



GOSHIN RYU

ATEMI JUJITSU

Club Dojo & Etiquette Rules

CLUB DOJO RULES

Always Rei (bow) when:

- 1.....Entering or leaving a Dojo.
- 2.....Beginning and End of training session.
- 3.....You go onto the mat and when you leave the mat.
- 4.....Talking to an Instructor.
- 5.....Beginning and the end of a training session with another student.
- 6.....Beginning and the end of a grading.

DOJO ETIQUETTE

- 1.....Ensure all finger and toe nails are short and clean.
- 2.....Always make sure training clothes ie.GIs/ Tracksuits etc. are clean.
- 3.....Attention to Personal Hygiene is obligatory out of consideration to others, respect for yourself and to avoid the embarrassment of a reprimand and a request to leave the Dojo until your hygiene is acceptable.
- 4.....Respect your training partner and Sensei at all times.
- 5.....No swearing or loud talking in the Dojo (maintain concentration at all times).
- 6.....Arguments between students should be avoided at all times.
- 7.....Never use your Ju-Jitsu skills outside the Dojo unless absolutely necessary.
- 8.....No food or drink to be taken onto the mat area. Students should ask their instructor if they wish to leave the mat for a drink.
- 9.....All students should ask permission to leave the mat for ANY reason.
- 10....Late students must wait for permission to join the mat from a Senior Instructor.

Sensei Geoff Harris

Goshin Ryu Atemi Jujitsu ,The Dojo Sidcup, 49 Sydney Road, Sidcup, Kent. DA14 6RA Contact 07768 133305

www.atemijujitsu.com