

Kinjo Aikido Dojo Guidelines

Dojo Etiquette

Fees and Donations:

- Monthly dues: \$60. Pay it if you are able; if not, come to class anyway and pay what you can! Your time on the mat and dedication to aikido are most important. We don't want finances to stand in the way of training.
- Mat fee/donation: If you are only able to make class a few times a month, you are welcome to make a mat-fee/donation of \$10 per class instead of paying monthly
- Kinjo Dojo Testing fee: \$40 (Kyu ranks 6th through 1st)

Before Class:

- remove shoes in the carpeted area and place out of the way in one of the cubbies
- before walking on the mat, bow towards the shoumen (shrine in front of dojo)
 - This is required when the shoumen is up. But when in doubt, bow in anyway!
- change into *keiko gi* and line up for class along the back edge of the mat with your weapons in *sempalogical* order (sempai on the right; if you don't know, ask).

During Class:

- keep talking to a minimum. Aikido, like everything else, is learned through repetition. We have to practice the techniques over and over in order to progress.
- Think someone is having trouble? Show rather than tell is the general rule.
- When working in groups, line up with sempai first. That way the kohai/beginners can see the technique done several times before it's their turn.
- Choose your practice partners wisely! The best way to improve is to grab a sempai and work with them. You only need to line up in rank order at the beginning and end of class, so during practice sit next to sempai while sensei is demonstrating then grab them for practice!
- If you want to discuss different variations of a technique, what is or isn't more effective, etc., you are more than welcome to do so after class during individual practice.

(Dojo Etiquette contd.)

After Class:

- Clean the dojo:
 - sweep the mats
 - [once a month] mop the mats
 - put away the shoumen
 - dust and sweep the studio
 - vacuum carpeted area in front
 - [once a month] dust the fan blades
- Looking for something to do? Offer to take a broom/duster from sempai
- After the dojo is cleaned, you are welcome to stay for 30 minutes for individual practice

Other:

- If you're late to class: You are welcome to join class at any time. Be sure to do the following:
 - remove shoes and quietly make your way to the changing room via the back of the dojo (along the purple wall)
 - change into your practice clothes, then do a full bow onto the mat (2 bows, 2 claps, 1 bow)
 - sit to the side and wait for the instructor to bring you into class
- Practice at home: If you have your own weapons set (there are some for sale at the dojo) try to go over the weapons of the week for review. Suburi, katas, everything helps.
- Visiting other dojos: you are welcome and encouraged to visit other schools. Keep the following in mind:
 - You are there to practice their style. do your best to be flexible and try a different approach to aikido
 - Be sure to pay any mat fees.
 - Remember: You are a representative of Kinjo Dojo! Be courteous, respectful, and humble.