

Dojo etiquette

- These simple guidelines are helpful to create a joyful and learning-friendly environment in the dojo.
- Please make sure your feet are clean before entering the dojo. Use slippers, socks, etc. outside the mats.
- If you have mat-burns please patch them up before practice. You can ask the instructor if you need assistance.
- Please remove wristwatches, keys, and jewelry from your body before practice.
- Please silence your cell phone before practice.
- Please keep conversations to a minimum during practice.
- Please try to follow the instructions, and do not start lecturing your fellow beginners.
- If you get minor cuts during practice, please wash the mats or clothes for any bloodstains after you have patched yourself up.
- Please try to be on time for practice. However, you are always welcome whenever you may arrive. Just sit down at the end of the mats and wait for the instructor to greet you.