

In our last lesson, we discussed the preparation and importance of a Dojo. Now the question is, what is really important to have in this dojo? What are your goals for this space you have chosen for your self Training?

- Some might use free weights or even a weight machine to work on physical training.
- Some might enjoy the arts of Swordsmanship, weapon's training and hand to hand Kata forms.
- Some may prefer a soft pillow and throw blanket for Meditation
- Or work books to studying Literature & School Educations

Here at Just Jedi we advise all of our Initiates and Apprentice's to equip their dojo with items that will focus on all three levels of the self.

### ***Mind - Body - Spirit***

Here is a recommended list of some basic equipment you might consider putting in your little corner.

- \* Yoga Matt
- \* Meditation Pillow
- \* Note Book with Pen and Pencil
- \* 2 free weights of desired resistance
- \* Hand wraps
- \* Mouth Guard
- \* Bokken or Shini (Or even a toy lightsaber or Broom handle)
- \* Bottle of Water
- \* Stop Watch
- \* Small Towel or Rag
- \* Incense and Incense holder or a Candle
- \* An Inspirational poster

Remember that a Dojo is a sacred place, a place of contract. When you enter your dojo you do so to solely focus on training. Keep your equipment basic, simple, and narrowed down to only what your training focus is. Anything else like alters, cellphone, computers and books you rarely look at is clutter and distracting. Keep such things in a separate location that you can visit more frequently and with proper dedication to their purpose.

**Journal Entry:** Make a list of your Dojo's equipment. Take a picture! Or add it to your previous drawing.

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