledge*
- *Do not leave the mat without Sensei's permission*

OTHER

- *Apply yourself wholeheartedly to learning judo with respectful solemnity*
- *Don't forget to laugh and giggle as appropriate or as circumstances dictate*
- *Enjoy your judo*
- *Share your sweets with Sensei*